

# May 2024 FiftyForward Knowles Program Calendar

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk \* require advance registration.** To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount> or call 615-743-3487.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FiftyForward Fresh LUNCH—\$2.50 Served daily at <b>11:45</b> in the <b>Lobby</b> Reserve by 10:30am at the front desk or call 615-743-3487</p>	<p><i>May is Older Americans Month</i></p>	<p><b>1</b> 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo 1 *Chromebook Class</p>	<p><b>2</b> 9:30 SAIL with Rhonda 10:30 <b>NEW DAY:</b> Drama Buffs 12 Bible Study 101 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p><b>3</b> 9 <b>NEW:</b> Walking Club 11 Needlework Club 12 <b>NEW Day:</b> Silver Sneakers Exercise 1 *Chromebook Essentials</p>
<p><b>6</b> 10:30 *Frist Digital Art 11 SAIL with Barb 12 Mahjong Class 1 Arthritis Exercise with Barb 1 Writers' Group</p>	<p><b>7</b> 10 *<b>Mother's Day Tea</b> 10:45 <b>NEW DAY:</b> Fitness with Blanca 11 Game Time— Blank Slate 11:45 <b>NEW DAY:</b> Yoga with Blanca 1 Bingo 2 Pool/Ping Pong</p>	<p><b>8</b> 10 Walk With Doc— At Knowles— Older Americans Month <b>Event</b> 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo 1 *Chromebook Class</p>	<p><b>9</b> 9:30 SAIL with Rhonda 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise with Barb 2 Pool/Ping Pong</p>	<p><b>10</b> <b>Vanderbilt Graduation at Geodis Park</b> <b>Regular activities canceled, except for this trip:</b> 9:30-2 *<b>TRIP-Nashville Farmers' Market</b></p>
<p><b>13</b> 10:30 *Frist Digital Art 10 Bluebird Café 11 SAIL with Barb 12 Mahjong Class 1 Arthritis Exercise with Barb 1 Writers' Group</p>	<p><b>14</b> 11 Game Time— Blank Slate 10:45 Fitness w/ Blanca 11:45 Yoga with Blanca 11:45 <b>Music for Seniors Café</b> 1 Bingo 2 Pool/Ping Pong</p>	<p><b>15</b> 10-3 *<b>TRIP-The Factory at Franklin</b> 10 Chair Yoga 11 Game Time 12 Voices Forward 1 Bingo</p>	<p><b>16</b> 9:30 SAIL with Rhonda 10:30 Drama Buffs 11:30 *<b>Poetry Class</b> 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p><b>17</b> 9 Walking Club 11 Needlework Club 12 SS Exercise</p>
<p><b>20</b> 10:30 *Frist Digital Art 11 SAIL with Barb 12 Mahjong Class 1 Arthritis Exercise with Barb 1 Writers' Group</p>	<p><b>21</b> 11 Game Time— Blank Slate 10:45 Fitness w/ Blanca 11:45 Yoga with Blanca 12 *<b>Seminar: Avoid Financial Exploitation</b> 1 Bingo 2 Pool/Ping Pong</p>	<p><b>22</b> 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo</p>	<p><b>23</b> 9:30 SAIL with Rhonda 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise with Barb 2 Pool/Ping Pong</p>	<p><b>24</b> 9 Walking Club 9:30 *<b>Meet-Nashville Flea Market</b> 10:30-12:30 *<b>Painting with Janay</b> 11 Needlework Club 12 SS Exercise</p>
<p><b>27</b> <i>Memorial Day Holiday - Closed</i></p>	<p><b>28</b> 11 Game Time— Blank Slate 10:45 Fitness w/ Blanca 11:45 Yoga with Blanca 1 Bingo 1 <b>All of Us</b> 2 Pool/Ping Pong</p>	<p><b>29</b> 10 Chair Yoga 10:30 *TSU SNAP Ed 11 Game Time 12 Voices Forward 1 Bingo</p>	<p><b>30</b> 9:30 SAIL with Rhonda 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p><b>31</b> 9 Walking Club 11 Needlework Club 11 *<b>Meet-N-Eat— Fenwick's 300 Diner</b> 12 SS Exercise</p>

## FiftyForward Knowles PROGRAM INFORMATION

Only activities that require registration are visible on the member portal. Please refer to this calendar to see ALL activities each month.

 Denotes a video-taught activity

 Denotes member-led program


### Activities 8:30a–3:30p Monday-Friday

**FiftyForward Fresh Lunch Monday thru Friday at 11:45 in the Lobby.** Reserve your lunch by 10:30a when you check in or by calling 615-743-3487. Cost: \$2.50.


### RECURRING CLASSES, ACTIVITIES, & GROUPS:


**All of Us: One in a Million 4th Tuesdays from 1-2p.** Discover how you can become "One in a Million" within the *All of Us* Research Program! We will be present at all of the FiftyForward centers every month. Join us to discover how you can contribute and make a lasting impact on the future of medicine!


**Arthritis Exercise with Barb Mondays and Thursdays at 1p.** Join us for this evidence-based, seated or standing exercise program that helps improve mobility, strength, and coordination. Led by certified instructor Barbara Batson.


 **Bible Study 101 First Thursdays at noon.** Led by Knowles member Dorothy Baccus for a time of learning how to look up verses and how to study the Bible. Bring a Bible from home or let us know if you need one.

**BINGO! Tuesdays and Wednesdays at 1p.** Bring a friend and have a great time playing Bingo with the Knowles crowd. Everyone wins a prize!

 **Bluebird Café Livestream Second Mondays at 10a.** Nashville singer-songwriters perform and tell the stories behind the songs that will make you laugh and inspire your heart. They have written for some of the most famous music entertainers of our day.


 **Bold & Golden Men's Group Thursdays at noon.** Join this men's group to develop friendships, share experiences, talk about similar interests and simply spend time with other men. Led by Member Dan Surface.

 **Chair Yoga Wednesdays at 10a.** Enjoy this seated yoga class for all fitness levels with a video instructor. Chair Yoga has many health benefits such as reduced pain and stress, and improved circulation. You will find a better outlook and attitude!

 **Drama Buffs NEW DAY—Thursdays at 10:30a.** Calling all theatre aficionados! Join us to do "reader theatre" play readings. No prior experience required! Scripts will be provided, or bring your favorite script, and have fun rehearsing and performing plays of all genres. Led by Member Vonda Scruggs.


**Fitness with Blanca NEW DAY—Tuesdays at 10:45a.** Fitness instructor Blanca Walker will help you jump-start your fitness program. Join us to get in better shape and have a great time!

**Gentle Yoga with Blanca NEW DAY—Tuesdays at 11:45a noon.** Enjoy this seated yoga class for all fitness levels with certified yoga instructor, Blanca Walker. Yoga has many health benefits such as reduced pain and stress and improved circulation. You will find a better outlook and attitude!

 **Game Time! Tuesdays and Wednesdays at 11a.** A great way to make new friends! Join our card- and board game-playing members. If you enjoy friendly competition, teamwork and fun, then please join us. Led by Members Jim and Tina Callahan.

 **Mahjong Class Mondays at noon.** Learn to play Mahjong, the ancient Chinese tile game of skill, strategy and luck, similar to the card game Rummy. Led by Member Katherine Young.

**Music for Seniors Café Second Tuesdays at 11:45a.** Live Lunchtime Music! Join us for Music City Moments at FiftyForward Knowles and enjoy live music! Buy a lunch or bring a lunch. Sponsored by Music for Seniors,

 **Needlework Club Fridays at 11a.** If you love to sew, quilt, crochet, knit, cross-stitch, embroider, needlepoint—or want to learn—join us and bring your latest project. Come socialize and make new friends. Led by Member Shannon McCullough.

# FiftyForward Knowles PROGRAM INFORMATION



Denotes member-led program



Denotes a video-taught activity

## RECURRING CLASSES, ACTIVITIES, & GROUPS

**Pool & Ping Pong** Tuesdays and Thursdays at 2p (or any time). Enjoy some relaxing time honing your pool shot or your ping pong backhand. You may use the game room any time.



### **Silver Sneakers** NEW DAY: Fridays at noon.

Staying active and connecting with others motivates us to exercise. Join us for this cardio, balance and strength training class. For all ability levels.

**Stay Active and Independent for Life (SAIL)** Mondays at 11a with Barbara Batson and Thursdays at 9:30 with Rhonda Cherry. SAIL is a strength, balance and fitness class that helps seniors stay active, independent and reduce the risk of falling!



**Voices Forward** Wednesdays at noon. This popular singing group performs a wide variety of music. No tryouts are required. Come ready to sing!

Led by Member Debbie Reynolds-Barnes.

**NEW: Walking Club** Fridays at 9a. Get some exercise and enjoy the company of others! We will be walking the path on the Fairgrounds (about 1.2 miles).



**Writers Group** Mondays at 1p. Writers or aspiring writers—this group meets to share 5-10 minute vignettes about life, ranging from events growing up to what happens throughout the day. No need to prepare anything to read! Led by Member Jim Ray.

## CONTINUING CLASS SERIES

These three class series are continuing from April. You must have previously registered for and attended them in April in order to participate:

- Frist Digital Art Class—Mondays at 10:30
- TSU SNAP-Ed Nutrition Class—Wednesdays at 10:30
- Chromebook Essentials—Wednesdays and Fridays at 1 through May 8th

## SPECIAL EVENTS

**Items with \* require registration in Membership Works or by calling the Knowles Center at 615-743-3487. Events that have a cost associated with them must be paid when you register.**

**\*FREE Event - Walk with a Doc at Knowles Center, Wed. May 8 from 10-11a.** Join the FiftyForward All of Us team for a special Older Americans Month Walk with a Doc at FiftyForward Knowles. Walkers will gather in the center lobby at 10 a.m. for a brief health talk from Dr. Amy Price Neff of Mindstream Integrative Medicine, then everyone will walk the new walking trail around the Nashville Fairgrounds. This is a 1.3 mile route with a flat, paved surface. A hot, nutritious lunch will be provided by FiftyForward Fresh for the first 50 walkers who sign up.

**\*FREE Event - \*Mothers' Day Tea Tuesday, May 7th at 10a.** Ladies, please be our guest as we celebrate all that you are! Women support their families and each other in so many ways. Please come let us celebrate you! Light refreshments will be served. **Please register for the event.**

**\*FREE Seminar - Tips and Tools for Helping Seniors Avoid Financial Exploitation Tuesday, May 21st at noon.** Regions Bank offers monthly financial seminars, presented by Kimberly Powell, VP of the Melrose branch. Learn to recognize and reduce the risk of financial exploitation; to guard against identity theft; and form a financial plan for the unexpected.

**\*FREE SEMINAR - Poetry Writing Class with Abby Ashford-Grooms Thursday, May 16th at 11:30am.** Have you been wanting to express yourself? Bring paper & pen and learn how to write poetry with Abby, who is an English and Creative Writing teacher.

**\*Painting Class with Vivid Arts Meditation Friday, May 24th 10:30-12:30.** Artist Janay Moreland teaches us create our own masterpieces! Enjoy a therapeutic, creative acrylic painting session. Step-by-step instructions and assistance will be provided. **Cost is \$20 per person. Max 12 people.**



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Please register via the Membership Portal <https://fiftyforward.org/member/#myaccount> or call 615-743-3487.

### DAY TRIPS

Please register on the member portal, or by calling the center at 615-743-3487.

**\*Trip - Nashville Farmers' Market, Friday, May 10th from 9:30a-2p.** The Nashville Farmers' Market is a great place to buy fresh produce, find fabulous arts and crafts, enjoy home-made foods, and have lunch at any of a number of fabulous eateries on-site. Trip fee \$15 plus lunch and shopping. Arrive at the center by 9:00a, depart at 9:30a SHARP, return to the Center by 2p. 900 Rosa L. Parks Blvd., Nashville, TN 37208 [www.nashvillefarmersmarket.org](http://www.nashvillefarmersmarket.org)

**\*Trip - The Factory at Franklin, Wed., May 15 10a-3p.** The Factory houses many one-of-a-kind shops, stores and restaurants. Come wander their halls and marvel at all the new places you'll find. Several excellent restaurants to choose from. Trip fee \$15 plus lunch and shopping. Arrive at the center by 9:30a, depart at 10a SHARP, return to the Center by 3p. 230 Franklin Road, Franklin 37064 [factoryatfranklin.com/tenants/](http://factoryatfranklin.com/tenants/)

### MEETUPS

Meetups allow everyone to meet for a meal or event and share good times together. Everyone meets at the location, but please register so that we can make reservations, on the member portal, or by calling the center at 615-743-3487.

**\*Meet—Nashville Flea Market 4th Fridays at 9:30a.** The Nashville Flea Market is open the 4th weekend of every month, Friday thru Sunday. Let's meet at Knowles Center and walk into the Flea Market together—or arrive any time, park at Knowles Center, and walk in at your leisure. Please register so we know you're coming.

**\*Meet-N-Eat at Fenwick's 300 Diner, Friday, May 31st at 11a.** Fenwick's features an all-day menu based on diner classics, priced so that guests can come every day! 2600 8th Ave. South, Nashville 37204. [www.fenwicks300.com](http://www.fenwicks300.com). Please register so we know how big a table to reserve.

### TRIP GUIDELINES

**Minimum number**— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued or F.A.N. cards will be given.

**Staff Support**— Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.** Most trips require a fair amount of walking. If you are unsure, please contact **Julie Harper** for more information.

**Payment**— Trips must be paid for at the time of registration, in order to hold your seat. **Note: Non-members pay an additional \$5 per person.**

**Departure Time**— Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

**Cancellations and No Shows**— A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund or F.A.N. card will be given only if your seat can be filled.

**Attendance**— Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions**— Exceptions may be considered by center staff in extreme situations.