

July 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
1 9-3 Coat/T-shirt drive 10 NEW—Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	2 9-3 Coat/T-shirt drive 9:30-1:30 *TRIP-Loveless Café 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong	3 9-3 Coat/T-shirt drive 10 Silver Sneakers 11 Game Time 1 Bingo	4 Independence Day Holiday All Centers Closed	5 9-3 Coat/T-shirt drive 8 Walking Club 10 NEW—Wii Dance 11 Needlework Club 12-6 Meet-Nashville Card Show 1 Chair Yoga
8 9-3 Coat/T-shirt drive 9:30-11:30 *TSU Vegetable Gardening 10 Bluebird Café 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	9 9-3 Coat/T-shirt drive 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 11:45 Music for Seniors Café 1 Bingo 2 Pool/Ping Pong	10 9-3 Coat/T-shirt drive 10 Walk With a Doc 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series: Eating Smart on the Run 11 Game Time 12 Voices Forward Returns! 1 Bingo	11 9-3 Coat/T-shirt drive 9:30 SAIL Exercise 10:30 Drama Buffs 12 *Bible Study 101 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	12 9-3 Coat/T-shirt drive 8 Walking Club 10 Wii Dance 11 Needlework Club 1 Chair Yoga
15 9-3 Coat/T-shirt drive 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	16 10a-8p *Statem!nt Consignment Sale 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 12 *Seminar: Managing Your Money 1 Bingo 2 Pool/Ping Pong	17 10a-8p *Statem!nt Consignment Sale 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo 2 Intern Farewell Party	18 10a-8p *Statem!nt Consignment Sale 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	19 All Centers Closed Staff Meeting
22 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	23 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong	24 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo	25 9:30 SAIL Exercise 10:30-3 Drama Buffs—Performance @ Radnor Towers 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong	26 8 Walking Club 8-5 Meet—Nashville Flea Market 10-2 *Meet—Lane Motor Museum 10 Wii Dance 11 Needlework Club 1 Chair Yoga
29 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	30 10 *Knowles Coffee Shop-Musicians' Corner 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong	31 10 Silver Sneakers 10:30 *No TSU Class 11-12:30 *New Member Orientation & Lunch 11 Game Time 12 Voices Forward 1 Bingo	Plastic-Free Awareness Month	FiftyForward Fresh LUNCH—\$2.50 Served daily at 11:45 in the Lobby Reserve by 10:30am at the front desk or call 615-743-3487

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.

Once again this year we will be collecting new or gently used coats and T-shirts for Room in the Inn, July 1-15.


This incredible organization is devoted to helping the unhoused find shelter, and to build the skills to find and keep employment. T-shirts for men and women's sizes only (not kids). Coats for all ages are appreciated. **Bring them to the Knowles front desk if the collection box isn't out yet.**

July is Plastic-Free Awareness Month. Join millions of people reducing their plastic waste. Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?


This movement has inspired over 120 million participants in 177 countries. You making a small change will collectively make a massive difference to our communities. You can choose to refuse single-use plastics in July (and beyond!). Best of all, being part of Plastic Free July will help you to find great alternatives that can become new habits forever.


RECURRING CLASSES, ACTIVITIES, & GROUPS:

Arthritis Exercise with Barb Batson 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 Thursday, July 11th at noon. Led by Knowles member Dorothy Baccus.** A time of learning how to look up verses and how to study the Bible. Use our Bibles or bring your own.

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 Fridays at 1p. Certified Yoga instructor Barbara Clinton teaches this seated yoga class for all fitness levels. Yoga has many health benefits such as reduced pain, stress, and improved circulation.

 **Drama Buffs Thursdays at 10:30a.** Join us to do "readers' theatre" play readings. No prior experience required! Have fun rehearsing and performing plays of all genres. **Our first outside performance will be at Radnor Towers on Thursday, July 25th at 1pm. Led by Member Vonda Scruggs.**

Fitness with Blanca 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!

 **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.**

Gentle Yoga with Blanca Tuesdays at 11:45a. 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.

 ***NEW-Knowles Coffee Shop-Musicians' Corner, Tues. July 30th at 10a.** This monthly event will allow all of our singer/songwriter/performers to show off their talents, and do a little pickin' and grinnin'. Please register if you plan to perform, but anyone can attend (and bring a friend). Free coffee and donuts provided. **Led by Member Jim Callahan.**

FiftyForward Knowles PROGRAM INFORMATION

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RECURRING CLASSES, ACTIVITIES, & GROUPS (Cont)

Mahjong Game Time 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 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. **Led by Member Shannon McCullough.**

Pool & Ping Pong Tuesdays and Thursdays at 2p (or any time). Enjoy some relaxing time honing your pool shot or your ping pong backhand.


 **Silver Sneakers Wednesdays at 10a.** Staying active and connecting with others motivates us to exercise. Join us for this cardio, balance and strength training class.

Stay Active and Independent for Life (SAIL) Mondays at 11a with Barbara Batson and Thursdays at 9:30a 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 Choir Wednesdays at noon—returns July 10th.** This popular singing group performs a wide variety of music. No tryouts are required. **Led by Member Debbie Reynolds-Barnes.**

Walking Club Fridays at 8a. Get some exercise and enjoy the company of others! We will be walking the path on the Fairgrounds (about 1.3 miles).

NEW-Wii Bowling and Dancing. Join us Mondays and Fridays at 10a and have fun bowling and dancing with your friends and the Wii system. Ally Holmes will show you how to have a great time. Feel free to play it any time the Game Room isn't otherwise in use.

 **Writers' Group Mondays at 2p.** 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

Class series require that you register prior to the first day of class, and plan to attend most, if not all, of the class sessions.

***TSU SNAP-Ed Series Wednesdays, July 10th through Sept. 11th from 10:30-11:30,** Tennessee State University's Supplemental Nutrition Assistance Program—Education, SNAP-Ed helps families stretch their food dollar! Join this **FREE** 9-week series where you will enjoy fun, hands-on classes, and earn a certificate. <https://www.tnstate.edu/snap-ed/>. This quarter's topic is Families Eating Healthy on the Run. **Registration is required, and you are expected to attend all classes, but we understand you may miss one or two. Seating is limited to 15.**

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, second Wednesday of each month from 10-11a. Join us for Walk with a Doc at FiftyForward Knowles. Meet in the Center lobby at 10 a.m. for a brief health talk from Dr. Amy Price Neff of Mindstream Integrative Medicine. Then we will walk 1.3 miles on the flat, paved surface around the Nashville Fairgrounds.

***FREE SEMINAR - TSU Vegetable Gardening Monday, July 8th from 9:30-11:30a.** Dr. Arvazena Clardy, professor at Tennessee State University, will teach you how to grow vegetables and basic gardening to save money and eat healthier. **Limited seating, registration required.**

FREE SEMINAR - Managing Your Money, Tuesday, July 16th at noon. Regions Bank offers monthly financial seminars, presented by Kimberly Powell, VP of the Melrose branch.

FREE - New Member Orientation, Wednesday, July 31 from 11-12:30. If you joined FiftyForward since Sept. 2023, you will receive an invitation to this free lunch and orientation to taking advantage of all that we offer at FiftyForward. If you didn't attend orientation last Sept., or feel like you should be invited, but haven't heard from us, please call 615-743-3487.

FiftyForward Knowles PROGRAM INFORMATION

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DAY TRIPS

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

***Trip - Loveless Café Tuesday, July 2 from 9:30a to 1:30p.** The Loveless Café is famous for their Southern cooking and biscuits. Join us for a great time, and also visit their gift shops. **Trip fee \$15** plus lunch and shopping. Arrive at the center by 9a, depart at 9:30a SHARP, return to the Center by 1:30p. 8400 Hwy 100 Nashville, TN 37221 <https://lovelesscafe.com/>

MEETUPS

Meetups allow everyone to meet for a meal or event and share good times together. Everyone meets at the location. Fairground events allow you to park at Knowles Center for free during weekdays. **Meets with an asterisk (*) require registration.**

Meet—Nashville Card Show Friday, July 5th from noon to 6p. Nashville Trading Card Show July 5-7, but you can park at Knowles on the 5th for free. 700+ tables, cost is \$5 entry fee. Top vendors from across the country will have incredible collectibles on display and for sale. www.thefairgrounds.com/events/NashvilleCardShow.asp

Meet—Nashville Fairgrounds Consignment Sale, Tues. July 16-Thu July 18, 10a-8p. Statem!nt Nashville hosts their annual consignment sale. Sizes XS to 4XL. Park for free at Knowles Center (Fairgrounds parking is \$10) and walk down to the Expo Center. Entry is free. Please see the website if you want to sell items. statemintconsignment.com/nashville

***Meet—Lane Motor Museum & Lunch, Friday, July 26th from 10a-2p.** Lane Motor Museum features 150 unique cars, boats, planes, and motorcycles, including European and American cars, military, prototypes, and alternative fuel vehicles. Eat lunch afterward at a restaurant of the group's choosing. Cost: \$15 for adults, \$10 for 65 and over. 702 Murfreesboro Pike, Nashville 37210. www.lanemotormuseum.org/

Meet—Nashville Flea Market Friday, July 26th from 8a-5p. The Nashville Flea Market is open the 3rd weekend in June, Friday thru Sunday. Arrive any time, park at Knowles Center for free, and walk in at your leisure. www.thefairgrounds.com/fleamarket/dates.asp

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 call 615-743-3487 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.