

August 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.** Please register at the front desk, or call **615-743-3487**.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Immunization Awareness Month</p>	<p>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</p>	<p>31 10 Silver Sneakers 10:30 *No TSU Class 11-12:30 *New Member Orientation 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>1-ELECTION DAY 8:30 NEW DAY Walking Club 9:30 SAIL Exercise 10:30 Drama Buffs 12 *Bible Study 101 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p>2 10 Wii Dance 11 Needlework Club 1 Chair Yoga</p>
<p>5 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>6 9:30-1 *TRIP-Golden Corral 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong</p>	<p>7 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>8 8:30 Walking Club 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p>9 10 Wii Dance 11 Needlework Club 1 Chair Yoga</p>
<p>12 10 Wii Bowling 10 Bluebird Café 11 *MEET-Thistle Farms Café & Gift Shop 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>13 10:45 Fitness Exercise 11 Game Time 11:45 Music for Seniors 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong</p>	<p>14 10 Walk With a Doc 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>15 8:30 Walking Club 9:30 SAIL Exercise 10:30 Drama Buffs 12-3 *Watercolor Painting Class 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p>16 10 Wii Dance 11 Needlework Club 1 Chair Yoga</p> <hr/> <p>17 (Saturday) 4-10pm *TRIP—Titans Football Game</p>
<p>19 10 Wii Bowling 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>20 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 12 Regions Bank Financial Seminar 1 Bingo 2 Pool/Ping Pong</p>	<p>21 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>22 8:30 Walking Club 9:30 SAIL Exercise 12-4 Drama Buffs—Performance @ Dandridge Towers 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p>23 8-5 Meet—Nashville Flea Market 10 Wii Dance 11 Needlework Club 1 Chair Yoga</p>
<p>26 10 Wii Bowling 11 SAIL Exercise 12 *Knowles Potluck 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>27 10 *Knowles Coffee Shop—Musicians' Corner 10:45 Fitness Exercise 11 Game Time 11:45 Gentle Yoga 1 Bingo 2 Pool/Ping Pong</p>	<p>28 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>29 8:30 Walking Club 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 2 Pool/Ping Pong</p>	<p>30 10 Wii Dance 11 Needlework Club 1 Chair Yoga</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:

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 First Thursdays at noon.** A time of learning how to look up verses and how to study the Bible. Use our Bibles or bring your own. **Led by Knowles member Dorothy Baccus.**

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 second outside performance will be at Dandridge Towers on Thursday, Aug. 22nd at 2 pm. 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. Aug. 27th 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 at the front desk if you plan to perform, but anyone can attend (and bring a friend). Free coffee and donuts provided. Led by Member Jim Callahan.**

 **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 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.


FiftyForward Knowles PROGRAM INFORMATION

 Denotes member-led program


 Denotes a video-taught activity


RECURRING CLASSES, ACTIVITIES, & GROUPS (Cont)

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. This popular singing group performs a wide variety of music. No tryouts are required. **Led by Member Debbie Reynolds-Barnes.**

Walking Club Thursdays at 8:30a. Get some exercise and enjoy the company of others! We will be walking the path on the Fairgrounds (about 1.3 miles).

 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. You must have already registered and started this class in July. Next series will begin in September.

SPECIAL EVENTS

Items with * require registration at the front desk, 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.

*Watercolor Painting Class with Jill Mayo, Thursday, August 15th from 12-3pm. Madison Member Jill Mayo will come share her vast art experience with us each month. In August, she will teach a watercolor painting class. **Cost is \$25**, all materials included. She will teach a different art or craft class each month. **Sign up by the front desk—only 15 seats.**

FREE SEMINAR - Managing Your Money, Tuesday, August 20th at noon. Regions Bank offers monthly financial seminars, presented by Kimberly Powell, VP of the Melrose branch.

*FREE - Knowles Member Potluck, Monday, Aug. 26th from 12-1pm. You've been asking for this all year! Back by popular demand—the monthly Knowles potluck! **Please sign up at the front desk and list what you plan to bring. All food will be brought by members.**

Categories: Main Dish, Side Dish, Dessert, Salad. Water, tea and coffee will be provided by the Center.



FiftyForward Knowles Day Trips

Please register at the front desk, or call 615-743-3487.

DAY TRIPS

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***Trip - Golden Corral Buffet & Grill, Tues Aug. 6th from 9:30a to 1p.** Golden Corral offers an endless buffet at breakfast, lunch, and dinner. Lunch and dinner include all-you-can-eat soup and salad bar, yeast rolls, and homemade desserts, along with soft-serve ice cream and carrot cake.. **Trip fee \$15** plus lunch. Arrive at the center by 9a, depart at 9:30a SHARP, return to the Center by 1p. 315 Old Lebanon Dirt Rd, Hermitage, TN 37076
www.goldencorral.com/

***Trip - Tennessee Titans vs Seattle Seahawks Preseason Football, Sat., Aug. 17th from 4-10pm. Trip fee \$60** includes game ticket and bus fee (\$65 for non-members). Arrive at the Knowles center by 3:30pm, depart at 4 pm SHARP, return to the Center by 10p. www.tennesseetitans.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—Thistle Farms Café and Gift Shop Monday, August 12th 11 am. Please register so we know who to look for.** Thistle Farms' mission is to Helping women survivors overcome and heal from systems of prostitution and exploitation, by providing them with free housing, healthcare, counseling, and job readiness training for two years. Their café and gift shop, along with their manufacturing operation, is staffed by these survivors. The food is amazing, the gift shop has many interesting, hand-made items from around the world, and your money helps to support their mission. Parking lot is in the back. 5122 Charlotte Ave., Nashville 37209. thistlefarms.org

Meet—Nashville Flea Market Friday, Aug. 23rd from 8a-5p. The Nashville Flea Market is open the 4th weekend of every month, 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.