

October 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
30 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	1 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 12:30 Metro Council Presents "Choose How You Move" Transportation Issue on the Ballot 1 Bingo	2 9:30 *FREE TRIP- Donelson Health Fair & Lunch 10 Silver Sneakers 11 Game Time 12 Voices Forward 1 Bingo	3 9:30 SAIL Exercise 10:30 Drama Buffs 12 Bible Study 101 12 Men's Group 1 Arthritis Exercise	4 11 Needlework Club 1 Chair Yoga
7 10-12 *FREE-Personal Awareness and Self-Defense Seminar 12 SAIL Exercise-Note Time Change 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	8 10-2:30 *Covid/Flu Clinic-please register 10:30 *FREE-Financial Seminar 10:45 CANCEL-Yoga 11 Game Time 11:45 Music for Seniors 11:45 CANCEL-Fitness 1 Bingo	9 10 Walk With a Doc 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series Start-Registration Required 11 Game Time 12 Voices Forward 1 Bingo	10 9:30 SAIL Exercise 10:30 Blind & Visually Impaired Services Presentation 11:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise	11 11 Needlework Club 1 Chair Yoga
14 10 Bluebird Café 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	15 9:30 *FREE - Bladder Health Seminar 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo	16 9-1 *TN SHIP Medicare Counseling 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo	17 9:30-2 *TRIP-Symphony and Lunch 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 2-3:30 *American Sign Language Class	18 11 Needlework Club 1 Chair Yoga
21 10 Knowles Town Hall 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	22 10 *Knowles Coffee Shop-Musicians' Corner 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo	23 9-4 *TRIP- Oak Grove Casino 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo	24 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 12-3 *STEAM Event: Halloween Tin-Making Art Class-Jill Mayo 1 Arthritis Exercise	25 8-5 Meet-Nashville Flea Market 11 Needlework Club 1 Chair Yoga
28 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group	29 9:30 Poetry Seminar 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1-2:30 Halloween Bingo and Party	30 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo	31 9:30 SAIL Exercise 11 Drama Buffs Performance: "The Wizard of Old" 11:30 *Knowles Potluck 12 Men's Group 1 Arthritis Exercise	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.


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 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. **Led by Member Vonda Scruggs.**


Fitness with Blanca Tuesdays at 11:45a. Fitness instructor Blanca Walker will help you jump-start your fitness program. Join us to get in better shape and have a great time! **NOTE: This class does not meet on the 2nd Tuesday of the month.**

 **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.**


Game Room Fun Times. Check out the Game Room for fun whenever you like. We have: a huge collection of DVD movies; Wii games and sports; and pool and ping pong. Games, cards and puzzles are available any time in the lobby. Bring a friend and have some fun!


Gentle Yoga with Blanca Tuesdays at 10:45a. 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. **NOTE: This class does not meet on the 2nd Tuesday of the month.**

 **Knowles Coffee Shop-Musicians' Corner, Tues. Oct. 22nd 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.**

 **Silver Sneakers Wednesdays at 10a.** 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!


FiftyForward Knowles PROGRAM INFORMATION

 Denotes member-led program

 Denotes a video-taught activity

RECURRING CLASSES, ACTIVITIES, & GROUPS (Cont)

 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.**

 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.**

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 Seminar—Metro Council Presents “Choose How You Move.” Tuesday, Oct. 2nd 12:30 pm. Hear about the transportation measure that will appear on the November 5th Davidson County ballot in this short seminar, which immediately precedes Bingo.

***FREE Seminar - Personal Awareness and Self-Defense Seminar (PASS).** Monday, Oct. 7th from 10am-noon. Greg Lee from MNPd will show us how to be aware of our surroundings, and to defend ourselves in case of an attack. **Please register at the front desk to ensure your seat in this class.**

***Covid/Flu Clinic - Sponsored by West End Walgreen's,** Tuesday, Oct. 8th 10-2:30. **You must register for the this event,** so they will know how many doses of each to bring. This is the new Covid and flu vaccine for Fall 2024. Please bring your insurance card, or Medicare card and Part D card. Otherwise, the vaccines cost \$35-60. **Register at the front desk or by calling 615-743-3487.**

***FREE Seminar - Managing Your Money,** Tuesday, Oct. 8th at 10:30 am. Regions Bank offers monthly financial seminars, presented by Kimberly Powell, VP of the Melrose branch.

FREE Event - Walk with a Doc at Knowles Center, second Wednesday of each month from 10-11a. Meet in the 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—Blind & Visually Impaired Services Presentation—Thursday, Oct. 10 at 11:30 am. A representative from the Tennessee Dept. of Human Services will discuss services available to those who are blind or visually impaired.

***FREE Seminar—Axonics Bladder Health**—Tuesday, Oct. 15th at 9:30 am. Hear a urologist discuss reasons for and ways to correct incontinence issues.

Knowles Members Town Hall—Monday, Oct. 21st at 10:30 am. Come let your voice be heard! Discuss activities and events at the Knowles Center that you would like to see added to the schedule.

***FREE TN SHIP Medicare Counseling,** Wednesday, Oct. 16th from 9am to 1 pm. Please sign up to reserve your appointment time. **Only six appointments available at this time, so register soon to ensure your spot. Register at the front desk.**

***FREE Seminar—American Sign Language (ASL) Seminar,** Thursday, Oct. 17th from 2:00-3:30pm. Mike Helms, VP of Bridges for the Deaf and Hard of Hearing, will teach us introductory American Sign Language (ASL). This is part of a monthly series.

***Halloween Tin-Making Class with Jill Mayo,** Tuesday, Oct. 24th from 12-3pm. This month, Jill will teach us how to make beautiful keepsake tins. **Cost is \$25. This is a STEAM (Science, Technology, Engineering, Art and Math) Week Event.** Register at the front desk.

***FREE Seminar - Poetry Writing Class with Abby Ashford-Grooms** Tuesday, Oct. 29th at 9:30 am. 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.

FREE Event—Halloween Bingo and Party, Tuesday, Oct. 29th from 1-2:30 pm. Sponsored by the Nashville Charity League (NCL), come enjoy special treats and prizes at our weekly Bingo game.

***FREE Event—Halloween Play and Potluck,** Thursday, Oct. 31st at 11 am. Drama Buffs presents their original play “The Wizard of Old.” Come laugh and enjoy this comedy, followed by **Knowles Potluck at 11:30.** Please sign up to bring food for the potluck at the front desk.



FiftyForward Knowles Day Trips

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

CLASSES

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.

***FREE CLASS - *TSU SNAP-Ed Series Wednesdays.**

Oct. 9th through Nov. 20th from 10:30-11:30.

Tennessee State University's Supplemental Nutrition Assistance Program—Education, SNAP-Ed presents “Eat Well, Feel Well.” This series will focus on older adults and nutrition, physical activity, food safety and food preparation techniques.

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.

DAY TRIPS

Registering and Payments for Trips

Moving forward, payments and registrations will be made by members via our new portal, which can be accessed online or at the kiosk located at the center. Payments must be made at the time of registration to hold your spot for day trips and events that have a cost. This new portal can be accessed by visiting: <https://fiftyforward.org/member/>

***FREE TRIP - Donelson Health Fair, Wed. Oct. 2, 9:30-**

1:00. We go every fall, and it's always a great event! There will be 30-35 vendors, with raffle drawings throughout. NOTE: Lunch will NOT be provided there, but we will stop and get lunch on the way back at a restaurant of the group's choosing.

***TRIP - Nashville Symphony Rehearsal, Stravinsky's**

“The Firebird,” Thur. Oct. 17 from 9:30-2. Attend the Nashville Symphony for a full dress rehearsal (2-1/2 hours, one intermission). Dress up and have fun! Afterward, we will go to Elliston Place Soda Shop for lunch. **The trip fee is \$15, plus the cost of lunch.** Arrive at the center by 9a, depart at 9:30a SHARP, return to the Center by 2:30p.

***TRIP - Oak Grove Casino.** Wednesday, Oct, 23rd from 9am to 4pm. Join us for this fun-filled trip to the casino, restaurants, and shops in Oak Grove,

Kentucky. **The trip fee is \$20, plus any casino or food costs.** Arrive at the center by 8:30 am. Depart at 9am and return to the Center by 4pm. This is a joint trip with Bordeaux Center.

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 Flea Market Friday, Oct. 25th 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.

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 will be issued if a cancellation is given more than 24 hours prior to a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

Attendance— Cancelling or not showing up for two 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.