

November 2024 FiftyForward Knowles Center Programs

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 fiftyforward.org/member/.

Monday	Tuesday	Wednesday	Thursday	Friday
<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>29 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1-2:30 Halloween Bingo and Party</p>	<p>30 10 Silver Sneakers 10:30 *TSU SNAP-Ed Class Series 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>31 9:30 SAIL Exercise 11 Drama Buffs Performance: "The Wizard of Old" 11:30 *Knowles Potluck 12 Men's Group 1 Arthritis Exercise</p>	<p>1 11 Needlework Club 1 Chair Yoga</p> <p style="text-align: center;">Set your clocks BACK an hour Saturday night! DST Ends</p>
<p>4 9:30 Time Change: SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>5 Election Day 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo</p>	<p>6 10-11:30 *Frist Art Trunk class 10-12 BP, Glucose & Weight Check- 10 Wheelchair Info 10:30 *TSU SNAP-Ed 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>7 9:30 SAIL Exercise 10:30 Drama Buffs 11:30 Medicare Info Session 12 Bible Study 101 12 Men's Group 1 Arthritis Exercise</p>	<p>8 11 Needlework Club 1 Chair Yoga</p>
<p>11 Veterans' Day 10 Bluebird Café 11 SAIL Exercise 11:30 *MEET Cracker Barrel 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>12 10:30 Regions Bank Financial Seminar 11 Game Time 11:45 Music for Seniors 1 Bingo 3 *Valor Tech Support</p>	<p>13 10 Walk with a Doc 10 Silver Sneakers 10:30 *TSU SNAP-Ed 11 Bladder Health Sem. 11 Game Time 12 ALIAS Chamber Ensemble Concert 1 Bingo</p>	<p>14 9:45-1:30 *TRIP-Nashville Ballet Donuts & Dancing 9:30 SAIL Exercise 10:30 Drama Buffs 12 Men's Group 1 Arthritis Exercise 1-2:30 *American Sign Language Class</p>	<p>15 9-9 Meet-Christmas Village (buy tickets online) Sat 9-6, Sun noon-6 11 Needlework Club 1 Chair Yoga</p>
<p>18 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>19 10 Musicians' Corner-Knowles Coffee Shop 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 12 Calisto Concert Holiday Bingo</p>	<p>20 10 Silver Sneakers 10:30 *TSU SNAP-Ed 11-2 *Christmas Keepsake House Class-Jill Mayo 11 Game Time 12 Voices Forward 1 Bingo</p>	<p>21 9:30 SAIL Exercise 10:30 Drama Buffs 11:30 *Thanksgiving Potluck 12 Men's Group 1 Arthritis Exercise</p>	<p>22 8-5 Meet - Nashville Flea Market 11 Needlework Club 1 Chair Yoga</p>
<p>25 11 SAIL Exercise 12-2 Mahjong 1 Arthritis Exercise 2 Writers' Group</p>	<p>26 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo</p>	<p>27 10 Silver Sneakers 11 Game Time 12 CANCEL-Voices Forward 1 Bingo</p>	<p style="text-align: center;">Thanksgiving Holiday</p>	<p style="text-align: center;">All Centers Closed</p>



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

Activities 8:30a–3:30p Monday-Friday

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.

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.**

BP, Glucose and Weight Check -First Wednesdays from 10-noon. Meharry College will come monthly to do Blood Pressure checks, glucose screening, and Covid education.

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. **NOTE: This class does not meet on the 2nd Tuesday of the month.**

Game Time! Tuesdays and Wednesdays at 11a. If you enjoy friendly competition, teamwork and fun, then please join our card- and board game-playing members. **Led by Members Jim & 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 & sports; and pool & ping pong. Games, cards and puzzles are available any time in the lobby.

Gentle Yoga with Blanca Tuesdays at 10:45a. Enjoy this seated yoga class for all fitness levels with certified yoga instructor, Blanca Walker. **NOTE: This class does not meet on the 2nd Tuesday of the month.**

Knowles Coffee Shop-Musicians' Corner, Tues. Nov. 19 at 10a. This monthly event allows our singer/songwriter/performers to show off their talents. **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! 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.



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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. **Note: The choir will NOT meet on Nov. 13th or 27th.** **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. **Led by Member Jim Ray.**

SPECIAL PROGRAMS & 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 or online via the portal <https://fiftyforward.org/member/>.

Frist Art Class – Wed. Nov. 6th 10-11:30a.

Katsushika Hokusai: Block Printing. A Frist community art teacher will teach the hands-on artmaking workshop, guiding you through each step and sharing connections to the exhibition, “Journey through Japan: Myths to Manga.”

Patient's Choice Wheelchair demonstration

Wed. Nov. 6th at 10am. Learn about the options you have to improve your mobility.

Medicare 2025 Information Session, Thur. Nov. 7th at 11:30am.

A GNRC rep will come talk to us about the upcoming changes to Medicare for 2025.

*** Poetry Writing Class Tuesday, Nov. 12th at 9:30a.** Bring paper & pen and learn how to create poetry with Abby Ashford-Grooms, English & Creative Writing professor.

*** Managing Your Money, Tuesday, Nov. 12th at 10:30 am.** Regions Bank offers monthly financial

seminars, presented by Kimberly Powell, VP of the Melrose branch.

*** Technical Support with Valor Prep Tuesday, Nov. 12th at 3p.** Valor students will help you with your phone, tablet or laptop issues. Only 4 slots available. Please sign up at the front desk.

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.

ALIAS Chamber Ensemble Concert, Wed. Nov. 13th at noon. ALIAS was founded in 2002 by Nashville Symphony Musicians looking for a way to perform chamber music and give back to the community. They sound like the whole orchestra!

***Bladder Health Seminar,** Wed. Nov. 13th at 11a. Hear a urologist discuss reasons for and ways to correct incontinence issues.

*** American Sign Language (ASL) Seminar,** Thursday, Nov. 14th from 1:00-2:30pm. 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.

Calisto Historical Music Group Performance, Tues, Nov. 19th at noon. The group is made up of six musicians who perform early music from the 15th and 16th century on authentic instruments.

***Christmas Keepsake House Class with Jill Mayo,** Wednesday, Nov. 20th from 11a-2p. This month, Jill will teach us how to make beautiful keepsake Christmas houses. **Cost is \$25.** Register at the front desk.

***Thanksgiving Potluck, Thursday, Nov. 21st at 11:30 am.** Please sign up to bring food for the potluck at the front desk.

***Continuing Class Series - *TSU SNAP-Ed Series.** You had to start this class in October.



November 2024 FiftyForward Knowles Center Programs

MEETUPS

Meetups allow everyone to meet for a meal or event. Fairground events allow you to park at Knowles Center for free during weekdays. Meets with an asterisk (*) require registration.

***Meet—Cracker Barrel, Mon. Nov. 11th 11:30-1.** Meet for lunch and a little shopping at the Cracker Barrel, 4323 Sidco Dr, Nashville, TN 37204. Please sign up so we know who to look for.

Meet—Christmas Village, Fri. Nov. 15th from 9a-9p, Sat. Nov. 16th from 9a-6p, and Sun. Nov. 17 from noon-6p. Christmas Village is one of the oldest charitable events in Nashville. Approximately 250 merchants and 30,000 shoppers from all over the United States participate event. A variety of unique seasonal and gift items are offered, including: toys for all ages, clothing for children and adults, jewelry, home decor, food items, pottery, and collectibles. **Parking is FREE. Tickets are \$15, and MUST be purchased in advance, online,** at <https://christmasvillage.org/tickets/>.

Meet—Nashville Flea Market, Friday, Nov. 22nd 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

DAY TRIPS

***TRIP – Nashville Ballet “Donuts & Dancing”,** Thursday, Nov. 14th from 9:45-1:30. Attend the Nashville Ballet for a rehearsal of “The Nutcracker,” followed by lunch at a restaurant of the group’s choosing. The trip fee is \$15, plus the cost of lunch. Arrive at the center by 9:30a, depart at 9:45a SHARP, return to the Center by 1:30p.

Registering and Payments for Trips:

Payments and registrations are made 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. The portal can be accessed at <https://fiftyforward.org/member/>

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.