

December 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
2 10-12 Decorate Knowles Lobby 11 SAIL Exercise 12-2 Mahjong Games 1 Arthritis Exercise 2 Writers' Group	3 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo	4 10-11:30 *China Cookie Plate Painting Class 10 Silver Sneakers 10-12 BP, Glucose & Weight Check- 11-1 Hearing Check 11 Game Time 1 Bingo	5 8:15-12 *TRIP-Channel 5 Tour and Brunch 9:30 SAIL Exercise 10:30 Drama Buffs 12 Cancel-Voices Forward 12 Bible Study 101 12 Men's Group 1 Arthritis Exercise	6 11 Needlework Club 1 Chair Yoga
9 10 Bluebird Café 11 SAIL Exercise 12-2 Mahjong Games 1 Arthritis Exercise 2 Writers' Group	10 10:30 Regions Bank Financial Seminar 11 Game Time 11:45 Music for Seniors 1 Bingo 3 *Tech Support	11 10 Walk with a Doc 10 Silver Sneakers 11 Game Time 1 Bingo	12 9:30 SAIL Exercise 10:30 Drama Buffs 12 Voices Forward 12 Men's Group 1 Arthritis Exercise	13 10:30-noon *Painting with Janay 11 Needlework Club 12-2 *TRIP-Frist Guided Tour 1 Chair Yoga
16 9:30-2 *TRIP-Downtown Franklin Holiday Shopping 11 SAIL Exercise 12-2 Mahjong Games 1 Arthritis Exercise 2 Writers' Group	17 10 *Knowles Coffee Shop / Musicians' Corner 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Holiday Bingo	18 10 Silver Sneakers 11 Game Time 11:30 *Holiday Potluck 1 Bingo	19 9:30 SAIL Exercise 10:30 Cancel-Drama Buffs 12 Cancel-Voices Forward 12 Men's Group 1 Arthritis Exercise	20 8-5 MEET Nashville Flea Market 11 Needlework Club 1 Chair Yoga
Christmas	Holiday	All	Centers	Closed
30 11 SAIL Exercise 12-2 Mahjong Games 1 Arthritis Exercise 2 Writers' Group	31 10:45 Canceled - Gentle Yoga & Fitness 11 Canceled-Game Time 11-1 *Countdown to Noon NYE Party 1 NYE Bingo	1 New Year's Holiday Centers Closed	2 9:30 SAIL Exercise 10:30 Drama Buffs 12 Cancel-Voices Forward 12 Bible Study 101 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



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Only activities that have a fee 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.

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.**

Hearing Check – First Wednesdays from 11a-1p. Dr. Michael Rushio of Hearing Life Hermitage will come out every month to conduct free hearing tests.



Knowles Coffee Shop-Musicians' Corner, Tues. Dec. 17th 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 Games 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.**

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RECURRING CLASSES, ACTIVITIES & GROUPS

Music for Seniors Second Tuesdays at 11:45a.

Live Lunchtime Music! Join us for Music City Moments and enjoy live music! Sponsored by Music for Seniors.

Needlework Club Fridays at 11a. If you 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!

Voices Forward Choir – New day - Thursdays at noon. This popular singing group performs a wide variety of music. No tryouts are required. **In December, they will only meet Dec. 12th, and perform on the 17th.** **Led by Member Debbie Reynolds-Barnes.**

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.

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 Joe Griffith.**

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.



Decorate Knowles Lobby – Mon. Dec. 2 from 10-12. Bring your unneeded decorations, or just use ours to make Knowles festive for the holidays.

***China Cookie Plate Painting Class – Wednesday, Dec. 4th from 10-11:30a.** Join member Shannon McCullough to paint a beautiful china cookie plate that you can give as a Christmas present, or keep for yourself. All materials provided. **Cost is \$10. Only 4 seats in this class.**

*** Regions Bank Financial Seminar Series: Managing Your Money, Tuesday, Dec. 10th 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, Dec. 10th 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.

***Painting with Janay, Friday, Dec. 13th from 10:30-12p.** Join our favorite, Dr. Janay Moreland, as she teaches us to paint beautiful Christmas paintings, just in time for the holidays! **Cost is \$20, seating limited to 12 people.**



***Holiday Potluck, Wednesday, Dec. 18th at 11:30 am.** Come celebrate the holidays with your friends! Please sign up to bring food at the front desk.

***New Year's Eve Countdown to Noon, Tuesday, Dec. 31st 11:00 am-1 pm.** Join us for our New Year's Eve party. Celebrate, play games, and win prizes. Bingo will follow at 1:00 pm. Please sign up at the front desk.



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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—Nashville Flea Market, Friday, Dec. 20th 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

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 – Channel 5 Newsroom Tour,** Thursday, Dec. 5th from 8a-12p. Enjoy a tour of Channel 5's newsroom. We will go out to brunch afterward at Puckett's Restaurant downtown. **The trip fee is \$10, plus the cost of brunch.** Arrive at the center by 8:00a, depart at 8:15a SHARP, return to the Center by 12p.

***TRIP – Frist Art Museum Guided Tour,** Friday, Dec. 13th from 12-2p. *Journey Through Japan: Myths to Manga* exhibition goes on a colorful, atmospheric exploration through Japan to show how popular stories have shaped the country's art, design, and technology across the centuries. Divided into four thematic sections—Sky, Sea, Forest, and City—it presents over 150 historic and contemporary objects, ranging from animated movies, origami, and ukiyo-e woodblock prints to dolls, robots, and youth fashion. **The trip fee is \$10.** Arrive at the Center by noon, depart by 12:15, return to the Center by 2p.

***TRIP – Downtown Franklin Holiday Shopping,** Monday, Dec. 16th from 9:30a to 2:00p. Shop all the local and fun shops in quaint downtown Franklin. They really put on a show for Christmas. **The trip fee is \$15, plus any spending.** Arrive at the center by 9:15a, depart at 9:30a SHARP, return to the Center by 2:00p.

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.