

January 2025 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>31 10:45 Canceled - Gentle Yoga & Fitness 11 Canceled-Game Time 11-1 *Countdown to Noon NYE Party 1 NYE Bingo</p>	<p>1 New Year's Holiday Centers Closed</p>	<p>2 9:30 SAIL Exercise 10:30 New Time Arthritis Exercise 10:30 Drama Buffs 12 Voices Forward 12 Men's Group</p>	<p>3 11 Needlework Club 1 Chair Yoga</p>
<p>6 9:30 New Time SAIL Exercise 10:30 New Time Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group</p>	<p>7 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo</p>	<p>8 10 *NEW-Bingocize (reg. required) 10-12 BP, Glucose & Weight Check- 11-1 Hearing Check 11 Game Time 1 Bingo</p>	<p>9 9:30 SAIL Exercise 10:30 Arthritis Exercise 10:30 Drama Buffs 112 Bible Study 101 2 Voices Forward 12 Men's Group</p>	<p>10 11 Needlework Club 12 *Bingocize 1 Chair Yoga</p>
<p>13 9:30 SAIL Exercise 10 Bluebird Café 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group</p>	<p>14 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 11:45 Music for Seniors 1 Bingo 3 *Tech Support</p>	<p>15 10 *Bingocize 11 Game Time 11 *MEET- Pancho and Lefty's Cantina 1 Bingo</p>	<p>16 9:30 SAIL Exercise 10:30 Arthritis Exercise 10:30 Drama Buffs 12 Voices Forward 12 Men's Group</p>	<p>17 Closed for Staff Meeting</p>
<p>20 Closed MLK Day Holiday</p>	<p>21 10 Jim Callahan Album Release Party 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo</p>	<p>22 10 *Bingocize 11 Game Time 1 Bingo</p>	<p>23 9:30 SAIL Exercise 10:30 Arthritis Exercise 10:30 Drama Buffs 12 Voices Forward 12 Men's Group</p>	<p>24 11 Needlework Club 12 *Bingocize 1 Chair Yoga</p>
<p>27 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group</p>	<p>28 9-4 *TRIP-Oak Grove Casino 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo</p>	<p>29 10 *Bingocize 11 Game Time 1 Bingo</p>	<p>30 9:30 SAIL Exercise 10:30 Arthritis Exercise 10:30 Drama Buffs 12 Voices Forward 12 Men's Group</p>	<p>31 11 Needlework Club 12 *Bingocize 1 Chair Yoga</p>



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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 8:30am–3:30pm Monday-Friday

RECURRING CLASSES, ACTIVITIES & GROUPS

Arthritis Exercise with Rhonda Cherry Mondays and Thursdays at 10:30am. **NEW TIME and Instructor.** Join us for this evidence-based, seated or standing exercise program that helps improve mobility, strength, and coordination. **Led by certified instructor Rhonda Cherry.**



Bible Study 101 Thursday, Jan. 9th 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 1pm. Bring a friend and have a great time playing Bingo with the Knowles crowd.

Bluebird Café Livestream Second Mondays at 10am. 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 – Wed. Jan 8th from 10am-noon. Meharry College will come monthly to do blood pressure checks, glucose screening, and Covid education.

Chair Yoga Fridays at 1pm. 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 10:30am. 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 11:45am. Fitness instructor Blanca Walker will help you jump-start your fitness program.

Game Time! Tuesdays and Wednesdays at 11am. 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 10:45am. Enjoy this seated yoga class for all fitness levels with certified yoga instructor, Blanca Walker.

Hearing Check – Wed. Jan 8th from 11am-1pm. Dr. Michael Rushio of Hearing Life Hermitage will come out every month to conduct free hearing tests.

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.**

Music for Seniors Second Tuesdays at 11:45am. Live Lunchtime Music! Join us for Music City Moments and enjoy live music! Sponsored by Music for Seniors.

Needlework Club Fridays at 11am. 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.**

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RECURRING CLASSES, ACTIVITIES & GROUPS



Stay Active and Independent for Life (SAIL) Mondays and Thursdays at 9:30am with Rhonda Cherry. NEW TIME and Instructor on

Mondays SAIL is a strength, balance and fitness class that helps seniors stay active, independent and reduce the risk of falling! Led by certified instructor Rhonda Cherry.

Voices Forward Choir, Thursdays at noon. This popular singing group performs a wide variety of music. No tryouts are required. **Led by Member Debbie Reynolds-Barnes.**

Walk with a Doc at Knowles Center, will not be meeting in January or February 2025.

Writers' Group Mondays at 2pm. 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.**

*** BINGOcize (Exercise and Bingo) Wednesdays 10-11 am and Friday's 12-1 pm, beginning Jan. 8th through Mar. 19th, Cost: Free.** Sign up in advance—participants must commit by the second week to the full 10-week program. BINGOcize is a fun health program that combines Bingo with light stretches and exercises. BINGOcize strategically promotes fun and games with educational topics, functional health performance, and social engagement for older adults. Join us twice weekly for 1-hour sessions lead by Nicole Lamborn for fun and exercise. **Max of 20 participants, so sign up soon!**

*** Technical Support with Valor Prep second Tuesdays at 3pm.** Valor students will help you with your phone, tablet or laptop issues. Only 4 slots available. Please sign up at the front desk.



***New Album Release Party – Jim Callahan, Tuesday, Jan. 21st from 10-11am.** Come celebrate member Jim Callahan's release of his new album.

Hear his new songs, enjoy coffee and donuts. Please register so we know how many to plan for.

2025
happy new year



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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—Pancho and Lefty's Mexican Cantina.
Wed. Jan. 15th at 11am. Join us for great Mexican food at Pancho and Lefty's Cantina, 2600 8th Avenue South #109, Nashville, TN 37204. Please sign up at the front desk so we know who is coming.

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—Oak Grove Casino.** Tuesday, Jan. 28th 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 8:30am. Depart at 9am and return to the Center by 4pm. This is a joint trip with Bordeaux Center.

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.