

February 2025 FiftyForward Knowles Center Programs

February is Black History Month.

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/. **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**

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	4 9-2 *AARP Tax Prep You MUST have an appointment 9:30 Drama Buffs 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo	5 10 *Bingocize 10:30 *TSU SNAP Ed "African Heritage Foods" 11 Game Time 1 Bingo	6 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 <u>Canceled</u> - Voices Forward 12 Bible Study 101 12 Men's Group 1-3 *TRIP – Library Civil Rights Room	7 11 Needlework Club 12 *Bingocize 1 Chair Yoga
10 9:30 SAIL Exercise 10 Bluebird Café 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	11 9-2 *AARP Tax Prep 9:30 Drama Buffs 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 11:45 Music for Seniors 1 Bingo 3 *Tech Support	12 10 *Bingocize 10:30 *TSU SNAP Ed 11 Game Time 1 Valentine Bingo	13 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Men's Group 12-3:30 Drama Buffs show at La Vergne Center	14 Valentine's Day 11 Needlework Club 12 *Bingocize 1 Chair Yoga
17 Presidents' Day 9:30 SAIL Exercise 10:30 Arthritis Exercise 11:30 *MEET- The Cookery 12-2 Mahjong Games 2 Writers' Group	18 9-2 *AARP Tax Prep 9:30 Drama Buffs 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo 3:30-5 Drama Buffs show at Board Mtg	19 10 *Bingocize 10:30 *TSU SNAP Ed 11 Game Time 12 Knowles Town Hall 1 Bingo	20 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Men's Group	21 11 Needlework Club 12 *Bingocize 1 Chair Yoga
24 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	25 9-2 *AARP Tax Prep 9:30 Drama Buffs 10 Musicians' Corner / Coffee Shop 10:45 Gentle Yoga 11 Game Time 11:45 Fitness Exercise 1 Bingo	26 10 *Bingocize 10:30 Cancel - TSU SNAP Ed 11 Game Time 1 Bingo	27 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Men's Group	28 9-1:30 *TRIP- Nashville Symphony & Lunch 11 Needlework Club 12 *Bingocize 1 Chair Yoga



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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.

Center Hours 8:30am–3:30pm Monday-Friday

RECURRING CLASSES, ACTIVITIES & GROUPS

Arthritis Exercise Mondays and Thursdays at 10:30am. 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 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 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.**

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 Tuesdays at 9:30am. 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.

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.



***Musicians' Corner Coffee Shop, Fourth Tuesdays from 10-11am.**

Singers, performers, actors, artists, magicians, crafters – anyone with a talent to showcase is welcome to join in this monthly event. Performers, please sign up at the front desk. All others are welcome to show up and enjoy coffee, donuts and the talents of our members.

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.**

RECURRING CLASSES, ACTIVITIES & GROUPS



Stay Active and Independent for Life (SAIL) Mondays and Thursdays at 9:30. 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.**

***AARP Free Tax Preparation Tuesdays Feb. 4-April 8, between 9am and 3 pm.** You must make an appointment either by calling or stopping by the front desk. These are one-hour time slots for tax prep only – they will not be giving advice, just processing your tax return. Once you get your appointment time, please pick up a packet at the front desk to complete prior to the day of your appointment. It will tell you all the forms and documents you need to bring to your appointment.

*** TSU SNAP-Ed “African Heritage Foods” Class** Wednesdays 10:30-11:30 am, beginning Feb. 5th and ending April 16th. **Cost: Free. You must sign up the first week of class.** The African Heritage Curriculum was designed to encourage children to learn about their ancestors and traditions. It aims to help them understand how their lives have been shaped by their heritage and to foster a sense of pride in their identity. Additionally, adults can use this curriculum to reflect on old eating habits and practices. This can help them remember the importance of nutrition as a vital aspect of their family's identity, which they can share with future generations. Reviving some of these traditional practices may contribute to a longer, healthier lifespan for their descendants. While some diseases are hereditary, many can be prevented. Let us prioritize our health by fueling our bodies with the right nutritious foods.

*** BINGOcize (Exercise and Bingo) Wednesdays 10-11 am and Fridays 12-1 pm.** **Cost: Free.** You must have already signed up in January to participate in this class.

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

Knowles Town Hall Wednesday, February 19th at noon. Let your voice be heard! Everyone is invited to come meet with Julie & Nicole to discuss Knowles events, classes and trips. Come with all your ideas!



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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 – The Cookery**, Monday, Feb. 17th at 11:30. 1827 12th Ave South, Nashville, TN 37203. The Cookery is a café with an Australian flair which provides catering services along with hosting events. The Cookery, as a division of Lambscroft Ministries, provides a training opportunity to formerly homeless or incarcerated men in the Culinary Arts; preparing them for employment in the local food industry. **Meet us here for lunch to enjoy this great food and support a great cause!**

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 – Nashville Public Library, Civil Rights Room**, Thursday, Feb. 6th from 1-3pm.

Cost: Free.

Please arrive at the Center by 12:45pm.

The Civil Rights Room is a space for education and exploration of the Civil Rights Collection. The materials exhibited here capture the drama of a time when thousands of African-American citizens in Nashville sparked a nonviolent challenge to racial segregation in the city and across the South. In September 1957, Nashville took the first steps toward ending segregation and discrimination in its public schools. Under a court order in accord with the Supreme Court's historic declaration that segregation laws were no longer valid, a handful of courageous parents and their first-grade children registered at five previously segregated Nashville public schools.

Join us for this journey through a very important period in Tennessee's and the United States' history.

***TRIP – Nashville Symphony Dress Rehearsal**, Friday, Feb. 28th 9:30-1:30. **Cost: \$10 plus lunch. Please arrive at the Center by 9:15am.**

Tchaikovsky's Fifth Symphony, featuring Israeli-American cellist Inbal Segev, brings her reputation as one of the foremost interpreters of contemporary works for the cello, to Mark Adamo's *Last Year*, a modern take on Vivaldi's *The Four Seasons*. Former Music Advisor Leonard Slatkin conducts this program, which includes Tchaikovsky's universally beloved Fifth Symphony. We will stop for lunch afterward.

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.