




**March 2025**  
**FiftyForward Knowles Center Programs**

**March is Women's 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/](http://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
<b>3</b> 10-11:30 * <b>Frist Art Class – Monet's Farm to Table</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	<b>4</b> 9-3 * <b>AARP Tax Prep</b> 9:30 Drama Buffs 10:45 Gentle Yoga 11 <b>Drama Buffs Play– "Ladies at Lunch"</b> 11:30 * <b>Knowles Potluck</b> 11:30 Fitness Exercise 1 Bingo	<b>5 Ash Wednesday</b> 10 *BINGOcize 10:30 * <b>TSU SNAP Ed</b> 11 Game Time 1 Bingo 	<b>6</b> 9:30 SAIL Exercise 10-11:30 * <b>Coffee &amp; Conversation: "Aging Matters"</b> 10:30 Arthritis Exercise 12 <b>Canceled</b> - Voices Forward 12 Bible Study 101 12 Bold & Golden Men's Group	<b>7</b> 11 Needlework Club 11:30 * <b>TRIP-Kokomo</b> 12 * BINGOcize 1 Chair Yoga
<b>10</b> 9:30 SAIL Exercise 10 Bluebird Café 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	<b>11</b> 9-3 * <b>AARP Tax Prep</b> 9:30 Drama Buffs 10:45 Gentle Yoga 11 Game Time 11:30 Fitness Exercise 11:45 Music for Seniors 1 Bingo 3 * <b>Tech Support</b>	<b>12</b> 10 * BINGOcize 10:30 * <b>TSU SNAP Ed</b> 11 Game Time 1 Bingo	<b>13</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Bold & Golden Men's Group	<b>14</b> 11 Needlework Club 12 * BINGOcize 1 Chair Yoga
<b>17 St. Patrick's Day</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group 	<b>18</b> 9-3 * <b>AARP Tax Prep</b> 9:30 Drama Buffs 10:45 Gentle Yoga 11 Game Time 11:30 Fitness Exercise 1 Bingo	<b>19</b> 10 * BINGOcize 10:30 * <b>TSU SNAP Ed</b> 11 Game Time 1 Bingo	<b>20 Spring!</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Bold & Golden Men's Group 	<b>21</b> 11 Needlework Club 11:30 * <b>MEET Golden Corral</b> 12 BINGOcize 1 Chair Yoga
<b>24 and 31</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12-2 Mahjong Games 2 Writers' Group	<b>25</b> 9-3 * <b>AARP Tax Prep</b> 9:30 Drama Buffs 10 <b>Musicians' Corner / Coffee Shop</b> 10:45 Gentle Yoga 11 Game Time 11:30 Fitness Exercise 1 Bingo	<b>26</b> 10 BINGOcize 10:30 <b>TSU SNAP Ed</b> 11 Game Time 1 Bingo	<b>27</b> 9:30 SAIL Exercise 10:30 Arthritis Exercise 12 Voices Forward 12 Bold & Golden Men's Group	<b>28</b> 11 Needlework Club 12 BINGOcize 1 Chair Yoga



## March 2025 FiftyForward Knowles Center Programs

### 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. **This is a video-led exercise program.**



**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 Exercise Tuesdays at 11:30am.** 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 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. This month, we welcome Joe and Chris Pfifer to perform!!



**\*Musicians' Corner Coffee Shop, Fourth Tuesday 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.**



**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! **This is a video-led exercise program.**

**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.**



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### RECURRING CLASSES, ACTIVITIES & GROUPS

**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 615-743-3487 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.

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

\* **Frist Art Class Farm to Table: Monet's Haystacks, Monday, March 3 10-11:30 am Cost: Free.** A Frist community art teacher will visit Knowles Center to teach this hands-on artmaking workshop, guiding participants through each step and sharing connections to the exhibition, *Farm to Table: Art, Food, and Identity in the Age of Impressionism*. **Cost is free, but seating is limited, so please register soon.**

**Drama Buffs Play- "Ladies at Lunch" Tuesday, March 4, 11 am. Cost: Free.** The Drama Buffs would like to formally invite and extend an invitation to you, for their production of "Ladies at Lunch". Join us for this fabulous production as we laugh, cry, and cheer on our Drama Buff Troupe!!

**Knowles Potluck Tuesday, Mar. 4, 11:30 am. Cost: Free.** Hey!!! Have you heard, Knowles is having a POTLUCK!!! Join us and bring a favorite dish to share.

\* **TSU SNAP-Ed "African Heritage Foods" Class Wednesdays 10:30-11:30 am, Feb. 5<sup>th</sup> through April 16<sup>th</sup>. Cost: Free.** You must have previously registered for the class in February to join.

**Coffee & Conversation: "Aging Matter" Thursday, Mar 6, 10-11:30 am. Cost: Free.** Join us for coffee and conversation around NASHVILLE PBS' AGING MATTERS award winning film series.

\* **Technical Support with Valor Prep Tuesday, Mar. 11, 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.

**LGBTQ+ Peer March Group Event Saturday, Mar. 16, 2-5 pm at Homegrown Taproom in Donelson.** Please join us for St Patrick's Day Festivities at this month's LGBTQ+ peer group event. Enjoy the delicious food and brews of this locally owned restaurant and we look forward to seeing you there. Questions? Email Kelly at [kdonovan@fiftyforward.org](mailto:kdonovan@fiftyforward.org)



## March 2025 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 – Golden Corral, Friday, March 21<sup>st</sup>, 11:30 am.** 315 Old Lebanon Dirt Rd, Hermitage, TN 37076. Famous family-friendly buffet chain featuring all-you-can-eat American fare, plus salad & dessert bars. **Meet us here for lunch to enjoy this great food together!**

### 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/>

**Discover Kokomo Friday, Mar 7, 11:30 am. Cost: \$10. The center bus will depart at 11:30 am.**

Island inspired, music city infused, Kokomo Trading Company is the culmination of delicious chef-created cuisine, extraordinary beverages, and exceptional live music. Kokomo features a scratch kitchen where familiar and exotic flavors will satisfy and immerse you in an atmosphere of warmth, relaxation, adventure, and the spirit of community. Locally sourced where possible, most everything on the menu is seed oil free. The seafood is wild caught and care is placed on selecting only the finest ingredients.

### 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.