


April 2025 FiftyForward Knowles Center Program Calendar


Please read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced registration. To register for programs & trips, go to <https://fiftyforward.org/member/>

Su	Mon	Tue	Wed	Thu	Fri	Sa
		1 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11p Game Time 1p Bingo	2 10a Silver Sneakers 10:30a SNAP Ed 11a Game Time 1p Bingo	3 9:30a SAIL 10:30a Cozy Glow Creations Workshop 12p Voices Forward 12p Bible Study 101 12p Bold & Golden Men's Group	4 11a Needlework Club 1p Chair Yoga	5
6	7 9:30a SAIL **11a Game Trivia 12p Mahjong 2p Writers' Group	8 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11a Game Time 11:45a Music for Seniors 1p Bingo 3p Tech Support	9 10a Silver Sneakers 10:30a SNAP Ed 11a Game Time 11a Town Hall 1p Bingo	10 9:30a SAIL 12p Voices Forward 12p Bold & Golden Men's Group	11 10a TRIP– Frist Art Museum Tour & Lunch 11a Needlework Club 1p Chair Yoga	12
13	14 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group	15 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11a Game Time 1p Bingo	16 10a Silver Sneakers 10a TRIP– Health & Wellness Fair 10:30a SNAP Ed 11a Game Time 1p Bingo	17 9:30a SAIL 10:30a Podcasts at a Glance 11a “Spring Clean Your Finances” 12p Voices Forward 12p Bold & Golden Men's Group	18 11a Needlework Club 1p Chair Yoga	19
20	21 9:30a SAIL **11a Game Trivia 12p Mahjong 2p Writers' Group	22 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11a Game Time 1p Bingo	23 10a Silver Sneakers 10:30a Acrylic Painting Workshop 11a Game Time 1p Bingo	24 9:30a SAIL 10:30a Musicians Corner 12p Voices Forward 12p Bold & Golden Men's Group	25 11a Needlework Club 11:30a MEET UP– Applebee's 1p Chair Yoga	26
27	28 9:30a SAIL **11a Game Trivia 12p Volunteer Appreciation Luncheon 12p Mahjong 2p Writers' Group	29 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11a Game Time 1a Bingo	30 10a Silver Sneakers 10:30a Acrylic Painting Workshop 11a Game Time 1p Bingo Night in April			

FiftyForward Knowles Center PROGRAM INFORMATION


 Denotes member-led program


RECURRING CLASSES, ACTIVITIES & GROUPS


 **Bible Study 101 First Thursday of each month, 12 p.m.** 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.m. Bring a friend and have a great time playing Bingo with the Knowles crowd.


Bluebird Café Livestream Second Monday at 10 a.m. 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 12 p.m.** 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 1p.m.** 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 9:30 a.m.** 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.**


New Time **Fitness Exercise Tuesdays at 9:45 a.m.** Fitness instructor Blanca Walker will help you jump-start your fitness program.

 **Game Time! Tuesdays and Wednesdays at 11 a.m.** 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.


New **Game Trivia Monday, April 7, 21, 28, 11 a.m.;** Are you an expert about a lot of different topics. Grab a friend or several to make a team and face off in this new game trivia Monday mornings. Each week will be a new topic and the team who answers the most questions wins. Brings your game face!!!

*** New Time*** **Gentle Yoga Tuesdays at 10:30 a.m.** Enjoy this seated yoga class for all fitness levels with certified yoga instructor, Blanca Walker.


 **Mahjong Games Mondays at 12 p.m.** 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.m. Live Lunchtime Music! Join us for Music City Moments and enjoy live music! Sponsored by Music for Seniors. This month, we welcome Bobby Cochran to perform!!


***New Day* Musicians' Corner Coffee Shop, Fourth Thursday from 10-11a.m.** 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 11 a.m.** 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 10 a.m. Join us for this video led instruction of cardio, balance, and strength training classes.

 **Stay Active and Independent for Life (SAIL) Mondays and Thursdays at 9:30 a.m.** SAIL is a strength, balance and fitness class that helps seniors stay active, independent and reduce the risk of falling! **Led by member Rhonda Cherry.**

 **Voices Forward Choir, Thursdays at 12 p.m.** This popular singing group performs a wide variety of music. No tryouts are required. **Led by Member Debbie Reynolds-Barnes.**

 **Writers' Group Mondays at 2 p.m.** 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:

Cozy Glow Creations Workshop Wednesday, April 3, 10:30 a.m.; **Cost: Free, Registration Required.** Warm up with a hot tea while making your own candle. Join Denisse from CenterWell as she leads a Candle Making Workshop. You will be able to create your own personal candle to take home to keep for yourself or to give as a gift.

SNAP Ed "African Heritage Foods" Class Wednesdays 10:30-11:30 a.m.; **Feb. 5th through April 16th.** **Cost: Free.** You must have previously registered for the class in February to join.



FiftyForward Knowles Center PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

Tech Support Tuesday, April 8, 3 p.m. 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.

Podcasts at a Glance Thursday, April 17, 10:30 a.m.; Cost: Free, sign up in advance. Podcasts are a popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.

Spring Clean Your Finances Thursday, April 17, 11 a.m.; Cost: Free, sign up in advance. Join Kimberly Powell from Regions Bank as she leads you in this excellent financial workshop, Spring Clean Your Finances. Three goals during the workshop will include: Refresh your Financial Goals, Manage your credit score and report, and Dust off your Budget all to spruce up your savings!!

Town Hall Wednesday, April 9, 11 a.m.; Cost: Free, sign up in advance. Join this bi-monthly meeting to share thoughts, ideas, opinions about the types of trips, classes, workshops, and other programming opportunities that you would like to see at FiftyForward Knowles.

Acrylic Painting Workshop Wednesdays, April 23– June 18, 10:30 a.m.; Cost: Free, Registration Required. This is an 8-week commitment workshop, April 23– June 18th. Explore your creativity in this free painting workshop at FiftyForward Knowles Center, presented in partnership with the Frist Art Museum and supported by E. A. Michelson Philanthropy.

Participants will work with teaching artist Alison Underwood to explore a variety of painting techniques and subjects inspired by the Frist Art Museum exhibition *Farm to Table: Art, Food, and Identity in the Age of Impressionism*. The workshop consists of seven 90-minute art-making sessions, a group visit to the Frist Art Museum, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to the Frist Art Museum. All materials are provided, and there is no charge for the class.

All skill levels are welcome.

Bingo Tuesday, April 22, 1 p.m.; Cost: Free. Join us for a fun afternoon of Bingo and socializing with friends!! The Heritage Group is sponsoring all Bingo Prizes.

Volunteer Appreciation Luncheon Monday, April 28, 12 p.m.; Invitation Only. April is national volunteer appreciation month. FiftyForward Knowles Center has several members who volunteer their time to lead center activities throughout the year. This month, we would like to extend an extra thank you and show of appreciation to our center volunteers. **If you believe you did not receive an**

invitation in error, please see Program Coordinator Nicole.

BINGO Night in April Wednesday, April 30, 1 p.m.; Cost: Free, sign up in advance. Join Donna Shepherd for a fun and engaging afternoon. Sponsored by Donna Shepherd. within a month will result in being placed on a waiting list the following month.

MEETUPS

Meetups allow everyone to meet for a meal or event. Meets with an asterisk (*) require registration.

***MEET-UPS– Applebee's Friday, April 25th 11:30-1p.m.** Meet for lunch and enjoy a little social conversation for the afternoon with friends, 718 Thompson Ln Nashville TN 37204. Please sign up so we know who to look for.

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/>

Spring Health and Wellness Fair Wednesday, April 16, 10 a.m. – 12 p.m.; Cost: Free, Registration Required. **Departure time from center at 9:30 a.m.** Join us for the FiftyForward Spring Health and Wellness Fair at the Martin Center! Explore a variety of health and wellness vendors, receive free health screenings, enjoy snacks, learn to satisfy your sweet tooth with healthy desserts and experience Elmer's Tunes as he plays classic hits on the piano. Mallie's Food Truck, a non-profit supporting at-risk youth, will be offering delicious food from 10:00 a.m. to 1:30 p.m. for you to purchase. Bring a friend and discover valuable resources to help us all stay healthy! **This event is free and open to the public.**

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TRIP—Frist Art Museum Tour and Lunch at Cafe

Friday, April 11th, 10 a.m.; Cost: \$10 + Lunch Cost,

Registration Required. Departure Time from Center 9:45

a.m. *Farm to Table:* Art, Food, and Identity in the Age of Impressionism explores the intersections of art, gastronomy, and national identity in late 19th-century France. Beginning with the 1870 Prussian siege of Paris and the resultant food crisis and continuing through the 1890s, *Farm to Table* showcases the work of artists such as Rosa Bonheur, Gustave Courbet, Paul Gauguin, Claude Monet, and Camille Pissarro, who captured the nation's unique relationship with food, from production to preparation and consumption.

Featuring approximately 50 paintings and sculptures, the exhibition's portrayals of farmers in fields and gardens, bustling urban markets, and chefs and diners in the age of grand banquets and a burgeoning café scene underscores connections between urban and rural life while capturing changing notions of gender, labor, and class.

This exhibition is presented in conjunction with Tennessee Harvest: 1870s–1920s.

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.