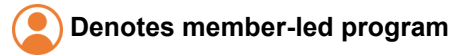


May 2025 FiftyForward Knowles Center Program Calendar


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 SAIL 10:30a Amramp Accessibility 12p Bible Study 101 12p Bold & Golden Men's Group	2 11a Trip– Stroke Awareness Lunch & Learn 11a Needlework Club 1p Chair Yoga	3
4	5 9:30a SAIL 12p Mahjong 2p Writers' Group	6 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	7 10a Silver Sneakers 10:30a Gardening Club 10:30a Acrylic Painting Workshop 1p Bingo	8 9:30a SAIL 12p Voices Forward 12p Bold & Golden Men's Group	9 11a Needlework Club 1p Chair Yoga	10
11	12 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group	13 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11:45a Music for Seniors 1p Bingo	14 10a Silver Sneakers 10:30a Acrylic Painting Workshop 1p Bingo	15 9:30a SAIL 12p Bold & Golden Men's Group	16 11a Needlework Club 1p Chair Yoga	17
18	19 9:30a SAIL 10a Real Estate Workshop For Seniors 12p Mahjong 2p Writers' Group	20 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11:30a Trip - Tasty Tuesday 1p Bingo	21 10a Silver Sneakers 10:30a Acrylic Painting Workshop 11:30a Memorial Day Barbecue Celebration 1p Bingo	22 9:30a SAIL 10:30a Musicians Corner 12p Voices Forward 12p Bold & Golden Men's Group	23 10:30a Canvas Painting with Janay 11a Needlework Club 1p Chair Yoga	24
25	26 Closed for Memorial Day!!	27 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1a Bingo	28 10a Silver Sneakers 10:30a Gardening Club 10:30a Acrylic Painting Workshop 1p Bingo	29 9:30a SAIL 12p Bold & Golden Men's Group	30 11a Needlework Club 11:30a Meet-Up - Maple Street Biscuit Company 1p Chair Yoga	31




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.**

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


Game Time! Monday—Friday, 8:30– 3:30 p.m. If you enjoy friendly competition, teamwork and fun, then please join our card- and board game-playing members. Everyone is invited, all levels of play encouraged.

Game Room Fun Times! Monday– Friday, 8:30– 3:30 p.m. 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 10:30 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 Geary Moore to perform!!

 **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, 2nd and 4th Thursdays at 12 p.m. for a brief duration** . 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:

Acrylic Painting Workshop Wednesdays, April 23– June 18, 10:30 a.m.; This is an 8-week commitment workshop, April 23– June 18th. **Pre-Registered Class**

Amramp Accessibility Thursday, May 1, 10:30 a.m.; Cost: Free, **Sign up in advanced.** Amramp Accessibility works with individuals to help make their homes more accessible and less restrictive with equipment like ramps, hand rails, and other items to help reduce the risks of falls. Join the discussion to learn more about their company and the products they have available.

FiftyForward Knowles Center PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

Gardening Club Wednesday, May 7 & 28, 10:30 a.m.;

Calling all Garden Lovers!! FiftyForward Knowles is bringing back the Garden Club. Members will meet to clean out the old and decide what plant and bring in the new!! The first month will meet twice then the first Wednesday of each month.

Real Estate Workshop for Seniors Monday, May 19, 10 a.m.; **Cost: Free, Sign up in advanced.** This workshop will offer insights into the current real estate market, downsizing tips, and strategies tailored to the needs of seniors. My goal is to empower attendees with knowledge to make informed decisions regarding their real estate options.

Memorial Day Barbecue Celebration Wednesday, May 21, 11:30 a.m.; **Cost: \$15, Register by May 16.**

FiftyForward Knowles is celebrating Memorial Day and inviting you to join in on the celebration. There will be live music, food hot off the grill from Sams Club, grilled by our very own, Grill Master Donna Hastings, and picnic games for members to enjoy. **Hamburgers and Hot Dogs will be the main dish.**

Canvas Painting with Janay Friday, May 23, 10:30 a.m.; **Cost: \$20, Registration is Required.** Janay is back and offering a canvas painting class. She will lead you and your fellow classmates in creating a beautiful piece of art to hang on your wall or on a piece of furniture.

Bingo sponsored by CapTel Wednesday, May 28, 1 p.m.; **Cost: Free.** Join us for a fun afternoon for Bingo with friends and learn about how CapTel products could help you in your everyday lives. **Bingo Prizes will be sponsored by CapTel.**

MEETUPS

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

*MEET-UPS- Maple Street Biscuit Company Friday, May 30, 11:30-1p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 2407 8th Ave S Suite 105, 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/>

Stroke Awareness Lunch & Learn Friday, May 2, 11 a.m.; **Cost: Free, Registration Required. Departure time from center at 10:30 a.m.** FiftyForward Knowles will be traveling to FiftyForward Maddison Station for a Lunch & Learn about Stroke Awareness. Join us in on this discussion where medical professionals will be able to answer your questions and lunch is provided.

Tasty Tuesdays Tuesday, May 20, 11:30 a.m.; **Cost: Free Transportation, Meal Ticket Cost: \$10, All proceeds benefit Madison Station. Registration is Required by May 14th. Departure Time from Center at 11 a.m.** At Tasty Tuesday you'll enjoy a lunch sponsored by Creekside Rehabilitation and Healing. The meal will be catered by Sidekicks Café. While members enjoy their meal, Music for Seniors will be playing live music to sing, dance, or tap your foot to.

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.