

June 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	2 9:30a SAIL 10:30a Amramp Accessibility 12p Mahjong 2p Writers' Group	3 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	4 10a Silver Sneakers 10:30a Gardening Club 10:30a Acrylic Painting Workshop 1p Bingo	5 9:30a SAIL 10:30a TSU Gardening Class 12p Bible Study 101 12p Bold & Golden Men's Group	6 10a Dance Club 11a Needlework Club 1p Chair Yoga	7
8	9 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group	10 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11:45a Music for Seniors 1p Bingo	11 10a Silver Sneakers 10:30a Acrylic Painting Workshop 1p Bingo	12 9:30a SAIL 10:30a Candle Making Party 12p Voices Forward 12p Bold & Golden Men's Group	13 10a Dance Club 11:30a "Living Longer, Living Stronger" Lunch & Learn 11a Needlework Club 1p Chair Yoga	14
15	16 9:30a SAIL 11:30a Meet-Up–Cracker Barrel 12p Mahjong 2p Writers' Group	17 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	18 10a Silver Sneakers 10:30a Acrylic Painting Workshop 1p Bingo	19 Closed in honor of Juneteenth	20 10a Dance Club 11a Needlework Club 1p Chair Yoga	21
22	23 9:30a SAIL 12p Mahjong 2p Writers' Group	24 9:30a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	25 10:30a Acrylic Painting Workshop 10:30a Opera on Wheels 1p Bingo	26 9:30a SAIL 10:30a TSU Gardening Class 10:30a Musicians Corner 12p Voices Forward 12p Bold & Golden Men's Group	27 10a Dance Club 11a Needlework Club 11a TRIP– Farmers Market 1p Chair Yoga	28
29	30 9:30a SAIL 12p Mahjong 2p Writers' Group					



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.

Dance Club Fridays at 10 a.m. FiftyForward Knowles has a dance club! Join us Friday mornings to learn fun group dances, line dancing, and to just move your groove thing!



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 Jerry Penrod to perform!!

Musicians' Corner 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 register online or at the front desk.



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 Vonda Scruggs.**



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 Monday, June 2, 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:

Bingo Tuesday, June 3 & 24 1 p.m.; Cost: Free. Join us for two afternoons in June with Garrett Matchan, an independent health insurance agent who helps seniors choosing the best Medicare plan and answering any questions or concerns in regards to their Medicare plan. He will be providing all Bingo Prizes.

Gardening Club Wednesday, June 4 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!! (Weather permitting)

TSU Gardening Class Thursdays, June 5 & 26, 10:30 a.m.; Cost: Free, **Sign up in advance**. Join Associate Professor, Zena Clardy, as she gives bi-weekly classes on different gardening tools, tips on starting a window gardens, and learning other fun and interesting opportunities for gardeners.

Candle Making Party Thursday, June 12, 10:30 a.m.; Cost: Free, **Registration is required**. Join Denisse from CenterWell for this fun candle making workshop. You will be able to design the scents of your candle for yourself or as a gift for a friend or loved one. All materials will be provided.

“Living Long, Living Stronger” Lunch & Learn Friday, June 13, 11:30 a.m.; Cost: Free, **Registration is required by June 10**. Join Nicholas Deitman, owner of Seniors Serving Seniors, and his wife Mrs. Deitman as they discuss living longer and stronger lives. Focusing on whole person wellness and providing easy movement demonstrations. A sponsored lunch will be provided during the discussion.

Opera on Wheels Wednesday, June 25, 10:30 a.m.; Cost Free, **Sign up in advance**. On June 25, Nashville Opera will present an OPERA ON WHEELS performance on their mobile stage, featuring some of Nashville’s best classically trained singers singing the greatest hits from opera and musical theatre.

MEETUPS

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

***MEET-UPS– Cracker Barrel** Monday, June 16, 11:30-1p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 4323 Sidco Dr, 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/>

Farmers Market lunch and shopping Friday, June 27, 11 a.m. Departure time from center 11 a.m. Cost: \$10 + lunch and shopping cost. **Registration is required**. The Farmers Market features a wide variety fresh produce, local and international food, artesian vendors, and crafts that anyone can brows through for hours and find special treasures. Join us as we visit this fantastic place to find your next great treasure.

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.

