

August 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.

Su	Mon	Tue	Wed	Thu	Fri	Sa
					1 10a Dance Club 11a Needlework Club 1p Chair Yoga	2
3	4 9:30a SAIL 12p Mahjong 2p Writers' Group	5 10a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	6 10a Silver Sneakers 10a Gardening Club 1p Bingo	7 9:30a SAIL 10:30a TSU Gardening Class 12p Bold & Golden Men's Group	8 10a Dance Club 11a Needlework Club 1p Chair Yoga	9
10	11 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group	12 10a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 11:45a Music for Seniors 1p Bingo	13 10a Silver Sneakers 1p Bingo Sponsored by CapTel	14 9:30a SAIL 12p Voices Forward 12p Bold & Golden Men's Group	15 10a Dance Club 11a Needlework Club 1p Chair Yoga	16
17	18 9:30a SAIL 12p Mahjong 2p Writers' Group	19 10a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	20 10a Silver Sneakers 10a Gardening Club 11:30a Wang Vision Lunch & Learn 1p Bingo	21 9:30a SAIL 10:30a TSU Gardening Class 12p Bold & Golden Men's Group	22 10a Dance Club 11a Needlework Club 1p Chair Yoga	23
24 /3 1	25 9:30a SAIL 12p Mahjong 12:30p Movie Matinee 2p Writers' Group	26 10a Drama Buffs 9:45a Fitness Exercise 10:30a Gentle Yoga 1p Bingo	27 10a Silver Sneakers 11:30a Reader Randevu Book Club 1p Bingo	28 9:30a SAIL 10:30a Musicians Corner 12p Voices Forward 12p Bold & Golden Men's Group	29 10a Dance Club 11a Needlework Club 1p Chair Yoga	30



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 10 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 Rattlesnake Annie McGowan 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:

Gardening Club 1 & 3 Wednesdays, 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, August 7 & 21, 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.

SPECIAL PROGRAMS & EVENTS:

Bingo Sponsored by our friends CapTel Wednesday, August 13, 1 p.m. Join us for a fun afternoon of Bingo, sponsored by our friends CapTel. CapTel is an organization that offers communication devices that allow individuals with hearing impairments the ability to better communicate with loved ones. Join us Wednesday afternoon to learn more and have a chance at winning some awesome prizes!!

Readers Randevu Book Club Every Fourth Wednesday, 11:30 –12:30 p.m.; Sign up in advance. Calling all Book Lovers!!! Join in on our new book club reading adventure. This first meeting will decide which title to start for the following month. All reading formats are welcome from audio, kindle, or the classic hardcover or paperback. Please come and join us as we discover new worlds, fascinating characters, and captivating storytelling. Lead by Staff Member: Nicole Lamborn.

Wang Vision Lunch & Learn Wednesday, August 20, 11:30 a.m.; Registration is Required! Eye Health- Everything you need to know! Presented by Dr. Abhi Guduru, MD of Wang Vision Institute. Learn about cataracts, dry eye, macular degeneration and more!

Monthly Movie Matinee Monday, August 25, 12:30 p.m.; Cost: Free. Join us for an afternoon of relaxation and movie magic. Snacks and drinks are encouraged. Each month will be a new movie. This month will be showing: **Fool's Gold.**

