

November 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/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:30a SAIL 10:45a Dancing Club 12p Mahjong 2p Writers' Group 2p No Pilates	4 10a Drama Buffs 11:30a Meet-Up: First Watch 1p Bingo	5 10a Silver Sneakers 10a AARP Virtual Tour: Honoring our History 1p Bingo 2p Pilates	6 9:30a SAIL 10:45a Town Hall 12p Bible Study 101 12p Bold & Golden Men's Group	7 10a Collage Card Making 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga	8
9	10 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group 2p Pilates	11 10a Drama Buffs 11:45a Music for Seniors 1p Bingo	12 10a Silver Sneakers 10a The Factory 1p Bingo 2p Pilates	13 9:30a SAIL 10:30a Frist Art Museum: ArtTrunk 12p Voices Forward 12p Bold & Golden Men's Group	14 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga	15
16	17 9:30a SAIL 10:45a Dancing Club 12p Mahjong 2p Writers' Group 2p Pilates	18 10a Drama Buffs 11:30 Thanksgiving Party & Donelson Café 1p Bingo	19 9a Medicare Enrollment 10a Silver Sneakers 10:30a Frist Art Museum: ArtTrunk 1p Bingo 2p Pilates	20 9:30a SAIL 11a Know Your Numbers: Blood Pressure Lunch & Learn 12p Bold & Golden Men's Group	21 10a Colorful Self Portraits 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga	22
23/ 30	24 9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	25 10a Drama Buffs 11a Monthly Movie Matinee 1a Bingo	26 10a Silver Sneakers 11:30a Book Club 1p Bingo 2p Pilates	27 Closed for Thanksgiving	28 Closed for Thanksgiving	29



Denotes member-led program **ML**

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. **ML**

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. **ML**

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. **ML**

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. **ML**

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. 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.

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. **ML**

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 Jannelle Means to perform!!

Pilates Mondays & Wednesdays at 2 p.m. Pilates is a gentle yet effective work out regime that can benefit students of all levels. We will strengthen our muscles, lubricate our joints, create elegant posture and strong abdominal muscles that support our vertebrae. Pilates practice is traditionally done on the mat, but chair and standing are options for my students

that choose to enjoy these adaptations to serve everyone. Your teacher has been teaching all levels for 20 years and herself has suffered a fractured cervical spine that lead to her life long devotion to the Practice of Pilates for Every Body!

Sewing Club Fridays at 11 a.m. Join the Sewing Club for a special group and individual project, quilt making!! Each person will work on their own quilt to creating their own design. All materials will be provided but can bring personal materials to add to your quilt to make it your own!! **ML**

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! **ML**

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. **ML**

Center Volunteers FiftyForward Knowles is seeking members who are interested in volunteering. These members will be volunteering in the front office area, assisting at center events, and members who might be interested in leading a center activity or workshop. For all interested parties, please see Nicole.

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. **ML**

SPECIAL PROGRAMS & EVENTS:

Dance Club 1st and 3rd Monday at 10:45 a.m. FiftyForward Knowles has a dance club! Join us Monday mornings to learn fun group dances, line dancing, and to just move your groove thing!

AARP Virtual Tour: Honoring Our History Wednesday, November 5, 10 a.m.; Cost: Free. Join Senior Planet and our tour guides from Discover Live for an one hour live, interactive, virtual tour that will take you on a journey through the Vietnam War Memorial, Korean War Memorial, Lincoln Memorial, National Mall and more as we celebrate and honor those who have fought and come before use!!

FiftyForward Knowles Center PROGRAM INFORMATION

SPECIAL PROGRAMS & EVENTS:

Town Hall Tuesday, November 6, 10: 45 a.m.; Cost: Free, **sign up in advance.** Join this member focused 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.

AARP “Taijiquan” Tai Chi Fridays, 11 a.m.; Cost: Free. Traditional “Taijiquan” is a Chinese system of meditative exercises, characterized by methodically slow circular and stretching movements. Taijiquan is one kind of martial art that you can use for your good health as well as for self-defense. This particular session includes balance exercise and also learning different movement sequences known as forms, a perfect combination for saving our memory as we age.

Collage Card Making Friday, November 7, 10-12 p.m.; Cost: Free. **Registration is Required.** Build your unique personal stationary set with collage card making! Creating cards for any occasion with magazine clippings, stickers, and other mediums. This class is offered by Caroline Orłowski, a Graduate student, who is interested in sharing her knowledge, and interest of the arts with others.

Frist Art Museum ArtTrunk Thursday, November 13, 10:30-12 p.m. Cost: Free, **Registration is Required.** The Frist Art Museum will be offering two different workshops based off the new exhibit: *New African Masquerades*. **Compromise Kimi Foil Relief** - Participants will explore symbolism, metaphor, and composition to create a foil relief plate based on the Compromise Kimi masquerade genre. Sign up today to join in on this workshops!!

Thanksgiving Party & Donelson Cafe Tuesday, November 18, 11: 30 a.m. Cost: \$15. **Registration is Required by November 14th to secure your plate!!** Please join us for this holiday meal as we celebrate the season of being thankful for the people we are surrounded by. The Donelson Café will be catering our Thanksgiving Meal. Our meal will include turkey, gravy, dressing, mash potatoes, green beans, and for dessert will be sweet potato pie!!

Frist Art Museum ArtTrunk Wednesday, November 19, 10:30-12 p.m. Cost: Free, **Registration is Required.** The Frist Art Museum will be offering two different workshops based off the new exhibit: *New African Masquerades*. **Resist Dye Symbols** - Participants will consider the meaning of various Nsibidi characters and create their own symbolic fabric pieces using wax resist-dye methods. Sign up today to join in on this workshops!!

Medicare Enrollment Wednesday, November 19, 9-12 p.m. Cost: Free, **Registration is Required.** Attention individuals with Medicare insurance, it is time to re-enroll for your benefits!!! If you have questions or need assistants registering for Medicare Insurance please pre-register for a time slot to speak with a GNRC SHIP Medicare counselor.

Know Your Numbers: Blood Pressure Lunch & Learn Thursday, November 20, 11-12:30 p.m. Cost: Free. **McAlister’s Deli will be sponsoring the lunch.** Join us for this excellent discussion on blood pressure!! Vanderbilt Nursing Associate Mogos Mulubrhan and Dr. Misook Chung will be here to talk about blood pressure and the signs you need to look for to stay healthy.

Colorful Self Portraits Friday, November 21, 10-12 p.m.; Cost: Free. **Registration is Required.** Practice facial composition drawing while using your reflection! Different colored mediums create one-of-kind pieces, eventually drawing in a background that uniquely represents you. This class is offered by Caroline Orłowski, a Graduate student, who is interested in volunteering her time, sharing her knowledge, and interest of the arts with others.

Monthly Movie Matinee Tuesday, November 25, 11 a.m.; Cost: Free. Join us for a morning of relaxation and movie magic. Snacks and drinks are encouraged. Each month will be a new movie. This month will be showing: **Tyler Perry: Medea’s Family Reunion.**

Book Club Every Fourth Wednesday, 11:30 –12:30 p.m. Calling all Book Lovers!!! Join in on our new book club reading adventure. This month’s title is *The Pumpkin Spice Cafe* by Laurie Gilmore. 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.



FiftyForward Knowles Center PROGRAM INFORMATION

MEET-UPS

***MEET-UPS– Frist Watch** Tuesday, November 4th 11:30-1p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 2321 8th Ave S, Nashville, TN 37204. **Registration in advance is required, for a table count.**

Trips

The Factory at Franklin Wednesday, November 12, 10 a.m.; Cost: \$10 Transportation Fee + cost of lunch and spending money. **Registration is Required.** The Factory at Franklin offers the historic charm of an old building, lively shopping, dining, and events all under one roof!! Experience a variety of different opportunities from pottery, to plants, and live entertainment.



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.