Please see the program description page to learn more about each offering, and to see which activities require registration. Events with an asterisk * require advance registration. Please register at fiftyforward.org/member/.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30a SAIL 10a Christmas Decorating Party 10:45a Dancing Club 12p Mahjong 2p Writers' Group 2p Pilates	10a Drama Buffs 11a Holly Jolly Party 1p Dental Bingo	3 10a Silver Sneakers 10:30a Peace of Mind Planning 1p Bingo 2p Pilates	9:30a SAIL 10:45a Super Christmas BINGO 12p Bible Study 101 12p Bold & Golden Men's Group	5 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga
9:30a SAIL 10a BlueBird Cafe 10:45a Town Hall 12p Mahjong 2p Writers' Group 2p Pilates	9 10a Drama Buffs 11a Tuba Christmas + The Cookery 11:45a Music for Seniors 1p Bingo	10 10a Silver Sneakers 10:30a Frist Art Museum Guided Tour 1p Bingo 2p No Pilates	9:30a SAIL 12p Voices Forward 12p Bold & Golden Men's Group 1p China Painted Christmas Ornaments	12 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga
9:30a SAIL 10:45a Dancing Club 12p Mahjong 2p Writers' Group 2p No Pilates	16 10a Drama Buffs 10:30a Drama Buffs Christmas Act 11a Christmas Party catered by Apple Spice Catering Co. 1p Bingo	17 10:30a TN Jewels Christmas Performance 1p Bingo 2p No Pilates	9:30a SAIL 11a Book Club 12p Bold & Golden Men's Group	19 10a Christmas at Gaylord Opryland 11a AARP Tai Chi 11a Sewing Club 1p Chair Yoga
FiftyForward Centers & Offices are Closed for the Holiday	FiftyForward Centers & Offices are Closed for the Holiday	FiftyForward Centers & Offices are Closed for the Holiday	FiftyForward Centers & Offices are Closed for the Holiday	FiftyForward Centers & Offices are Closed for the Holiday
9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	30 10a Drama Buffs 11a Monthly Movie Matinee 11:30a MEET-UP: Hibachi Grill & Supreme Buffet 1a Bingo	31 10a Silver Sneakers 11a Countdown to New Years 2026! 1p Bingo 2p Pilates		

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RECURRING CLASSES, ACTIVITIES & GROUPS

<u>Bible Study 101</u> 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

<u>BINGO!</u> 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

<u>Chair Yoga</u> 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

<u>Drama Buffs</u> 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

<u>Game Time!</u> 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

<u>Music for Seniors</u> 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 local artists to perform!!

<u>Pilates</u> 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 group and individual projects! Swap ideas about your favorite project you have done, are working on, or would like to do. Each person will need to bring their own material for each project. ML

<u>Silver Sneakers</u> 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

<u>Voices Forward Choir</u>, 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

<u>Center Volunteers</u> 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 "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.

Christmas Decorating Party Monday, December 1,

10 a.m. We're decking the halls and need YOUR help!

À → Join us at 10am to light up the lobby and decorate rooms for the holiday season. Come spread some cheer — and enjoy a warm cup of hot chocolate while you're at it!

Holly Jolly Party Tuesday, December 2, 11 a.m.;

Cost: Free, Registration is Required. Join Denisse from our partners at CenterWell for this festive holiday treat. Hot chocolate, marshmallows, and cookies will be served to warm you for this social holiday gathering!!

Dental Bingo Tuesday, December 2, 1 p.m.; Cost:

Free. Join us for a new version of Bingo and learn a little more fun facts about dental hygiene as you win prizes!! Lindsay Baker from Smile on 65+ will be here to help you win with your grin and at the prize table!

Peace of Mind Planning Wednesday, December 3,

10:30 a.m.; Cost: Free, Register in Advance. Planning for when you or a loved one is no longer with us is hard. Join us to learn more about Everest Funeral Concierge Services and how you can make your own decisions about your wishes.

Super Christmas Bingo Thursday, December 4, 10:45 a.m.; Cost: Free. Get ready for a super-charged Christmas BINGO event!
♣ ₩e'll have fantastic prizes donated especially for this day, and we'll be playing a fun mix of regular games and exciting four-square BINGO. You won't want to miss it — come join us for a festive good time!

Town Hall Tuesday, December 8, 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 <u>you</u> would like to see at FiftyForward Knowles.

China Painted Christmas Ornaments Thursday, December 11, 1 p.m.; Cost: \$10, Limit: 6 people Registration is Required. Join Shannon as she is offering this special Christmas china painting class! Members will get to create their own design when making a special Christmas ornament.



Christmas Party catered by Apple Spice Catering Co. & Drama Buffs Christmas Performance Tuesday,
December 16, 10:30 a.m.; Cost: \$18. Registration is
Required by 12th. Please join us for this fabulous
holiday party as we celebrate the season! The fantastic
Drama Buffs are back to entertain you with a special
holiday treat at 10:30 a.m. Our Christmas meal will be
catered by the Apple Spice Catering Co. and will start
serving at 11:30 a.m. The menu will be Oven Roasted
Turkey, Stuffing, Steamed Vegetables, Pecan Sweet
Potato Casserole, Salad, Rolls, Pumpkin Pie, and a
Cookie Tray. Dinks offered Iced tea and water.

Tennessee Jewels Christmas Performance

Wednesday, December 17, 10:30 a.m.; Cost: Free. The ladies from the TN Jewels will be joining us for a special Christmas performance. The TN Jewels are a performing group of senior ladies associated with Ms. Tennessee Senior Pageant. These ladies are volunteers within the Tennessee pageant organization who love to sing and dance. Join us for this spectacular Holiday Performance, light refreshments and holiday treats will be provided prior to enjoying the performance. We hope to see you there!!

Monthly Movie Matinee Tuesday, December 30, 11 a.m.; Cost: Free. Join us for a morning of relaxation and movie magic. Snacks and drinks are encouraged. Each month there will be a new movie. This month, *Elf* will be showing.

Book Club December 18 11am, Because the center is closed the week of Christmas!!! Calling all Book Lovers!!! Join in on our new book club reading adventure. This month's title is *Once Upon a Wardrobe* by Patti Callahan Henry. All reading formats are welcomed from audio, kindle, or the classic hardcover or paperback. Please come and join us as we discover new worlds, fascinating characters, and captivating storytelling.

Countdown to New Years 2026! Wednesday,
December 31, 11 a.m.; Cost: Free. Ring in the New
Year with your friends here at FiftyForward Knowles!
We will be livestreaming other countries from around
the world as they celebrate ringing in a new year. We
will have light refreshments and a little bit of bubbly.

Meet-Ups

Hibachi Grill & Supreme Buffet Tuesday, December 30, 11:30-1p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 3804 Nolensville Pk, Nashville, TN 37211 Registration in advance is required, for a table count.

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/

Tuba Christmas + The Cookery Tuesday, December 9, 11 a.m.; Cost: \$10 Transportation Fee + Cost of lunch. Bus Departure at 10:30 a.m. This is a FREE concert of Christmas Carols played by a tuba choir of at least 100 tubas and euphoniums. The sound is often compared to that of a gigantic pipe organ. The audience is encouraged to sing along with the tubas. Members will be eating lunch after the performance at The Cookery!

Frist Art Museum Guided Tour + Carol Ann's

Wednesday, December 10, 10:30 a.m.; Cost: \$10
Transportation fee + Food Cost. Bus Departure time at 10 a.m. Join us to explore the new art exhibit, New African Masquerades: Artistic Innovations and Collaborations. A guide will lead us through the multi exhibit, giving background and history behind several of the pieces that you will see. Once our tour is complete, members will be free to continue to tour the other exhibits of the museum until we leave for lunch at Carol Ann's.



She Loves Me Sunday, December 14, 12-5 p.m.; Cost: \$42. This fee covers your meal and ticket. Bus departure from center at 12:30 p.m. Lunch Service starts at 1p.m. Show starts at 2 p.m. This is a non-refundable event. The Knowles Center is taking a trip to the Keeton Theater! She Loves Me is a warm romantic comedy with an endearing innocence and a touch of old-world elegance. Set in a 1930s European perfumery, we meet shop clerks, Amalia and Georg, who, more often than not, don't see eye to eye. After both respond to a "lonely hearts advertisement" in the newspaper, they now live for the love letters that they exchange, but the identity of their admirers remains unknown. Join Amalia and Georg who hope to discover the identity of their true loves on Christmas Eve.

<u>Christmas at Gaylord Opryland</u> Friday, December 19, 10 a.m.; Cost: \$10 Transportation fee + food cost & spending money. Bus Departure at 10 a.m.

Experience so much Christmas with dazzling displays, tempting treats, holiday shows, and festive activities. ICE! features beloved scenes from "A Charlie Brown Christmas" brought to life through colorful, colossal ice sculptures. Sign up today to not miss out on this Holiday Treat!!! This trip will involve a lot of walking, please plan accordingly.



TRIP GUIDELINES

<u>Minimum number</u> — Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance.

<u>Staff Support</u> — 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.

<u>Payment</u> — Trips must be paid for at the time of registration, in order to hold your seat. <u>Note:</u>

<u>Non-members pay an additional \$5 per person.</u>

<u>Departure Time</u> — Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

<u>Cancellations and No Shows</u> — 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 <u>only</u> if your seat can be filled.

<u>Attendance</u> — 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.

<u>Exceptions</u> — Exceptions November be considered by center staff in extreme situations.