



February 2026 FiftyForward Knowles Center Programs

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
2 9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	3 10a Drama Buffs 1p Bingo	4 10a Silver Sneakers 10:30a Nutrition Class 1p Bingo 2p Pilates	5 9:30a SAIL 9:30a Nashville Ballet: Swan Lake 10:45a Craft Corner 12p Bold & Golden Men's Group	6 11a AARP Tai Chi 11a Sewing Club 12p Karaoke 1p Chair Yoga
9 9:30a SAIL 10a BlueBird Cafe 12p Mahjong 2p Writers' Group 2p Pilates	10 10a Drama Buffs 11:45a Music for Seniors 1p Bingo	11 10a Silver Sneakers 10:30a Nutrition Class 1p Bingo 2p Pilates	12 9:30a SAIL 10:45a Craft Corner 12p Voices Forward 12p Bold & Golden Men's Group	13 11a AARP Tai Chi 11a Sewing Club 12p Karaoke 1p Chair Yoga
16 9:30a SAIL 10:45a Digital Class Series: Smartphones 101 12p Mahjong 2p Writers' Group 2p Pilates	17 10a Drama Buffs 1a Bingo	18 10a Silver Sneakers 10:30a Nutrition Class 1p Bingo 2p Pilates	19 9:30a SAIL 10:45a Craft Corner 12p Bold & Golden Men's Group	20 11a AARP Tai Chi 11a Sewing Club 12p Karaoke 1p Chair Yoga
23 9:30a SAIL 10:45a Digital Class Series: Tablets Made Easy 12p Mahjong 2p Writers' Group 2p Pilates	24 10a Drama Buffs 11a Town Hall 1a Bingo	25 10a Silver Sneakers 10:30a Nutrition Class 1p Bingo 2p Pilates	26 9:30a SAIL 10:45a Craft Corner 12p Voices Forward 12p Bold & Golden Men's Group	27 11a AARP Tai Chi 11a Sewing Club 12p Karaoke 1p Chair Yoga



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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 Dan Schafer 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 led to her lifelong 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**

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**



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SPECIAL PROGRAMS & EVENTS:

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 a 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.

Karaoke Fridays, 12 p.m.; Cost: Free. FiftyForward Knowles is bringing back Karaoke!! Join us every Friday afternoon for this fun activity to show off your talent and form a Boy or Girl Band Group for the day!!

Nutrition Class Wednesdays, January 7- March 25, 10:30 a.m.; Cost: Free. Come learn about different easy nutritional meals you can cook at home. Have some of your own family recipes you would like to share, all collaborations are welcome. Come join in on the fun, conversation, and sharing of recipes! **ML**

Free Digital Device Classes: Smartphones 101, Tablets Made Easy, and Laptops 101 Monday, February 16 & 23, March 2, 10:45 a.m.; Cost: Free. Registration is Required! Learn to use your devices with confidence! Join us for three beginner-friendly classes designed just for seniors. This workshop series is offered by the Martha O’Bryan Center.

Craft Corner Thursdays, 10:45 a.m.; Cost: Price of New Craft introduced or free if bring own supplies/continuing previous craft session. Craft Corner is a new social art class, where a new craft will be introduced for members to participate every couple of weeks. Members can also bring your own individual projects (yarn, needlework, coloring, craft, artwork...) to work on and socialize. **The art project offered in February will be a small wooden box. Registration is \$8 per person and a limit of 12 people.**

Town Hall Tuesday, February 24, 11 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.

Book Club Paused Until Nashville Public Library Main Branch Re-opens Calling all Book Lovers!!! Join in on our new book club reading adventure. This month’s title is **coming soon!!**. 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.

Meet-Ups

Coming soon!!

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/>

Donuts and Dancing: Nashville Ballet & Brothers’ Burger Joint Thursday, October 30, 10 a.m.; Limit of 11 people. Cost: \$10 Transportation Fee + Lunch Cost. The Nashville Ballet is gearing up for their performance of Swan Lake. Join us for a behind-the-scenes rehearsal as they prepare for their performance. Donuts and coffee will be served prior to our entrance into the rehearsal hall. After the rehearsal, we will be going out to lunch at the Brothers’ Burger Joint.

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 November be considered by center staff in extreme situations.