



March 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 10:45a Digital Class Series: Tablets Made Easy 12p Mahjong 2p Writers' Group 2p Pilates	3 9a NEW! Book Cub 10a Drama Buffs 1p Bingo	4 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	5 9:30a SAIL 12p Bold & Golden Men's Group 12p Bible Study	6 11a AARP Tai Chi 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 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	12 9:30a SAIL 12p Bold & Golden Men's Group 12p Voices Forward	13 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
16 9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	17 10a Drama Buffs 12 pm Music for Seniors St. Patrick's Concert at Martin Center* 1p Bingo	18 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	19 9:30a SAIL 10a-12p Area Agency on Aging & Disability Area Plan Public Meeting 12p Bold & Golden Men's Group	20 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
23 9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	24 10a Drama Buffs 1p Bingo	25 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	26 9:30a SAIL 12p Bold & Golden Men's Group 12p Voices Forward	27 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
30 9:30a SAIL 12p Mahjong 2p Writers' Group 2p Pilates	31 10a Drama Buffs 11a Town Hall 1p Bingo			



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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 with musician, Ross Moore. Join us for Music City Moments and enjoy live music! Sponsored by Music for Seniors.

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 Wednesdays at 10 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, March 4,11, 18 & 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, 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.

Book Club NEW! Tuesday, March 3 at 9 am. Cost: Free. Knowles member, Denny Harris, will be leading our Book Club. The first meeting is an interest meeting and will include choosing the book to discuss for next month. Book Club will be on the first Tuesday of each month at 9 am.

Town Hall Tuesday, March 31, 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. This month you will be joined by the Regional Center Director, Lisa Maddox.

AAAD Area Plan Public Meeting: Thursday, March 19 from 10 am- 12 pm. Everyone is invited to attend a public meeting hosted by the Greater Nashville Regional Council (GNRC) which is designated as the Area Agency on Aging and Disability (AAAD). During this session, GNRC will present updates to the Area Plan-the guiding document that outlines how state and federal funding will be used to support programs and services for older adults. This meeting will consist of a presentation followed by a questions and answer session, where attendees can provide comments and feedback.

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/>

Music For Senior St. Patrick’s Day Concert:

Tuesday, January 17. We will be heading to the FiftyForward Martin Center to enjoy some Irish music from the Ukedelics, Nashville’s most notorious band of ukulele maestros. We will leave the Knowles Center at 12 pm. The cost is \$10/person, and we are limited to 10 people.

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.