



April 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
		1 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	2 9:30a SAIL 12p Bible Study 12p Bold & Golden Men's Group	3 11a AARP Tai Chi 11:30a Easter Egg Hunt 12p Easter Luncheon 12p Karaoke 1p Chair Yoga
6 9:30a SAIL 10a Everyday Use of AI 12p Mahjong 2p Writers Group 2p Pilates	7 10a Drama Buffs 12p Book Club 1p Bingo	8 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	9 9:30a SAIL 11a ArtTrunk: Personal Collage 12p Bold & Golden Men's Group 12p Voices Forward	10 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
13 9:30a SAIL 10a BlueBird Cafe 10:45a Phishing & Scams 12p Mahjong 2p Writers' Group 2p Pilates	14 10a Drama Buffs 11:45a Music for Seniors 1p Bingo	15 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	16 9:30a SAIL 11a ArtTrunk: Expressive Sculpture 12p Bold & Golden Men's Group	17 11a AARP Tai Chi 10:30a Frist Art Museum Tour & Café Lunch 12p Karaoke 1p Chair Yoga
20 9:30a SAIL 10:30a TSU Gardening Class 12p Mahjong 2p Writers' Group 2p Pilates	21 10a Drama Buffs 10a WeGo Presentation & Bus Ride 1p Bingo	22 9a Volunteer Appreciation Breakfast 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2p Pilates	23 9:30a SAIL 10a Comedy Show & Lunch 12p Bold & Golden Men's Group 12p Voices Forward	24 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
27 9:30a SAIL 12p Mahjong 12p MEET-UP: Nashville Jam Co. 2p Writers' Group 2p Pilates	28 10a Drama Buffs 11a Town Hall 1a Bingo	29 10a Silver Sneakers 10a Sewing Club 10a FF Health Fair 10:30a Nutrition Class 1p Bingo 2p Pilates	30 9:30a SAIL 10:45a Craft Corner 12p Bold & Golden Men's Group	



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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 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**

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.

Book Club 1st Tuesday, 12 p.m. Cost: Free. Knowles Member Denny Harris will be leading our Book Club. Each month the club will meet to discuss their read, then decide on their next book. Book Club will meet on the first Tuesday of each month at 12 pm. **ML**

Craft Corner April 30th, 10:45 a.m.; Cost: \$10. 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 April will be a ceramic owl. Registration is required, limit of 12 people. If you have already paid you do not have to pay again!**

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**

Easter Egg Hunt Friday, April 3, 11:30 a.m.; Cost: Free. FiftyForward Knowles will be hosting an Easter Egg Hunt. Weather dependent, searchers will find themselves hunting both in and outdoors for Easter Eggs that will all have some type of prize. May it be BIG or small. Come join us on this fun hunt!



Easter Luncheon Friday, April 3, 12 p.m.; Cost: \$15 per person. Registration is required by April 1. Join us for an Easter Celebration. After a fun morning of hunting Easter Eggs, FiftyForward Knowles invites you to good food and good conversations with your fellow members as we celebrate the Easter Season. Donelson Café will be catering. The menu is as follows:

Everyday Use of AI Monday, April 6, 10 a.m., Cost: Free. Are you curious about AI? Do you already use AI? You may already be using AI and not realize it. Would you like to know more about what it does and how it can help you with your daily life? This lecture discusses some of the things AI has been doing for some time, as well as how it is used today in our daily lives. Come and learn how AI is currently being used in different industries as well as how AI can help us in our daily lives!

Frist Art Museum ArtTrunk: Personal Collage Thursday, April 9, 11 a.m.; Cost: Free. Participants will create a collage incorporating meaningful colors, symbols, and materials that represent a memory, a notable event, or someone important to you.

ArtTrunk: Expressive Culture Thursday, April 16, 11 a.m.; Cost: Free. Participants will use a variety of fabrics and materials to create an expressive sculpture that represents a meaningful emotion or memory.



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Phishing & Scams Workshop Monday, April 13, 10:45 a.m., Cost: Free. Sydney, from the Martha O'Bryan Center, will be back to offer a workshop on Phishing & Scams. Join Sydney to learn more and to ask any questions.

TSU Gardening Class Monday, April 20, 10:30 a.m.; Cost: Free, Sign up in advance. Join Associate Professor, Zena Clardy, as she is back to teach different gardening tools, tips on starting window gardens, and learning other fun and interesting opportunities for gardeners

WeGo Presentation & Bus Ride Tuesday, April 21, 10 a.m.; Cost: Free. Riding the bus for the first time may feel a bit daunting with so much to learn. No worries! To help ease any anxieties or answer any questions you may have, WeGo will be offering a free WeGo Travel Training orientation. During the orientation members will learn about the programs offered by WeGo and eligibility. Then weather dependent, members will ride the WeGo Bus with a Guide.

Volunteer Appreciation Breakfast Wednesday, April 22, 9 a.m. All Center Volunteers please join us for a volunteer appreciation breakfast. We truly appreciate everything that you do and could not be the center we are without you!!! If you see a center volunteer this month, make sure to tell them THANK YOU!!



Town Hall Tuesday, April 28, 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.

Meet-Ups

Nashville Jam Co. Monday, April 27, 12 p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 2806 Columbine Pl, Nashville, TN 37204. **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/>

Frist Art Museum Tour & Café Lunch Friday, April 17, 10:30 a.m.; **Limit of 11 people. Center Bus Departure at 10 a.m. Cost: \$10 Transportation Fee + Lunch Cost.** FiftyForward Knowles will be visiting the First Art Museum to tour the exhibition In Her Place. In Her Place highlights the prominent position of women artists here in Music City and beyond through nearly one hundred artworks spanning painting, sculpture, textile, and installation. Then we will be eating lunch in the Café located inside the museum before heading back to the center.

Comedy Show & Madison Family Restaurant

Thursday, April 23, 10 a.m. Cost: Free + Food Cost. Limit of 11 people. Center Bus Departure at 9:30 a.m. FiftyForward Madison Station is presenting an April Fools Comedy Show. Hosting a variety of Comedians for a morning of fun and clean comedy. After we will head to the Madison Family Restaurant for some good Southern Style Cooking.



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FiftyForward Spring Health Fair Wednesday, April 29, 10-12 p.m. **Limit of 11 people.** **Center Bus Departure at 9:30 a.m. Cost: Free Transportation + Food Cost.** FiftyForward Annual Spring Health Fair is back! Fitness, nutrition, and mental health resources will be available for members. Medical screenings will also be available. Fun Door Prizes and Vender Goodies!! There will be a Taco Truck and Pizza/Pasta/Wings Truck for anyone who would like to eat lunch at the Fair.

Exceptions — Exceptions November be considered by center staff in extreme situations.

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.