



May 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 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
4 9:30a SAIL 10:30a Frist Art Museum: Textile Series 12p Mahjong 2p Writers Group 2:15p Pilates	5 10a Drama Buffs 11a Town Hall 1p Bingo	6 10a TN Jewels: Dancing Through the Decades 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2:15p Pilates	7 9:30a SAIL 10a TN State Museum & Farmers Market 12p Bold & Golden Men's Group 12p Bible Study	8 10a Mother's Day Celebration 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
11 9a SAIL 10a BlueBird Cafe 10:30a Frist Art Museum: Textile Series 12p Mahjong 2p Writers' Group 2:15p Pilates	12 10a Drama Buffs 11:45a Music for Seniors 1p Bingo 1p Drama Buffs Tour: Martin Center	13 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2:15p Pilates	14 9:30a SAIL 11a Coffee & Conversation: Aging with Honor 12p Bold & Golden Men's Group 12p Voices Forward	15 10a Musical Memories Instrument Workshop 11a AARP Tai Chi 12p Karaoke 1p Chair Yoga
18 9:30a SAIL 10:30a Frist Art Museum: Textile Series 10:30a Book Club 12p Mahjong 2p Writers' Group 2:15p Pilates	19 9a Older Americans Month Celebration 10a Drama Buffs 1p Bingo	20 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2:15p Pilates	21 9:30a SAIL 10:45a Craft Corner 12p Bold & Golden Men's Group	22 11a AARP Tai Chi 12p Drama Duffs Tour: Madison Station 12p Karaoke 1p Chair Yoga
25 <b style="color: red;">Closed for Memorial Day	26 10a Drama Buffs 11a Using the Google Gemini App 1a Bingo	27 10a Silver Sneakers 10a Sewing Club 10:30a Nutrition Class 1p Bingo 2:15p Pilates	28 9:30a SAIL 11:30a Memorial Day BBQ 12p Bold & Golden Men's Group	29 10a Community Drum Circle 11a AARP Tai Chi 12p MEET-UP: The Brother Burger Joint 12p Karaoke 1p Chair Yoga



May 2026 FiftyForward Knowles Center Programs

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 Sheldon Kahan to perform!!

New Time Pilates Mondays & Wednesdays at 2:15 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. 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**

May 2026 FiftyForward Knowles Center Programs

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.

New Time Book Club 3rd Monday, 10:30 a.m. Cost: Free. Knowles Member Denny Harris will be leading our Book Club. Each month, the club will meet to discuss their reading, then decide on their next book. Book Club will meet on the third Monday of each month at 10:30 am. **ML**

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, 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**

Frist Art Museum: Textile Art Workshop Mondays, May 4-July 6 (no class May 25), 10:30 a.m.; Cost: Free. Explore your creativity in this free textile art workshop at FiftyForward Knowles Center, presented in partnership with the Frist Art Museum.

In this hands-on art class, participants will incorporate storytelling with elements of quilting, collage, and a variety of gluing and stitching techniques to create a finished art piece. The course includes a guided visit to the Frist Art Museum. By the end of the course, students will have a completed textile piece.

The workshop consists of seven 90-minute art-making sessions, a group visit to the Frist Art Museum, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to the

Frist Art Museum. All materials are provided, and there is no charge for the class. All skill levels are welcome.

Town Hall Tuesday, May 5, 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.

TN Jewels: Dancing Through the Decades

Wednesday, May 6, 10 a.m.; Cost: Free. The TN Jewels will be joining us again for a summer performance, of song and dance as they Dance Through the Decades!! We loved having them at Christmas and the Jewels have a new set that they will be showcasing for us. Be sure to make your calendars for this excellent performance!!

Mother’s Day Celebration Friday, May 8, 10 a.m. Cost: Free. Invitation to all mothers! The Knowles Center would like to celebrate this Mother’s Day by inviting our **mother members** to a relaxing morning of making lavender satchels and having a special treat. Center members will also be encouraged to add their own touch to the “Wall of Appreciation” that will be displayed in the Main Lobby.



Coffee & Conversation: Aging with Honor Thursday, May 14, 11 a.m.; Cost: Free. Join our friend and community partners, Nashville PBS, as they show a feature documentary “Aging with Honor”. A discussion of the documentary followed by a question-and-answer session with those present will take place.



May 2026 FiftyForward Knowles Center Programs

Musical Memories Instruments Workshop Friday, May 15, 10 a.m.; Cost: Free. The Country Music Hall of Fame will be offering a beginner's workshop on playing different instruments. If there is an instrument that you have always wondered how to play, this is the workshop for you. Trained professionals will be leading the workshop working with you to set a goal to reach by the end of the class. Sign up today!!

Craft Corner Thursday, May 21st, 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 May will be a wooden trinket box.**

Using the Google Gemini App Tuesday, May 26, 11 a.m.; Cost: Free. Do you look up things on the Internet? Have you heard of this thing called Gemini? Come to this workshop and learn about one of the most popular AI apps! In this hands-on workshop, we'll practice chatting with Google Gemini using the mobile app. We'll go over tips for writing effective questions, or prompts, as well as different use cases, from drafting emails to travel planning. We'll also practice using the app's voice features, including Gemini Live. Finally, we'll explore the privacy settings and discuss best practices to ensure you can use the app safely and confidently.

Memorial Day BBQ Thursday, May 28, 11:30 a.m.; Cost: \$15. **Registration is required.** FiftyForward Knowles is celebrating Memorial Day by having a BBQ and inviting all of you! Join us for a fun afternoon with food, music, and games!

Community Drum Circle Friday, May 29, 10–11 a.m.; Cost: \$10. **Registration is required.** This interactive drum circle offers a chance to relax, connect, and have fun through rhythm. No musical background is needed—just bring yourself. Together, we'll create music, share laughter, and enjoy the energy of being in community. **Vanessa Davis** is a licensed therapist with a background in music therapy who loves creating spaces where people can connect, play, and feel a sense of

belonging. She has been facilitating drum circles for many years in community, wellness, and mental health settings, and believes in the power of rhythm to bring people together.

Meet-Ups

The Brother Burger Joint Tuesday, May 29, 12 p.m. Meet for lunch and enjoy a little social conversation for the afternoon with friends, 2821 Bransford Ave, Berry Hill, 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/>

TN State Museum & Farmers Market Thursday, May 7, 10 a.m.; Cost: \$10 Transportation Fee + Spending Money. Center Bus Departure at 10 a.m. The TN State Museum is a wonder to explore full of Tennessee history, art, and culture from the state's natural history beginnings through the present day. Join us as we explore the different exhibits then head to the Farmers Market for lunch, explore local vendors, and soak in Nashville Culture.

Drama Buffs Tour of the Centers: Martin Center Tuesday, May 12, 1 p.m., Cost: Free. Center Bus Departure at 11:45 a.m. **The Trip is for Drama Buff Members only!** The Drama Buff will be going on the road to share their talents with other FiftyForward Centers. The Drama Buffs will be entering stage left to entertain with their fantastic skits at each location.

Older Americans Month Celebration Tuesday, May 19, 9 a.m.; Cost: \$10. Center Bus Departure at 9 a.m. Join us as we celebrate Older Americans Month during the month of May! The Greater Nashville Regional Council (GNRC) will be hosting a Heath Fair from 9-12pm, offering a shred truck and medication disposal, and music bingo with great prizes! Register today for

May 2026 FiftyForward Knowles Center Programs

this awesome event!

Drama Buffs Tour of the Centers: Madison Station

Friday, May 22, 12 p.m., Cost: Free. Center Bus Departure at 10:45 a.m. The Trip is for Drama Buff Members only! The Drama Buff will be going on the road to share their talents with other FiftyForward Centers. The Drama Buffs will be entering stage left to entertain with their fantastic skits at each location.

UPCOMING TRIPS

Historic Granville Friday, June 12, Bus Departure at

10:15 a.m. Cost: \$7 for Entrance Fee + Food Cost + \$15 Transportation Fee. Our outing starts with lunch at the Wildwood Lakeside Restaurant. The picturesque dining sits on Cordell Hull Lake. Check out the menu at wildwoodresortn.com. After lunch, we travel on to a charming town, nestled on the banks of the Cumberland River, just one hour east of Nashville, Historic Granville offers a unique blend of Southern charm and rich history. Your entrance fee of \$7 will allow you to venture and explore 10 museums and local interests' spots, including a traveling exhibition, *Home Runs & Home Teams*, a history of the American Baseball League! Register today for this awesome and sweet trip down memory lane! This is an all-day trip, with increased walking, and limited to 12 people. Please plan according!



Murder Mystery Excursion Saturday, July 18, 11

a.m. Train Departure. Cost: \$76 + \$10

Transportation Fee + Food & Shopping Money. Center Bus departure at 9:30 a.m. Estimated Train Return Time: 5 p.m. Registration is required by June 30th. These are Non-Refundable Tickets once purchased. FiftyForward Knowles is taking a journey on the Tennessee Central Railway Museum to solve a Murder Mystery! Enjoy an excursion train ride on a restored classic streamlined stainless steel passenger train! During this 90-mile round trip enjoy a short progressive murder mystery play performed right in your car during the trip to and from Watertown! Act I takes place on the Eastbound trip and Act II takes place on the Westbound trip. Each Act is about 5 to 7 minutes long since the play actors repeat the play in every car on the train. During the layover in Watertown, visit the surrounding restaurants for lunch and shop at the stores in the square. Register for your spot today as this trip will sell out quickly and we want to reserve our seats!

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.**



May 2026 FiftyForward Knowles Center Programs

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.