



## June 2026 FiftyForward Knowles Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. Please register at [fiftyforward.org/member/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30a SAIL 10:30a Frist Art Museum Textile Series 10:40a Senior Strength 12p Mahjong 2p Writers Group	<b>2</b> 10a Drama Buffs 11a CenterWell: Ice Cream Party 1p Bingo	<b>3</b> 9:30a Freedom in Motion 10a Silver Sneakers 10a Sewing Club 10:40a Senior Strength 1p Bingo	<b>4</b> 9:30a SAIL 11a Healthy Hearts: Blood Pressure Awareness Session 12p Bold & Golden Men's Group 12a Bible Study	<b>5</b> 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga 1p Drama Buffs Tour: LaVergne Center
<b>8</b> 9:30a SAIL 10a BlueBird Cafe 10:30a TSU Garden Series 10:30a Frist Art Museum Textile Series 10:40a Senior Strength 12p Mahjong 2p Writers Group	<b>9</b> 10a Drama Buffs 11:45a Music for Seniors 1p Bingo	<b>10</b> 9:30a Freedom in Motion 10a Silver Sneakers 10a Sewing Club 10:40a Senior Strength 1p Bingo	<b>11</b> 9:30a SAIL 10:45a Craft Corner 12p Bold & Golden Men's Group 12p Voices Forward	<b>12</b> 10:30a Rummikub 10:15a Historic Granville 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
<b>15</b> 9:30a SAIL 10:30a Frist Art Museum Textile Series 10:40a Senior Strength 12p Mahjong 2p Writers' Group	<b>16</b> 10a Drama Buffs 11a Drama Buffs Tour: Donelson Station 1p Bingo	<b>17</b> 9:30a Dads & Donuts 9:30a Freedom in Motion 10a Silver Sneakers 10a Sewing Club 10:40a Senior Strength 1p Bingo	<b>18</b> 9:30a SAIL 10:30a Golden Games 12p Bold & Golden Men's Group 1pm Fort Negley Descendants Project Juneteenth Presentation	<b>Closed in Honor of Juneteenth</b>
<b>22</b> 9:30a SAIL 10:30a Book Club 10:30a Frist Art Museum Textile Series 10:40a Senior Strength 12p Mahjong 2p Writers' Group	<b>23</b> 10a Drama Buffs 11a Tennessee Homefront History 1p Bingo	<b>24</b> 9:30a Freedom in Motion 10a Sewing Club 10:40a Senior Strength 11a Opera on Wheels 1p Bingo	<b>25</b> 9:30a SAIL 12p Bold & Golden Men's Group	<b>26</b> 10a Community Drum Circle 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
<b>29</b> 9:30a SAIL 10:30a Frist Art Museum Textile Series 10:40a Senior Strength 12p Mahjong 2p Writers' Group	<b>30</b> 10a Drama Buffs 11a Town Hall 1a Bingo			



## June 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 11:45 a.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!!

**New!! Rummikub Friday's at 10:30 a.m.** 🎲 Join Us for Rummikub! 🎲 Looking for a fun and friendly way to kick off your Friday mornings? Come play Rummikub with us! Whether you're a seasoned pro or brand new to the game, all are welcome. Enjoy good company, a little friendly competition, and plenty of laughs. It's a great way to relax, connect, and start your weekend off right!

We'd love to see you there—bring a friend or come make some new ones! 🍷 ✨

**New!! Senior Strength Monday and Wednesday's at 10:40 a.m.** Senior Strength is an exercise class that focuses on building strength, mobility, and balance to maintain independence.

**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**

**Virtual Seated Tai Chi Fridays, 11 a.m.; Cost: Free.** Traditional Tai Chi (Taijiquan) is an ancient Chinese martial art practiced as "meditation in motion". It combines slow, controlled movements, deep breathing, and shifting body weight to cultivate vital energy (Qi), improve balance, and enhance self-defense capabilities. This virtual seated class will provide instruction for members interested in participating. All levels are welcome!

**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**



## June 2026 FiftyForward Knowles Center Programs

**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:**

**Book Club 4<sup>th</sup> 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 read, then decide on their next book. Book Club will meet on the first Tuesday of each month at 12 pm. **ML**

**New! Freedom in Motion Wednesdays, 9:30a.m. Cost: Free.** Discover a new way to move, express, and connect with your body in *Freedom in Motion*, a unique dance class guided by the Maria Faux method. This innovative approach blends therapeutic techniques with dance, helping you explore movement in a gentle, supportive, and empowering environment. In this class, you'll experience slow, fluid movements inspired by styles such as Americana and Argentinian dance. The focus is on ease, expression, and personal freedom rather than rigid choreography.

Designed with accessibility in mind, the class combines both seated and standing movement, making it welcoming for participants of all abilities and experience levels. Let go of limitations, reconnect with your body, and enjoy the beauty of movement—*because dance is for everyone*.

**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!!

**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.

**CenterWell: Ice Cream Party Tuesday, June 2, 11 a.m.; Cost: Free.** Take a break from the summer heat and join us for a summer treat. CenterWell will be joining us again to celebrate summer. Join Denisse, Tuesday morning from CenterWell for this sugary treat as we continue to bring in the summer months.

**Healthy Hearts: Blood Pressure Awareness Session Thursday, June 4, 11:00 a.m.; Cost: Free.** Vanderbilt Medical personnel will be here to present Healthy Hearts: Blood Pressure Awareness. During the presentation blood pressure checks by medical personnel will also be available. Please join us Thursday June 4<sup>th</sup> at 11 am for this great presentation!

**TSU Gardening Class Monday, June 8, July 13, August 3, 10:30 a.m.; Cost: Free, Sign up in advance.** Join Associate Professor, Zena Clardy, for this gardening series as she teaches about different gardening tools, tips on starting window gardens, and learning other fun and interesting opportunities for gardeners

## June 2026

# FiftyForward Knowles Center Programs

**Craft Corner Thursday, June 11, 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. **Abstract Canvas Art. Registration is required, limit of 12 people.**

**Dads & Donuts Wednesday, June 17, 9:30 a.m.; Cost: Free.** Celebrating Father's Day. All Dad's please stop in for a delicious, sweet donut and enjoyable conversations with your fellow fathers here at the center. There will also be a memory board that members can add memories about their fathers too.

**Golden Games Thursday, June 18, 10:30 a.m.; Cost: Free.** The FiftyForward Knowles Center is hosting its first annual Golden Games. Grab a couple of friends to form a team of 4 to compete in several friendly competitions. If you do not have a team, no problem. We can form a team for you. Everyone is welcome to register and play. Team Names are encouraged! We are looking for good clean fun! **Please register you and/or your team of 4 by June 15<sup>th</sup>.**

**Fort Negley Descendants Project Juneteenth Presentation Thursday, June 18, 1 p.m.; Cost: Free.** Members of the Fort Negley Descendants Project presented in the Digital Learning Center. The discussion centered on what Fort Negley means for the descendants of those that fought for and labored to build the fort, as well as what the future of Fort Negley means to Nashville and the Black community. This event was moderated by Dr. Angela Sutton of Vanderbilt University in discussion with Fort Negley descendants Gary Burke and Jeneene Blackman. Please join this virtual presentation.

**Tennessee Homefront History Tuesday, June 23, 11 a.m.; Cost: Free.** During World War II, many Americans went overseas to fight the terror that was taking place, but what was lifelike for the average American like on US soil. How were Americans lives changed to help during wartime. Join us for this fascinating, pre-recorded video from the TN State

Museum, on how Tennesseans supported the Nation during WWII.

**Opera on Wheels Wednesday, June 24, 11 a.m.; Cost: Free.** Join us Wednesday morning for beautiful music performed by the Nashville Opera. Opera On Wheels is a mobile stage, complete with lighting and speakers, that allows the Oprea to travel out into local communities with all the beautiful live music performed by some of Nashville's best classically trained singers. Join us for the wonderful, free live event!

**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.

**Town Hall Tuesday, June 30, 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.



## June 2026 FiftyForward Knowles Center Programs

### \*UPCOMING EVENTS\*

**Summer Fun Fair** Friday, July 31, 10-1:30 p.m. Cost: Fun & Games: \$5 or Games & Meal Ticket: \$18. Join us for a day filled with fun, laughter, and community! Enjoy friendly competition, delicious food, and plenty of great moments as we celebrate summer together at our Summer Fun Fair. Bring your smiles and your game spirit—we can't wait to see you there!

**Menu:** Fried Chicken, Potato Salad, Baked Beans, Cucumber Salad, Biscuits, and Watermelon

**Drinks:** Tea & Water

Call 615-743-3487 to reserve your tickets or register online.

Meal Reservations by July 24th!



### 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/>

#### Drama Buffs Tour of the Centers: LaVergne Center

**Friday, June 5, 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.

**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](http://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 10 people. Please plan according!

#### Drama Buffs Tour of the Centers: Donelson Station

**Tuesday, June 16, 11 a.m., Cost: Free. Center Bus Departure at 10 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\* 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 30. This is a Non-Refundable Ticket.**

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



## June 2026 FiftyForward Knowles Center Programs

quickly and we want to reserve our seats!

### Touring Nissan Manufacturing & Cracker Barrel

Brunch Tuesday, July 21, 1:00 p.m. Cost: \$10

**Transportation Fee + Food Cost. Center Bus**

**Departure at 10:30a.m. Tour starts at 1 p.m.**

**Estimated return 3 p.m.** We will start our trip off with a lovely brunch at Cracker Barrel Town & Country Store. Members will be able to pick from a variety of Southern Cooking and be able to shop in the Country Store. Then we will be off to tour the Nissan Manufacturing Plant. Have you ever wondered what it is like to put together pieces of a car. Members will be able to get behind the scenes, look at how parts of the car are made and placed together. Our group will be riding a trolley around the plant getting all the behind-the-scenes information. All members **MUST** wear closed toe shoes and shirts with 4 inches of sleeves. Members who are not in compliance on the day of the trip will **NOT** go even if you have registered! Limit of 9 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.