



## July 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/](https://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>9:30a</b> Freedom in Motion <b>10:40a</b> Senior Strength <b>1p</b> Bingo	<b>2</b> <b>9:30a</b> SAIL <b>11a</b> Town Hall <b>12p</b> Bold & Golden Men's Group <b>12a</b> Bible Study	<b>3</b> Closed in Honor of Fourth of July
<b>6</b> <b>9:30a</b> SAIL <b>10:30a</b> Frist Art Museum Textile Series <b>10:40a</b> Senior Strength <b>Paused!</b> <b>12p</b> Mahjong <b>2p</b> Writers Group	<b>7</b> <b>10a</b> Drama Buffs <b>10a</b> How Films Tell Stories <b>11a</b> Life Insurance Workshop <b>1p</b> Bingo	<b>8</b> <b>9:30a</b> Freedom in Motion <b>10:40a</b> Senior Strength <b>1p</b> Bingo	<b>9</b> <b>9:30a</b> SAIL <b>10:45a</b> Craft Corner <b>11p</b> Voices Forward <b>12p</b> Bold & Golden Men's Group	<b>10</b> <b>10:30a</b> Rummikub <b>11a</b> Virtual Seated Tai Chi <b>12p</b> Karaoke <b>1p</b> Chair Yoga
<b>13</b> <b>9:30a</b> SAIL <b>10a</b> BlueBird Cafe <b>10:30a</b> TSU Garden Series <b>10:40a</b> Senior Strength <b>12p</b> Mahjong <b>2p</b> Writers' Group	<b>14</b> <b>10a</b> Drama Buffs <b>10a</b> How Films Tell Stories <b>11am</b> AI Image Generators <b>11:45a</b> Music for Seniors <b>Paused!</b> <b>1p</b> Bingo	<b>15</b> <b>9:30a</b> Freedom in Motion <b>10:40a</b> Senior Strength <b>10a</b> AARP Scam Workshop <b>1p</b> Bingo	<b>16</b> <b>9:30a</b> SAIL <b>10:30a</b> Writing Workshop: Telling Your Life Story <b>12p</b> Bold & Golden Men's Group	<b>17</b> <b>10:30a</b> Rummikub <b>11a</b> Virtual Seated Tai Chi <b>12p</b> Karaoke <b>1p</b> Chair Yoga
<b>20</b> <b>9:30a</b> SAIL <b>10a</b> Hearing Screenings <b>10:40a</b> Senior Strength <b>12p</b> Mahjong <b>2p</b> Writers' Group	<b>21</b> <b>10a</b> Drama Buffs <b>10a</b> How Films Tell Stories <b>10:30a</b> Nissan Plant Tours & Brunch at Cracker Barrel <b>11a</b> Space Series <b>1p</b> Bingo	<b>22</b> <b>9:30a</b> Freedom in Motion <b>10:40a</b> Senior Strength <b>1p</b> Bingo	<b>23</b> <b>9:30a</b> SAIL <b>10:30a</b> ArtTrunk: Dreamscapes <b>11p</b> Voices Forward <b>12p</b> Bold & Golden Men's Group	<b>24</b> <b>10:30a</b> Rummikub <b>11a</b> Virtual Seated Tai Chi <b>12p</b> Karaoke <b>1p</b> Chair Yoga
<b>27</b> <b>9:30a</b> SAIL <b>10:40a</b> Senior Strength <b>Paused!</b> <b>11a</b> New Membership Orientation <b>12p</b> Mahjong <b>2p</b> Writers' Group	<b>28</b> <b>10a</b> Drama Buffs <b>10a</b> How Films Tell Stories <b>11a</b> Space Series <b>1a</b> Bingo	<b>29</b> <b>9:30a</b> Freedom in Motion <b>10:40a</b> Senior Strength <b>Paused!</b> <b>11a</b> Ratified! TN Women & the Right to Vote <b>1p</b> Bingo	<b>30</b> <b>9:30a</b> SAIL <b>11a</b> Book Club <b>12p</b> Bold & Golden Men's Group	<b>31</b> <b>10a</b> Summer Fun Fair <b>10:30a</b> Rummikub <b>11a</b> Virtual Seated Tai Chi <b>12p</b> Karaoke <b>1p</b> 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**

**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 will 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.*

**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.

**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!!

**Mahjong Games Mondays at 12 p.m.** Learn to play Mahjong, the ancient Chinese tile game of skill, strategy and luck, like 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!!

**Paused for the month of July!**

**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? 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! 🎲 ✨

**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 Club Paused!**



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### **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!

**NEW TIME! Voices Forward Choir, 2nd and 4th Thursdays at 11 a.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**

### **SPECIAL PROGRAMS & EVENTS:**

**New Date! Book Club Last Thursday of the Month, 11 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 Last Thursday of each month at 11 a.m. **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 Thursday, July 2, 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.

**How Films Tell Stories Tuesday, July 7 – August 11, 10 a.m. -11 a.m.; Cost \$30. Registration by June 28.** In this course, we will explore the narrative techniques of Hollywood films, based on the textbook, *How Films Tell Stories*. The class will discuss how films tell their stories, covering plot, character, time, cinematography, editing, sound and music. The course will include clips from famous films as the narrative strategies of cinema are explored.

**Craft Corner Thursday, July 9, 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. **Patriotic Mason Jars. Registration is required, limit of 12 people.**





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### **Life Insurance Workshop Tuesday, July 7, 11 a.m.;**

**Cost: Free.** Jennifer Ramcharan and Michael Barber from the Tennessee Department of Commerce and Insurance will speak about life insurance – how it works, different types, how to make sure it is up to date, how to find a lost life insurance policy of a loved one, and more. They will also speak about how to avoid fraud and things to look out for when purchasing an insurance policy, and how the department can help if you have any issues with your insurance company.

### **TSU Gardening Class Monday, 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

### **AI Image Generators Tuesday, July 14, 11 a.m. Cost:**

**Free.** Do you envision something in your mind's eye but struggle to bring it to life? There's an AI tool for that! This lecture will explain how artificial intelligence can turn your words into stunning realistic and imaginative images in seconds. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You'll also learn tips for getting the most out of this new and exciting technology so you can get started!

### **Writing Workshop: Telling Your Life Story**

**Thursday, July 16 10:30-12 p.m., Cost: Free.** Please join us for a time of creating in community. Crafting your life story is important even if only for you to consider all you've accomplished, what you dreamed about, how the world shaped you. Your joys and your heartaches. Maybe you want to share your story with a select few, or possibly the world. Perhaps you're writing for yourself. Regardless of your motivation, this introductory workshop can help you begin to get your story told. We're not about critique here; we're about connection: to your past, to your friends and families, to your heritage, and to one another. We'll interact with prompts and readings designed to mine your memories and jump-start your writing. Participants will be invited, but not compelled, to share their work aloud. In the end,

you'll come away with a handful of skills, resources, and encouragement for telling your story. All skill—and confidence—levels welcome!

**Participants will need to have something to write with during this session, be it journal, notebook, or laptop.**

### **Hearing Screenings Monday, July 20, 10-1 p.m.;**

**Cost: Free. Registration by Appointment is required! See Staff Member.** Dr. Randi Yontz from Aspire Audiology in Association with Hear Nashville will be here to provide free hearing screening for members from 10 to 1 p.m. on July 10<sup>th</sup>! Please register with a staff member for a 15-minute time slot from 10-1 p.m.

### **Space Series Tuesday, July 21 - August 11, 11 -12**

**p.m.; Cost: Free.** Join us on this exploratory adventure through space. Duncan, our space expert will be here to teach a little about Space Zombies, where we are in our Solar System, the Moons, and to learn a little bit about Gravity and why it pulls us down so much... 😊 Register in advance for this interesting discussion.

### **ArtTrunk: Dreamscapes Thursday, July 23, 10:30-12**

**p.m.; Cost: Free.** Instructors from the Frist Art Museum will be here to lead a class in the ways of *Surrealism*. Participants will create artwork based off the exhibition of *Tate, UK, International Surrealism from Tate: Fifty Years of Dreams*. Register in advance to participate in the fascinating and interesting art form.

### **New Membership Orientation Monday, July 27, 11**

**a.m. Cost: Free.** New to FiftyForward or need a refresher? Come to new member orientation to learn about the engaging activities and day trips we have to offer! We will touch on different parts of FiftyForward as a whole and go over how to register for programs and events through the membership portal!

### **Ratified! Tennessee Women and the Right to Vote**

**Wednesday, July 29, 11 a.m.; Cost: Free.** Join Miranda Fraley-Rhodes, assistant chief curator and curator of the exhibition, "Ratified! Tennessee Women and the Right to Vote," for insights on how Tennessee became the crucial final state needed to ratify the 19<sup>th</sup> Amendment, securing women's right to vote in the

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United States. Ratification was the culmination of decades of work by suffragists throughout the state that began in the 1800s, when Tennesseans debated what roles women should have in public life. Recorded in August 2020. Virtual presentation presented by the Tennessee State Museum.

**Summer Fun Fair July 31, 10-2:30 p.m. 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.  
**Registration for Meal Ticket by July 24<sup>th</sup>!**



### 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/>

**AARP Scams Workshop Wednesday, July 15, 10-2 p.m.: Cost: Free.** Join us for Scam Jam – hear from fraud prevention experts as they share practical tips and real-life stories to arm you with the knowledge and tools to stay one step ahead of scammers. This free

community event will cover identity theft, elder fraud, and featuring experts from TBI and the Better Business Bureau. Lunch will be provided and you could win great prizes like a personal document shredder. Sign up: <https://aarptn.org/ScamJam>. **Registration is Required!** We are taking a center bus, if you are interested in riding, register through the member portal or with a staff member to claim your seat!

**Murder Mystery Excursion Saturday, July 18, 11 a.m. Train Departure. Cost: \$76 + \$10 Transportation Fee + Food & Shopping Money. Center Bus departure is 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 quickly and we want to reserve our seats! **Tickets were purchased in advance.**

**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



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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, 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 may be considered by center staff in extreme situations.