



August 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/.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30a SAIL 10:30a TSU Garden Series 10:40a Senior Strength 12p Mahjong 2p Writers' Group	4 9a Active Strength Cricut 10a Scrabble 10a How Films Tell Stories 11a Space Series 1p Bingo	5 9:30a Sisterhood 10:40a Senior Strength 1p Bingo	6 9:30a SAIL 11a Wills & Trusts 12p Bold & Golden Men's Group 12p Bible Study	7 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
10 9:30a SAIL 10a BlueBird Cafe 10:40a Senior Strength 12p Mahjong 2p Writers Group	11 9a Active Strength Cricut 10a How Films Tell Stories 11a Space Series 11:45a Music for Seniors 1p Bingo	12 9:30a Sisterhood 10:30a America 250: Wine & Friends & Country Café 10:40a Senior Strength 1p Bingo	13 9:30a SAIL 11a Voices Forward 12p Bold & Golden Men's Group 1p Family Feud	14 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
17 9:30a SAIL 10:40a Senior Strength 12p Mahjong 2p Writers' Group	18 9a Active Strength Cricut (canceled) 10a Nashville Puppet Truck 1p Bingo	19 9:30a Sisterhood 10:40a Senior Strength 10:45a Craft Corner 1p Bingo	20 9:30a SAIL 11a Book Club 12p Bold & Golden Men's Group 12p Lunch and Learn: Bicentennial Mall: How the Park Created a Cultural Destination	21 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
24 9:30a SAIL 10:40a Senior Strength 12p Mahjong 2p Writers' Group	25 9a Active Strength Cricut 11a Is That AI? 12p Knowles Potluck 1p Bingo	26 9:30a Sisterhood 10:40a Senior Strength 11a Town Hall 1p Bingo	27 9:30a SAIL 11a Voices Forward 12p Bold & Golden Men's Group	28 9:30a Comedy Show Trip & Hibachi's Buffet 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
31 9:30a SAIL 10:40a Senior Strength 12p Mahjong 2p Writers' Group				



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RECURRING CLASSES, ACTIVITIES & GROUPS

New! Active Strength Circuit Tuesdays at 9 a.m.

Cost: FREE. Join Nicole for a fun, full-body circuit designed to build strength, balance, and energy! This class uses hand weights, resistance bands, and exercise balls—no machines required. Perfect for all fitness levels, each station targets a different area of the body, so you leave feeling strong, confident, and energized. Come ready to move, have fun, and get stronger with every rotation!

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 (Paused for the month of August)**

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 our monthly Music for Seniors performer to perform!!

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!**

New! Sisterhood Wednesdays at 9:30 a.m. Join this new weekly women's group to develop friendships, share experiences, talk about similar interests, and simply spend time with other women. **ML**



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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 3rd 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 3rd Thursday of each month at 11 a.m. **ML**

Knowles Potluck 4th Tuesday of the month, 12 p.m. **Registration is required!** Your contribution of a dish (even if you need to buy it) makes enough food for everyone. Let us know what dish you will be bringing by registering at the front desk. If bringing or buying a dish isn't an option, you can join the fun with a \$10

contribution. Come enjoy food and fun with your fellow FiftyForward Knowles members. Be sure to arrive 10-15 minutes prior to the meal so we can arrange your contribution to our lovely potluck tables, and you can start socializing with other members!

TSU Gardening Class Monday, 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

Scrabble Tuesday, August 4, 10 a.m. Looking for a fun way to spend your morning? Come join us for a friendly game of Scrabble at 1 AM! Whether you're a seasoned wordsmith or just enjoy a good challenge, everyone is welcome. Enjoy great company, exercise your brain, and have some fun creating words and making new friends. Bring your enthusiasm and get ready for a morning of words, laughter, and friendly competition. We hope to see you there! 😊

Wills vs. Trusts: Protecting Your Legacy Thursday, August 6, 11 a.m.; Cost: Free. Sign up in advance. Join us for an informative session on Wills vs. Trusts. This presentation will break down the key differences between wills and trusts, explain how each works, and help you understand which option may best protect your assets and loved ones. Whether you're just starting to think about estate planning or need to update your plan, this session will provide practical guidance in a clear and approachable way. **Presented by the Law Office of Lamar Moore.**

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.



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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.

Family Feud! Thursday, August 13, 1 p.m.; Cost: \$5 entry fee. Join us for an afternoon of laughter, friendly competition, and fun as we play **Family Feud!** Test your skills by guessing the most popular survey answers and see if your team can come out on top. Whether you're playing or cheering from the sidelines, it's sure to be a great time for everyone.

📝 **Registration Required** – Sign up with a staff member prior to the event to reserve your spot.

Don't wait—spaces may be limited. Gather your team and get ready to feud! 🏆 ✨

Nashville Puppet Truck Tuesday, August 18, 10 a.m.; Cost: Free. Step into a world of magic, mystery, and adventure as the Nashville Puppet Truck brings the classic fairy tale Hansel & Gretel to life! Join the brave brother and sister as they journey through an enchanted forest, encounter a tempting gingerbread house, and outsmart a clever witch. Filled with colorful puppets, lively storytelling, humor, and heart, this family-friendly production delights audiences of all ages while celebrating courage, teamwork, and imagination. Don't miss this charming indoor puppet performance that transforms a beloved tale into an unforgettable theatrical experience!

Craft Corner Wednesday, August 19, 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. **Fabric Collage Sunflowers** will be the craft for August. You will use different colors of fabrics to create your mosaic. **Registration is required, limit of 12 people.**

Lunch and Learn: Bicentennial Mall: How the Park Created a Cultural Destination Thursday, August 20, 12 p.m.; Cost: Free. Join us as the park's lead designer, Kem Hinton, discusses his new book, Tennessee's Bicentennial Mall, and how the park, now flanked by the Tennessee State Museum and Tennessee State Library & Archives, has evolved into a comprehensive cultural and educational destination, delighting citizens and visitors, and reinforcing the original theme of the park to present “the land, the people, and the music of Tennessee.”

Virtual Program presented by the TN State Museum, lunch will be served in the Art Room.

Is that AI? Tuesday, August 25, 11 a.m.; Cost: Free, sign up in advance. Can we really believe what we see? Come to this class to train your eye to recognize AI! About this program: With the advances in artificial intelligence (AI) technology, AI programs can now create text, images, and much more. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image or piece of writing was generated by AI. We'll also discuss what tech companies like Google are doing to create systems to detect the use of AI.

Town Hall Wednesday, August 26, 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. Also, part of this month's discussion, membership fee changes that will be taking place. Please join us for a presentation, discussion, and Q & A session.



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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/>

America 250: Wine & Friends & Country Café

Wednesday, August 12, 10:30 a.m. Cost: \$10

Transportation Fee + Food Cost. Center Bus

Departs at 10:30 a.m. Registration is required!

Celebrate ‘America 250’ with us! Wineland & Friends will bring a rich and engaging musical experience to the **Music for Seniors** America 250 Celebration at the Tennessee State Museum. Blending tradition and innovation, the group will perform a lively selection of songs from both past and present, offering a musical journey that reflects the depth, diversity, and spirit of our country. Their performance promises to be both heartfelt and uplifting, honoring the many voices that have shaped the American story.

The ensemble features Richard Wineland on vocals and guitar, joined by Lee Armstrong Wineland on piano, Amberly Rosen on fiddle, and Roy Vogt on bass. After the performance we will head to the Country Café for good soul cooking. Register today for your chance to see this great performance and have a great social outing!

Comedy Show Trip & Hibachi's Buffet Friday,

August 28, 9:30 a.m. Cost: \$10 Transportation Fee +

Food Cost. Center Bus Departs at 9:30 a.m.

Registration is required! FiftyForward Madison

Station is presenting another morning fun filled Comedy Show. Hosting a variety of Comedians for a morning of fun and clean comedy. After we will head to the Hibachi's Buffet for lunch.

UPCOMING TRIPS

Nashville Riverboat Cruise September 23, 10:15 AM–1:30 PM, Cost: \$40 ticket + \$10 bus fee. **Center Bus Departs at 9:15 a.m. Riverboat Cruise is 1.5 hours. Registration is Required!** Enjoy a relaxing afternoon aboard the Nashville Riverboat as we cruise along the Cumberland River and take in scenic views of downtown Nashville and the surrounding area. This fun outing is a great opportunity to socialize, unwind, and experience Music City from the water.

Concessions: Available for purchase onboard

Registration Deadline: August 21

Space is limited. Register early to secure your spot!



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



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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.