



September 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	Saturday
	1 9a Active Strength Circuit(canceled) 9:30 Sisterhood Trip Pencil Box 10a Drama Buffs 10:30a Scrabble 1p Bingo	2 9:30a Sisterhood 10:40a Senior Strength 1p Bingo	3 9:30a SAIL 12p Bold & Golden Men's Group 12:30p Bible Study	4 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga	6
7 All Center and Offices Closed for Labor Day!	8 9a Active Strength Circuit 10a Drama Buffs 1p Bingo	9 9:30a Sisterhood 10:40a Senior Strength 11:30a Riverview Restaurant & Marina 1p Bingo	10 9:30a SAIL 12p 10 Streets that Changed America Lunch & Learn 12p Bold & Golden Men's Group	11 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga	12
14 9:30a SAIL 10a Bluebird Cafe Livestream 10:40a Senior Strength 12p Mahjong 2p Writers' Group	15 9a Active Strength Circuit 10a Drama Buffs 11:30 Harvest Grill-Out 1p Bingo	16 9-1pm AI Skills Jam 9:30a Sisterhood 10:40a Senior Strength 10:45a Armchair Travel 1p Bingo (Canceled)	17 9-1p Flu Clinic 9:30a SAIL 11a Voices Forward 12p Bold & Golden Men's Group 1pm Family Feud Trivia	18 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga	19 1:15p TPAC: Jersey Boys
21 9:30a SAIL 10:40a Senior Strength 11a Thrive USA Home Care 12p Mahjong 2p Writers' Group	22 9a Active Strength Circuit (canceled) 10a Drama Buffs 11a Town Hall 1p Bingo	23 9:30a Sisterhood 10:15a Nashville Riverboat Cruise 10:40a Senior Strength 1p Bingo	24 9:30a SAIL 11a Book Club 12p Bold & Golden Men's Group	25 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga	26
28 9:30a SAIL 10:40a Senior Strength 12p Mahjong 2p Writers' Group	29 9a Active Strength Circuit 10a Drama Buffs 11a AI All Around 1p Bingo	30 9:30a Sisterhood 10:40a Senior Strength 1p Bingo			



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RECURRING CLASSES, ACTIVITIES & GROUPS

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, 12:30 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.

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. **Coming again in October!!**

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!**

Sisterhood Wednesdays at 9:30 a.m. Join this new weekly women's group to develop friendships, share experiences, participate in community service projects, and simply spend time with other women. **ML**

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

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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, 3rd Thursday 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:

Armchair Travel Third Wednesday of the month 10:45-11:45 a.m. Cost: Free. Pack your imagination and join us for Armchair Travel! Explore fascinating destinations from around the world without leaving your seat. Through engaging videos, photos, stories, and discussion, we'll discover new cultures, famous landmarks, and hidden gems from near and far. Whether you're a seasoned traveler or simply enjoy learning about new places, this fun and relaxing program offers a chance to journey around the globe while connecting with friends.

No passport required—just bring your curiosity! Register with a staff member to reserve your spot.



Book Club 4th 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 4th Thursday of each month at 11 a.m. **ML**

Scrabble Tuesday, September 1, 10:30 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! 😊



10 Streets that Changed America Lunch & Learn Thursday, September 10, 12 p.m. Virtual Program provided by PBS. 10 Streets That Changed America is a PBS documentary hosted by Geoffrey Baer that explores ten iconic streets and roadways that transformed the way Americans travel, work, and connect with one another. Through stories of routes such as the Boston Post Road, Broadway, Wilshire Boulevard, and the Lincoln Highway, the film shows how these streets became catalysts for major changes in transportation, commerce, and urban development.

Rather than simply serving as pathways, these roads helped shape the movement of people, goods, and ideas across the nation, influencing everything from stagecoach travel and streetcars to the rise of the automobile and modern highway systems. The documentary highlights how the construction and evolution of these streets fundamentally changed America's transportation network and played a key role in the country's economic growth and expansion.



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Harvest Grill-Out Tuesday, September 15, 11:30-1p.m. Cost: \$15. Registration is Required by September 11. Join us for our Harvest Grill-Out and enjoy an afternoon of good food, fun, and friends! We'll be serving hamburgers, hot dogs, and delicious sides, with music playing throughout the event and plenty of yard games set up for everyone to enjoy.

Come celebrate the season, connect with friends and coworkers, and make some great memories. Meal tickets are \$15 per person.

We look forward to seeing you there!



AI Skills Jam Wednesday, September 16, 9-1 p.m. Cost: Free. Registration is Required! Join Nashville Public Library and OpenAI for a free, hands-on learning experience designed to help older adults use ChatGPT confidently, safely, and practically. Hosted by the OpenAI Academy in collaboration with Senior Planet from AARP, this beginner-friendly workshop will guide participants through ChatGPT basics, everyday uses, and interactive activities with support from trained facilitators and mentors.

No technical experience is required. Participants will enjoy breakfast, receive OpenAI swag, get 12 months of free ChatGPT Plus, and take home a sweet treat.

Registration required. Please complete the form at [linked here](#) or call the Senior Planet from AARP hotline at 888-713-3495 (MON-FRI 8am-7pm CT / SAT 8am-1pm CT) to register by phone.

Flu Clinic Thursday, September 17, 9-1 p.m. FiftyForward Knowles Center will be hosting a Walgreens Flu Clinic on September 17 from 9:00 AM to 1:00 PM. Getting your annual flu shot is one of the best ways to protect yourself and those around you during flu season. Stop by for a convenient opportunity to stay healthy and prepared.

Please bring your insurance card(s) and a valid photo ID. We look forward to seeing you there!

Family Feud Trivia! Thursday, September 17, 1 p.m.; Cost: Free! Get ready to put your guessing skills to the test with Family Feud Trivia! Survey says... this game is packed with laughs, friendly competition, and surprising answers. Gather your team, think like the crowd, and see if you can score the top responses to our fun survey questions!

Don't wait—Gather your team and get ready to feud!



Thrive USA Home Care Monday, September 21, 11 a.m. Sign up in advance! Join us at FiftyForward Knowles on September 21 at 11:00 a.m. for an informative presentation from Thrive USA Home Care. Learn about the personalized in-home care services available to help older adults maintain their independence, safety, and quality of life. Discover resources for individuals and families, ask questions, and connect with local care professionals. All are welcome!

Town Hall Tuesday, September 22, 11 a.m. 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. Final time for open discussion of the new membership fee structure before everything goes into effect starting October 1. Everyone is encouraged to participate for questions and discussion.

AI All Around Tuesday, September 29, 11 a.m.; Cost: Free. Sign up in advance. If it seems like AI is showing up everywhere, it's not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, we'll explore many of the digital platforms and websites where generative AI is now available. We'll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them. Come to this lecture and bring your questions about AI!



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Future Events:

 **Tricks & Treats Luncheon**  **Monday, October 12, 12-1:30 p.m. Cost: \$13. Registration is required by October 5th.** Join us on October 12 from 12:00 to 1:30 p.m. for a fun-filled Tricks & Treats Luncheon! Enjoy a delicious, boxed lunch and an entertaining live magic performance by Shank Kotharé, whose interactive show is sure to delight and amaze.

Boxed Lunch Menu:

Chicken salad sandwich

Chips

Grandma's chocolate cookie

Iced tea or water

Don't miss this magical afternoon of great food, laughter, and amazing illusions. Be sure to register by **October 5** to reserve your seat for this special event!

💎 We look forward to seeing you there! 💎

Community Service

Sisterhood Trip to the Pencil Box Tuesday, September 1, 9:30 a.m.; Join the Sisterhood on September 1 as we give back to our local educators by volunteering with The Pencil Box. Together, we'll help organize school supplies that will be distributed to teachers, ensuring they have the resources they need to support students throughout the school year. This is a wonderful opportunity to serve our community, support education, and make a meaningful impact for teachers and students alike. We hope you'll join us for a fun and rewarding day of service! 

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/>

Riverview Restaurant & Marina September 9, 11:30 a.m. Center Bus Departure Time. Registration is Required! Cost: \$10 Transportation Fee + Food Cost. Join us on Tuesday, September 9 for a scenic lunch outing to the Riverview Restaurant & Marina in Ashland City, TN, located on the beautiful Cumberland River. Enjoy delicious food, relaxing river views, and great company at this local favorite. Located at 110 Old River Rd, Ashland City, TN 37015.

Don't miss this opportunity to enjoy a wonderful afternoon on the river with friends. Sign up today to reserve your spot!

TPAC: Jersey Boys September 19, 2 p.m. Show Time, Cost: \$60 ticket + \$10 bus fee. Center Bus Departure at 1:15 p.m. Jersey Boys running time 2.5hr with one 15 min intermission. Registration is required!  Join us for Jersey Boys at TPAC! 

Get ready for an unforgettable afternoon of music, memories, and entertainment as FiftyForward heads to TPAC to see the Tony Award-winning musical Jersey Boys on Thursday, September 17, at 1:00 p.m. This electrifying show tells the true story of Frankie Valli and The Four Seasons, featuring beloved hits such as Sherry, Big Girls Don't Cry, Walk Like a Man, and Can't Take My Eyes Off You.

With its incredible music and inspiring story of friendship, success, and perseverance, Jersey Boys is a theatrical experience you won't want to miss. We look forward to sharing this exciting outing with you! Be sure to reserve your spot and join fellow members for a fantastic day at the theater.  



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Nashville Riverboat Cruise September 23, 10:30 AM–1:30 PM, Cost: \$40 ticket + \$10 bus fee. Center Bus Departs at 10:15 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

Tickets were pre-registered. No seats available.

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.