

October 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
			1 9:30a SAIL 12p Bold & Golden Men's Group 12:30p Bible Study 3pm Afternoon Stretch 3p Wii Bowling League 4:30p The In Betweens Creative Writing Community 5:30p Seated Balloon Volleyball	2 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
5 9:30a SAIL 10a Digital Scrapbooking Tools 10:30a Scrabble 10:45a Senior Strength 12p Mahjong 2p Writers' Group	6 9a Active Strength Circuit 10a Drama Buffs 11a Town Hall 1p Bingo	7 9:30a Sisterhood Trip: Diaper Depot 10:45a Senior Strength 11a Emojis, GIFs, and more! 1p Bingo	8 9:30a SAIL (canceled) 9:30a Forever Young Fest 2026 11a Halloween Trivia 12p Bold & Golden Men's Group 3pm Afternoon Stretch 3p Wii Bowling League 4p Scrabble Club Tournament	9 Closed for All Staff Retreat!
12 9:30a SAIL 10a Bluebird Cafe Livestream 10:30a Scrabble 10:45a Senior Strength 12p Tricks & Treats 12p Mahjong 2p Writers' Group	13 9a Active Strength Circuit 10a Drama Buffs 11:45a Music for Seniors 1p Bingo	14 9:30a Sisterhood 10:30a TSU Garden Glass 10:45a Senior Strength 1p Bingo	15 9:30a SAIL 9:30a FF Health Fair 11a Voices Forward 12p Bold & Golden Men's Group 1p Chair Dance Class 3p Wii Bowling League 4p Movie Showing & Popcorn	16 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
19 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 10:45a Craft Corner: Small Pumpkin Painting 11a Medicare & Your Money 12p Mahjong 2p Writers' Group	20 9a Active Strength Circuit 10a Golden Games Final 10a Drama Buffs 1p Bingo	21 9:30a Sisterhood 10:45a Senior Strength 10:45a Armchair Travel 12p Lunch & Learn with CenterWell's Eric Foley, APRN 1p Bingo 2p Intro to Smartphone Photography	22 9:30a SAIL 11a Book Club 12p Bold & Golden Men's Group 1p Chair Dance Class 3p Wii Bowling League 5p Halloween Trivia Night	23 10:30a Rummikub 11a Virtual Seated Tai Chi 11:30a The Farmstead 12p Karaoke 1p Chair Yoga
26 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 11:30a Halloween Party! 12p Mahjong 2p Writers' Group	27 9a Active Strength Circuit 10a Drama Buffs 11a TBI: Forensic Science 1p Bingo	28 9:30a Sisterhood 10:30a ArtTrunk: Embodied Paintings 10:45a Senior Strength 1p Bingo	29 9:30a SAIL 10:45a Haunted Museum: Mary at the Orpheum 12p Bold & Golden Men's Group 1p Chair Dance Class 3p Wii Bowling League 5p Human Battleship	30 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga



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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!

New! Afternoon Stretch: Senior Planet Zoom Class

Thursday, October 1 & 8 at 3 p.m. Join us to decrease muscle stiffness, improve your circulation and calm your mind. Trainer: Castulo Castro

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. This month's music performance is Geary Moore!!

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! 🍷 ✨

New Time! Senior Strength Monday and Wednesday's at 10:45 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 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!



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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 Monday's, 10:30 a.m. Looking for a fun way to spend your morning? Come join us for a friendly game of Scrabble at 10:30 a.m.! 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! 😊

Wii Bowling League Thursday's, 3 p.m., Cost: Free. Join our Wii Bowling League every Thursday at 3:00 PM! Grab your friends, enjoy some friendly competition, and get in a little leisure exercise while having fun. Whether you're a seasoned bowler or a first-timer, everyone is welcome. Come roll with us! 😊 🏆 🎮

The In Betweens Creative Writing Community Thursday, October 1, 4:30 p.m. Cost: Free. Everyone experiences the “in between,” a transitional chapter of life often accompanied by a desire to shape outcomes and plan what comes next – even when much of it is outside of our control. So, what can be controlled? Ourselves, our creativity, and our community. The In Betweens Creative Writing Community is open to all, regardless of writing background. This is a supportive space for non-professional writers to connect and explore life transitions through creative writing and shared experiences.

Seated Balloon Volleyball Thursday, October 1, 5:30 p.m. Cost: Free. Join us on Thursday evening from 5:30-6:30 PM for an hour of fun, laughter, and friendly competition! Seated Balloon Volleyball is a great way for you to stay active, improve coordination, and enjoy social time with friends. Using a balloon keeps the game safe and accessible for all ability levels while providing gentle exercise and plenty of smiles.

Come give it a try, make new friends, and see how long your team can keep the balloon in the air! No experience needed.

Everyone is welcome! 😊 🗨️ 🌀

Digital Scrapbooking Tools Monday, October 5, 10 a.m.

Cost: Free. Do you like scrapbooking but want a more convenient way to organize and arrange your photos and mementos? Come learn about these digital scrapbooking tools that make it easy to digitize your memories. In this lecture, you'll get an overview of a few different tools that make it easy to create, share, and print your scrapbooks. You'll also learn about common features across the different platforms. **Presented by Senior Planet through Zoom.**

Town Hall Tuesday, October 6, 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.

Emojis, GIFs, and More! Wednesday, October 7, 11 a.m., Cost: Free. In this lecture we'll review what some of the most common emojis mean, where to find them on your smartphone keyboard, and when to use them. We'll also cover how to create an avatar using Bitmoji and Memoji. GIFs and Memes are additional ways to add some color to your communications, so we'll demonstrate where to find and create those as well! **Presented by Senior Planet through previously recorded Zoom.**

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Halloween Trivia Thursday, October 8, 11 a.m., Cost: Free.

Start your day with some spooky fun at our Halloween Trivia at 11:00 AM! Test your knowledge with Halloween-themed questions covering spooky traditions, autumn facts, classic horror films, and favorite Halloween movies. 🎃 🍁

Enjoy friendly competition, lots of laughs, and great company as we celebrate the season together. Bring your friends and see if you have what it takes to become our Halloween Trivia Champion! 🏆 🎃

Scrabble Club Tournament Thursday, October 8, 4 p.m., Cost Free. Put your word skills to the test and join us for a fun and friendly Scrabble Club Tournament on Thursday evening at 4:00 PM! Challenge your friends, discover new words, and enjoy some lighthearted competition in a welcoming atmosphere. Whether you're a seasoned player or just enjoy the game, everyone is invited to join the fun. Come ready to play, laugh, and see who will be crowned the Scrabble champion! 🧩 ✨

👤 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! ✨

TSU Gardening Class Wednesday, October 14, 10:30 a.m.

Cost: Free. Join us for our TSU Gardening Class as we celebrate gardening, friendship, and a very special occasion! During this class, we will also host a farewell party for Ms. Zena as she retires from the TSU Agricultural Department. Ms. Zena has shared her knowledge, passion, and love of gardening with so many over the years, and we are grateful for all she has done. Please join us in thanking her for her dedication and wishing her a happy and well-deserved retirement.

Let's come together to celebrate Ms. Zena's wonderful career and the many seeds of knowledge she has planted in our community. ❤️ 🌻 🌈

Chair Dance Class Thursdays, Oct. 15-Nov. 19, 1 p.m.,

Cost: Free. Seated Dance Class is a 50-minute movement experience for older adults of all mobility levels, done entirely from a chair or wheelchair. Led by dancer and choreographer Lyle Oberman, classes use rhythmic music, counting exercises, and dynamic movement patterns to gently engage body and mind. More than exercise, it's an artistic, communal space where participants are defined not by age or limitation, but by rhythm, humanity, and movement.

Movie Showing & Popcorn Thursday, October 15, 4 p.m.

Cost: Free. Grab your friends, sit back, and enjoy a fun evening at our Movie Night! We'll have fresh popcorn, great company, and a fantastic film waiting for you. Come relax, laugh, and make memories with fellow members. We hope to see you there! 🎬 ✨

#MovieNight #PopcornAndFriends

#FiftyForwardKnowles 🎬 🍿 😊

Craft Corner: Small Pumpkin Painting Monday, October 19, 10:45 a.m. Cost: \$10. Registration is Required! Get

creative in the Craft Corner as we decorate and paint small ceramic pumpkins! For just \$10 per person, you'll receive your own pumpkin to design and personalize. Whether you prefer spooky, festive, colorful, or classic fall décor, you can make your pumpkin uniquely yours. No experience needed, just bring your creativity and enjoy a fun time with friends!

Medicare & Your Money Monday, October 19, 11 a.m.

Cost: Free. Join us for an informative discussion about Medicare and how it impacts your finances. Learn about Medicare coverage options, costs, enrollment periods, and ways to make the most of your healthcare benefits while protecting your budget. Whether you're new to Medicare or looking for answers to your questions, this session will help you make informed decisions about your health and your money.

📅 Come learn, ask questions, and gain valuable information to help you plan with confidence! **Presented by Antonio Young.**

Golden Games Final Tuesday, October 20, 10-12 p.m.

Cost: Free. The excitement has been building, and now it's time for the championship! Teams from all the FiftyForward centers will go head-to-head in the final showdown to crown the Golden Games Champion. Participants will compete in 10-12 fun, fast-paced games, testing their teamwork, skill, and spirit. Come cheer on your team and see who takes home the title of FiftyForward Golden Games Champion! 🎉 🏆 🎯
Don't miss the fun, friendly competition, and celebration of our amazing members! ❤️ 🧡

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Lunch & Learn with CenterWell's Eric Foley, APRN

Wednesday, October 21, 12 p.m. Cost: Free. Registration by October 19th for a meal. Join us for this education Lunch & Learn event presented by CenterWell Senior Primary Care. You'll enjoy a complimentary lunch while learning more about the importance of mental health. **Register with the front desk to select type of sandwich!**

Intro to Smartphone Photography Wednesday, October 21, 2 p.m. Cost: Free. Interested in learning more about your smartphone camera? In this lecture, we'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. **Presented by Senior Planet through Zoom.**

Halloween Trivia Night Thursday, October 22, 5 p.m.

Cost: Free. Join us Thursday at 5:00 PM for a frightfully fun Halloween Trivia Night! Test your knowledge in a variety of spooky categories, including general Halloween traditions, autumn facts and festivities, and classic horror and Halloween movies. Gather your friends, enjoy some friendly competition, and see if you have what it takes to become our Halloween Trivia Champion!

-  Fun Fall & Halloween Questions
-  Horror & Halloween Movie Trivia
-  Laughs, and Bragging Rights

Don't miss this spooktacular evening of fun!    

TBI: Forensic Science Tuesday, October 27, 11 a.m. Cost: Free. Join us for an informative presentation from a TBI Officer, Jasmine Johnson, as she provides an inside look at the fascinating world of forensic science and the important work performed by the Tennessee Bureau of Investigation (TBI). Learn how forensic experts use science and technology to analyze evidence, assist criminal investigations, and help solve cases across the state. The presentation will also offer an overview of the TBI's many responsibilities, including crime laboratory services, criminal investigations, public safety initiatives, and support for local law enforcement agencies. Don't miss this opportunity to gain a better understanding of how forensic science plays a vital role in the justice system!



ArtTrunk: Embodied Paintings Wednesday, October 28, 10:30-12p.m. Cost: Free. Presented by the Frist Art Museum, this interactive ArtTrunk experience explores themes from the exhibition Shimmer: The Posthuman. Participants will discover how artists use the human body, movement, and technology to create unique works of art that challenge traditional ideas of what it means to be human. Through

hands-on activities and discussion, you'll explore the connection between art, identity, and the future while creating your own inspired masterpiece. No artistic experience is needed, just bring your creativity and imagination!  

Haunted Museum: Mary at the Orpheum Thursday, October 29, 10:45 a.m., Cost: Free. Step into the spooky side of Tennessee history with Haunted Museum: Mary at the Orpheum, a recorded video presentation from the Tennessee State Museum. Discover the mysterious legend of Mary, the young ghost said to haunt Nashville's historic Orpheum Theatre. Learn about the stories, sightings, and history behind one of Tennessee's most famous paranormal tales. Join us for this fascinating and eerie journey that is sure to get you in the Halloween spirit!  

Human Battleship Thursday, October 29, 5 p.m. Cost: Free. Get ready for a life-sized twist on the classic game of Battleship! Join us for Human Battleship from 5:00-6:00 PM, where teamwork, strategy, and a little luck will lead the way to victory. Work with your crew, call your shots, and sink the opposing fleet in this fun and interactive evening challenge. It's a great way to make new friends, share some laughs, and enjoy friendly competition. All skill levels welcome!  

Community Service

Sisterhood Trip to the Diaper Depot Wednesday, October 7, 9:30-11:30 a.m.; Join the Sisterhood on Wednesday, October 7, from 9:30-11:30 AM as we volunteer at the Diaper Depot! Together, we'll help sort and organize diapers that support mothers and families across Tennessee. This is a wonderful opportunity to give back, make a difference, and enjoy fellowship while serving our community. We hope you'll join us for this meaningful morning 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/>

Forever Young Fest 2026 Thursday, October 8, 10- 1 p.m. Center Bus Departure at 9:30a.m. Cost: \$10 Transportation Fee. Registration is Required! You're



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invited to CenterWell's Forever Young Fest, a free, fun, and engaging community event designed for Medicare-aged guests. Enjoy a classic car cruise-in, games, music, food, community vendors, and exciting raffles throughout the vent. Come connect with local resource, enjoy the festivities, and celebrate being Forever Young!

FiftyForward Health Fair Thursday, October 15, 10-12 p.m. Cost: \$5 Transportation Fee. Center Bus Departure at 9:30 a.m. Registration is Required! Join us as FiftyForward Knowles attends the FiftyForward Fall Health Fair! This exciting event is a great opportunity to learn about health and wellness resources, connect with community partners, and gather valuable information to help you stay healthy and active. Enjoy health screenings, educational exhibits, giveaways, and more while spending time with friends from across the FiftyForward community. We hope you'll join us for a fun and informative day focused on healthy living! 🍁 🌻 🍁 🍁

The Farmstead Friday, October 23, 11:30 a.m. Center Bus Departure. Cost: \$10 Transportation Fee + Food Cost. Registration is Required! Please remember that gratuity (tips) should be given when dining at restaurants. If you are unable to include a tip as part of your meal expense, please do not register for the outing. 🍷 🍷 🍷 Join us at our southern restaurant in Nashville for a fantastic lunch. While you're here grab something from our farmer's market. Gather with us at the farm for a unique dining experience under the stars. Our farm-to-table events feature locally sourced ingredients. The dinners are prepared by talented chefs. These are special events and are not available all of the time.

Come enjoy a delicious meal with friends and family!

Halloween Party! Monday, October 26, 12 p.m. Center Bus Departure at 11:30 a.m. Cost: \$5 Transportation Fee. Registration is required! Join us as the FiftyForward Knowles Center heads to FiftyForward Madison Station for their Halloween Party! Enjoy a fun-filled day featuring a thrilling Murder Mystery led by Lyndra Drewry, a delicious potluck lunch, and plenty of Halloween fun. Costumes are encouraged, so come dressed in your favorite spooky, silly, or creative outfit and get ready for a festive afternoon with friends!

We hope you'll join us for a day of mystery, laughter, and Halloween spirit! 🍷 🍷 🍷

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.