November 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
2 9:30a SAIL 10:30a Season of Caring Envelopes 10:30a Scrabble 10:45a Senior Strength 12p Mahjong 2p Writers' Group	**3** 9a Active Strength Circuit 10a Drama Buffs 11a Town Hall 1p Bingo	**4** 9:30a Sisterhood 10:30a TSU: Knowledge & Nibble: A Taste of the Mediterranean 10:45a Senior Strength 1p Bingo	**5** 9:30a SAIL 12p Bold & Golden Men's Group 12:30p Bible Study 1p Seated Dance Class 3pm Afternoon Stretch 3p Wii Bowling League 4p Scrabble Club Tournament	**6** 9:30a Vitality Arts Brunch Reception 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
9 9:30a SAIL 10a Bluebird Cafe Livestream 10:30a Scrabble 10:30a Estate Planning Seminar 10:45a Senior Strength 12p Mahjong 2p Writers' Group	**10** 9a Active Strength Circuit 10a Drama Buffs 11a Kroger Nutrition Class 1p Bingo	**11** 9:30a Sisterhood 10:30a ArtTrunk: Pixel College 10:45a Senior Strength 1p Bingo	**12** 9:30a SAIL 10a Donuts & Dancing: The Nutcracker & Panera Bread 12p Bold & Golden Men's Group 1p Seated Dance Class 3:30p No Evening Hours: Christmas Village at Fairgrounds	**13** 9a Sisterhood: Feed the Children Volunteer Trip 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
16 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 11:30a Taziki's Lunch Trip 12p :Mahjong 2p Writers' Group	**17** 9a Active Strength Circuit 10a Drama Buffs 11:15a Drama Buffs Performance 12p Thanksgiving Dinner 1p Bingo	**18** 9:30a Sisterhood 10:15a Music for Seniors: Metro Nashville Chorus & 55 South 10:45a Senior Strength 10:45a Armchair Travel 1p Bingo	**19** 9:30a SAIL 11a Voices Forward 11a Book Club 12p Bold & Golden Men's Group 1p Seated Dance Class 3p Wii Bowling League 3pm Afternoon Stretch 4p Movie Showing & Popcorn	**20** 10:30a Rummikub 10:30a Frist Art Museum Tour & Cafe 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
23 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 12p Mahjong 2p Writers' Group	**24** 9a Active Strength Circuit 10a Drama Buffs 11a Cloud Storage & Data Centers 1p Bingo	**25** 9:30a Sisterhood 10:45a Senior Strength 1p Bingo (canceled)	**26** **All Centers Closed for Thanksgiving**	**27** **All Centers Closed for Thanksgiving**
30 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 12p Mahjong 2p Writers' Group				

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!

Afternoon Stretch: Senior Planet Zoom Class Thursday, Nov. 5 & 19 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

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 10:45 a.m. Senior Strength is an exercise class that focuses on building strength, mobility, and balance to maintain independence.

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!

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 **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 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! 😊🏆🎳

Seasons of Caring Envelope Cookie Party **Monday, November 2, 10:30-11:30 a.m.** Join us for our Seasons of Caring Envelope & Cookie Party, sponsored by the Development Team, on Monday, November 2, from 10:30-11:30 AM! Help us prepare mailings that support FiftyForward' s mission while enjoying cookies, fellowship, and giving back together. Volunteers are needed to stuff envelopes and make this important project a success. Sign up today and lend a helping hand as we spread care throughout our community this holiday season! ❤️🎄

Town Hall **Tuesday, November 3, 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

TSU: Knowledge & Nibble: A Taste of the Mediterranean **Wednesday, November 4, 10:30-11:30 a.m. Cost: Free. Register in advance.** Join Melissa Standley, Family and Consumer Sciences Extension Agent with UT Extension–Davidson County, for a flavorful introduction to the Mediterranean diet! Explore simple ways to bring Mediterranean flavors into your everyday meals and enjoy samples of Mediterranean cuisine prepared by Melissa. Leave with fresh ideas for your own kitchen!

Seated 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.

Scrabble Club Tournament **Thursday, November 5, 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! 🎭✨

Estate Planning Seminar **Monday, November 9, 10:30 a.m.; Cost: Free.** Carter Moore is an estate planning attorney and the founder of Moore Estate Planning, PLLC, a solo law firm he recently opened here in Middle Tennessee. Originally from Anchorage, Alaska, Carter graduated from Belmont University College of Law and has spent the past four years working in estate planning. His passion for this area of law is deeply personal, having witnessed firsthand the difficulties and consequences that inadequate estate planning created for his own grandmother and family. That experience inspired him to help other families avoid similar challenges by making thoughtful, informed decisions about their futures. Through his practice, Carter is dedicated to making estate planning approachable, understandable, and accessible to individuals and families throughout Tennessee.

Kroger Nutrition Class **Tuesday, November 10, 11a.m. Cost: Free. Register in advance.** Join us for an informative and engaging Kroger Nutrition Class and learn practical ways to make healthier food choices! Discover tips for reading nutrition labels, planning balanced meals, grocery shopping on a budget, and incorporating nutritious foods into your daily routine. Whether you're looking to improve your health, manage a specific condition, or simply learn new healthy habits, this class offers valuable information and easy-to-follow strategies for everyday wellness. Come hungry for knowledge and leave empowered to make smart, healthy choices! 🍎🥦🛒

ArtTrunk: Pixel College **Wednesday, November 11, 10:30-12p.m. Cost: Free.** Explore the world of digital creativity with the Frist Art Museum's Pixel College Art Trunk! This hands-on program introduces participants to the exciting intersection of art and technology through engaging activities inspired by pixel-based artwork. Discover how artists use simple shapes, colors, and digital tools to create unique masterpieces while learning about the creative process behind digital art. Whether you're an experienced artist or just curious to try something new, Pixel College offers a fun and interactive way to express your creativity and expand your artistic skills. Join us for an inspiring experience where imagination meets innovation! 🎨 ✨

Drama Buffs Performance **Tuesday, November 17, 11:15 a.m.** Kick off our Thanksgiving celebration with a special performance by the Drama Buffs at 11:15 a.m.! Join us for an entertaining and heartwarming presentation filled with laughter, creativity, and holiday spirit as our talented performers take the stage. Following the performance, enjoy a delicious Thanksgiving lunch catered by Cracker Barrel, featuring all your favorite holiday flavors. This festive event is the perfect way to celebrate the season of gratitude with friends and fellow members. We look forward to sharing an afternoon of fun, fellowship, and Thanksgiving cheer! 🦃 🍂 🍁

Thanksgiving Dinner **Tuesday, November 17, 12-1p.m. Cost: $20. Register by November 10th to reserve your meal. Registration is Required!!** Celebrate the season of gratitude with a traditional Thanksgiving dinner catered by Cracker Barrel on November 17 from 12:00-1:00 PM. Join friends for an afternoon of delicious food and fellowship as we enjoy all the holiday favorites, including turkey and dressing with gravy, sweet potato casserole, mashed potatoes and gravy, green beans, buttermilk biscuits, cranberry sauce, and cake for dessert. Tea and water for beverages. Be sure to reserve your spot early and come share in this special Thanksgiving celebration! 🦃 🍁 🍽️

Movie Showing & Popcorn **Thursday, November 19, 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 🍿 🎬 😊

Cloud Storage & Data Centers **Tuesday, November 24, 11 a.m.** What is the Cloud? What is a Data Center? Why would I use them? If you have these questions this lecture is for you! In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, tips for using it safely, and demonstrate a few of the most popular services. We will also look at the role Data Centers play in Cloud Storage.

Community Service

Sisterhood Trip to Feed the Children **Friday, November 13, 9:30-11:30 a.m. Center bus departure at 9 a.m.;** Join the Sisterhood as we give back to our community by volunteering with Feed the Children on Friday, November 13, from 9:30 a.m. to 11:30 a.m. This is a wonderful opportunity to make a meaningful difference in the lives of children and families in need while spending time together in service. Whether you're a returning volunteer or joining us for the first time, your helping hands can have a lasting impact. We hope you'll be a part of this rewarding experience!

Upcoming

General Jackson Holiday Midday Cruise **Friday, December 11, 11:15 a.m. – 3:15 p.m. Center Bus departure at 10:15 a.m. Tickets $76 + $10 Transportation Fee.** Celebrate the holiday season with us aboard the beautiful General Jackson Showboat! Enjoy a festive midday cruise on the Cumberland River featuring spectacular entertainment, dazzling holiday décor, and a delicious meal. Gather with friends, take in the scenic views, and make lasting holiday memories on one of Nashville's most beloved attractions. Space is limited, so be sure to register early and reserve your spot for this unforgettable holiday experience! 🎄 🚤 ✨

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/

Vitality Arts Brunch Reception **Friday, November 6, 9:30-11a.m. Center Bus departure at 9:30a.m. Cost: $5 Transportation fee.** Celebrate the creativity and talent of

FiftyForward members at the Vitality Arts Brunch Reception, hosted by the Frist Art Museum! Enjoy a delicious brunch while viewing a special exhibition highlighting artwork created by fellow FiftyForward artists. This is a wonderful opportunity to support our talented members, connect with friends, and celebrate the arts in a welcoming and inspiring setting. Join us for this special event as we honor the creativity and accomplishments of our community! 🎨✨

Donuts & Dancing: The Nutcracker & Panera Bread
Thursday, November 12, 10:30 a.m. Center Bus Departure at 10 a.m. Cost: $10 Transportation Fee + Lunch Cost. Join us as we travel to the Nashville Ballet for a behind the scene look as they rehearse for The Nutcracker! Fresh donuts will be offered! Learn about the production, meet members of the artistic team, and see the dancers in action as they prepare for the stage. After, members will adventure to Panera Bread for a delicious lunch.

Taziki's Lunch Trip **Monday, November 16, 11:30 a.m. Cost: $10 Transportation Fee + Food Cost.** Join us for a delicious lunch at Taziki's Restaurant! Enjoy a variety of fresh Mediterranean-inspired dishes, including flavorful salads, grilled specialties, sandwiches, and more in a relaxed and welcoming atmosphere. This is a great opportunity to enjoy good food and fellowship with friends. Come hungry and join us for a tasty afternoon out! 🍽️😊

Music for Seniors: Metro Nashville Chorus **Wednesday, November 18, 11-12p.m. Center bus Departure at 10:15 a.m. Cost: $10 Transportation Fee + Food Cost.** Join us on November 18 from 11:00 AM to 12:00 PM for a special outing to enjoy the Music for Seniors: Metro Nashville Chorus performance at The Chapel at Brentwood UMC. Sit back, relax, and enjoy an uplifting morning of music and fellowship. Following the concert, we'll head to 55 South for a delicious lunch together. Don't miss this wonderful opportunity to enjoy great music, good food, and even better company! Register today to reserve your spot. 🎶🍽️

Frist Art Museum Tour & Café Lunch **Friday, November 20, 10:30 a.m.; Limit of 10 people. Center Bus Departure at 10 a.m. Cost: $10 Transportation Fee + Lunch Cost.** FiftyForward Knowles will be visiting the First Art Museum to tour the exhibition Shimmer: Dreaming the Posthuman. Shimmer: Dreaming the Posthuman features 17 artists working with both analog and emergent technologies to visualize the interrelationship between humanity, other species, and the earth itself. Then we will be eating lunch in the Café located inside the museum before heading back to the center.

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.