December 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 9a Active Strength Circuit 10a Drama Buffs 10:30a Musical Memories: Beginner Ukulele 1p Bingo	**2** 9:30a Sisterhood 10:45a Christmas Craft 10:45a Senior Strength 1p Bingo	**3** 9:30a SAIL 11a Christmas Trivia 12p Bold & Golden Men's Group 12:30p Bible Study 3pm Afternoon Stretch 3p Wii Bowling League 4p Scrabble Club Tournament	**4** 10a Tanger Mall Christmas Shopping 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
7 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 11a CapTel Presentation 12p Mahjong 2p Writers' Group	**8** 9a Active Strength Circuit 10a Drama Buffs 11a Online Shopping 11:45a Music for Seniors 1p Bingo	**9** 9:30a Sisterhood 10:45a Senior Strength 11a Accessibility for Books 1p Bingo	**10** 9:30a SAIL 12p Bold & Golden Men's Group 12:30p Porcelain China Christmas Ornament 3pm Afternoon Stretch 3p Wii Bowling League 4p Scrabble Club Tournament	**11** 10:15a General Jackson Christmas Cruise 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
14 9:30a SAIL 10a Bluebird Cafe Livestream 10:30a Scrabble 10:45a Senior Strength 11a Town Hall 12p Mahjong 2p Writers' Group	**15** 9a Active Strength Circuit 10a Drama Buffs 11a Christmas Potluck Party 1p Bingo	**16** 9:30a Sisterhood 10:45a Senior Strength 10:45a Armchair Travel 1p Bingo	**17** 9:30a SAIL 10:30a Hot Coco Bar Social 11a Voices Forward 12p Bold & Golden Men's Group 3p Wii Bowling League 3pm Afternoon Stretch 4p Movie Showing & Popcorn	**18** 8a Nashville Flea Market 9:45a Music for Seniors: Christmas Concert & Frist Café 10:30a Rummikub 11a Virtual Seated Tai Chi 12p Karaoke 1p Chair Yoga
21 **All Centers & Offices Closed for the Christmas Holiday**	**22** **All Centers & Offices Closed for the Christmas Holiday**	**23** **All Centers & Offices Closed for the Christmas Holiday**	**24** **All Centers & Offices Closed for the Christmas Holiday**	**25** **All Centers & Offices Closed for the Christmas Holiday**
28 9:30a SAIL 10:30a Scrabble 10:45a Senior Strength 12p Mahjong 2p Writers' Group	**29** 9a Active Strength Circuit 10a Drama Buffs 11a Senior Planet: Voice Assistants 1p Bingo	**30** 9:30a Sisterhood 10:45a Senior Strength 1p Bingo	**31** 9:30a SAIL 11a New Years Noon Celebration! 12p Bold & Golden Men's Group 3pm Afternoon Stretch 3p Wii Bowling League 4p Scrabble Club Tournament	

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's 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, we welcome Mandy Moon 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? Whether you're a seasoned pro or brand new to the game, all are welcome. 🎱 ✨

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 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. 🌎 ✈️

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! 😊

Musical Memories: Beginner Ukulele **Tuesday, December 1, 10:30 a.m.; Cost: Free.** The Country Music Hall of Fame will be back to lead this beginner class for members who have ever been interested in how to play the ukulele. There will be step by step instructions and encouragement all along the way!! If you are interested in participating please pre-register, so we may have a count!

Christmas Craft **Wednesday, December 2, 10:45 a.m.; Cost: $5.** Ring in the holiday season with creativity and cheer! Join us for a festive morning of crafting and holiday fun. Choose your project: a charming holiday-themed wooden ornaments or a beautiful Merry Christmas wreath paint-by-number kit, limited quantity). Whether you're an experienced crafter or just looking to enjoy some seasonal creativity, this event is sure to get you into the Christmas spirit! 🎅 ❄️ 🎁

Christmas Trivia **Wednesday, December 3, 11 a.m.** Put your holiday knowledge to the test and join us for a festive game of Christmas Trivia! Gather with friends, enjoy some friendly competition, and see how much you know about Christmas traditions, holiday movies, seasonal music, and more. Bring your holiday cheer and get ready for a holly jolly good time! 🎅 ✨ 🎁

Scrabble Club Tournament **Thursday, December 3, 10 & 31, 4 p.m., Cost Free.** Put your word skills to the test and join us for a fun and friendly Scrabble Club Tournament! Challenge your friends, discover new words, and enjoy some lighthearted competition in a welcoming atmosphere. Come ready to play, laugh, and see who will be crowned the Scrabble champion! ✨

CapTel Presentation **Monday, December 7, 11a.m.; Cost: Free. Register in advance**. Join us for an informative presentation from CapTel, a free service designed to help individuals with hearing loss stay connected through the telephone. Learn how captioned telephone technology works, who may qualify, and how it can make phone conversations easier and more enjoyable. This is a great opportunity to ask questions and discover resources that can support better communication and independence.

Online Shopping **Tuesday, December 8, 11 a.m.; Cost: Free.** The Nashville Public Library will be here to offer a free class to learn more about online shopping. Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart.

Accessibility for Books **Wednesday, December 9, 11 a.m.; Cost: Free**. Everyone deserves the opportunity to enjoy a great book! Join us for a special presentation from the Nashville Public Library highlighting the many accessible reading options available in our community. Discover resources such as large print books, audiobooks, digital collections, and other services designed to make reading more enjoyable and accessible for people with varying needs and abilities. 📚 ✨

Porcelain China Christmas Ornament **Thursday, December 10, 12:30 p.m.; Cost: $7. Maximum of 8 people.** Get into the holiday spirit by creating your own Porcelain China Christmas Ornament! Join fellow member Shannon as she leads this festive craft, guiding participants in painting a beautiful porcelain ornament to cherish for years to come. Once the ornaments are completed, Shannon will take them home to be professionally fired, giving them a durable, finished glaze.

🎄 Participants must be able to comfortably hold and use a small paintbrush independently.

🎨 All supplies provided.

Town Hall **Tuesday, December 14, 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.

Christmas Potluck Party **Tuesday, December 15, 11-1pm.;** Celebrate the season with your FiftyForward friends at our festive Christmas Potluck Party! Enjoy an afternoon filled with holiday cheer, friendship, and fun. We'll begin the celebration with some of our favorite Christmas carols performed by Voices Forward, followed by a special reading of The Night Before Christmas. During the reading, we'll also enjoy a Christmas gift exchange inspired by the story. If you'd like to participate, please bring a wrapped gift valued at $15 or less.

The center will provide the turkey, courtesy of the Nashville Food Project. Members are encouraged to bring a favorite side dish, appetizer, or dessert to share. Please sign up at the front desk and let us know what dish you'll be bringing.
Don't have time to cook? No problem! You can still join the festivities by contributing $10 toward the meal and celebration. Enjoy delicious food, holiday traditions, wonderful music, and the warmth of good friends as we celebrate the season together. Register today. We can't wait to celebrate with you! 🎄🎁✨

Hot Coco Bar Thursday, December 17, 10:30 a.m.; Cost: Free. Cozy up and celebrate the season with us at our Hot Cocoa Bar & Christmas Music gathering. Enjoy a warm mug of rich hot cocoa and customize it with festive toppings. 🎅✨🥥🎶

Movie Showing & Popcorn Thursday, December 17, 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 🍿🎬😊

Nashville Flea Market Friday, December 18, 8-5 p.m.; Cost: Free entrance if parking in FiftyForward lot + cost of products bought. Spend the day exploring the Nashville Flea Market! The market is open from 8:00 AM to 5:00 PM and features hundreds of vendor booths with unique treasures, antiques, handcrafted items, home décor, collectibles, clothing, and more. FiftyForward Knowles members are invited to park for free in the FiftyForward lot and enjoy a short walk over to the Fairgrounds to browse and shop at their leisure. Grab a friend and join us for a fun day of treasure hunting and supporting local vendors!

Senior Planet: Voice Assistants Tuesday, December 29, 11 a.m. Cost: Free. Voice assistants are no longer just on your phone! Amazon's Alexa and the Google Home can do everything from playing music to ordering your Uber, from giving news briefs to turning on the lights. Learn about the many devices, current uses, and future implications of this exciting technology. **Online/Virtual Pre-Recorded Program offered by Senior Planet**

New Years Noon Celebration! Thursday, December 31, 11 – 12 p.m. Cost: Free. Ring in the New Year a little early with friends and fun at our Countdown to Noon! Enjoy a festive hour filled with laughter as we celebrate the year gone by and welcome the year ahead. Light refreshments will be served. Come join us for this cheerful holiday gathering and start the New Year surrounded by good company! 🎉🥂✨

Upcoming

88 Keys 88 Laughs: A morning of comedy and classical piano Tuesday, January 5, 10 a.m. – 12 p.m. Tickets $10. Start the new year with music, laughter, and great company! Join us from 10:00 AM to 12:00 PM at the Knowles Center for 88 Keys, 88 Laughs, a unique morning of comedy and classical piano featuring the talented Sean Bostrom. Enjoy an entertaining performance that blends beautiful piano music with lighthearted humor for a truly memorable experience. A delicious light brunch of coffee and pastries will be served. Tickets are $10 per person. Don't miss this fun and uplifting event!

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/

Tanger Mall Christmas Shopping Friday, December 4, 10 a.m.- 3 p.m. Center Bus Departure at 10 a.m. $10 Transportation Fee + Shopping Cost. 'Tis the season for holiday bargains and festive fun! Join us on December 4 from 10:00 AM to 3:00 PM for a merry shopping adventure to Tanger Outlets. Stroll through beautifully decorated stores, discover amazing holiday deals, and find the perfect gifts for everyone on your Christmas list, including a little something for yourself! When you're ready for a break, enjoy lunch at one of the many restaurants and food venues throughout the outlet center. Whether you're shopping for loved ones, soaking in the holiday atmosphere, or simply enjoying a day out with friends, this trip is sure to be filled with Christmas cheer. 🎁 Bundle up, bring your holiday spirit, and join us for a festive day of shopping, laughter, and seasonal fun. Let's make this Christmas merry, bright, and full of great finds! 🎄✨🛍️🎅

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. **Tickets were previously purchased, FULL!** 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! 🎄🚢✨

Music for Seniors: Christmas Concert & Frist Café

Friday, December 18, 10:30-1:30 p.m.; Center Bus departure at 9:45 a.m. Cost: $10 Transportation fee + Food Cost. Join us for a special Music for Seniors Concert at the Frist Art Museum on December 18 from 10:30-11:30 AM, featuring John England and the Western Singers. Enjoy an uplifting morning of music and entertainment in a beautiful setting, followed by lunch and fellowship in the museum café. Don't miss this wonderful opportunity to celebrate the season through song and community.

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.