

FiftyForward Martin Center

Our mission is to support, champion and enhance the lives of those 50 and older.

February 2019

960 Heritage Way Brentwood, TN 37027 Phone: (615) 376-0102
Center Hours: 8:30a.m-3:30p.m



Martin Member Highlight

Joyce Patton

Joyce was born on January 11, 1936, and grew up in Nashville. She attended Central High School, which is just across the street from the current Knowles location of Fifty Forward. She met her husband, Pat, and married him in 1954. They had three daughters, Sheryl, Patricia, and Cindy. Joyce was a stay-at-home mom, while also attending classes at the Watkins Institute in sewing, interior design, and cake decorating for twelve years.

In 1970, Joyce and Pat moved to a 100 acre farm south of Nolensville, where they raised cows and made a lot of memories with their three girls. Later, Joyce and Patricia started a business, Country Ruffles, making and selling curtains, bedding, and home decor. They set up every weekend at the flea market and had a booth annually at Christmas Village for 18 years, in addition to running a store front on Hill Avenue. Joyce continued working in this business until a neck injury interrupted her. From there, Joyce worked at Caster Knott; she began as just seasonal help for Christmas, but ended up working there for 13 years. Customers would seek her out for assistance because she had an excellent reputation, especially for picking out boys' clothes. Joyce also has enjoyed traveling; she has been all over America, as well as Europe, China, Japan, Mexico, and Canada.

Joyce joined the Martin Center almost 17 years ago after meeting Erin at a senior meeting in Nolensville. She loves the opportunity to meet new friends and learn. She was one of the first members of the Card Crusaders, which she does two days a week. She also plays Pennies from Heaven at the center once a week, which she has taught her church friends and hosts gatherings for at her home. Joyce enjoys supporting local community organizations, especially GraceWorks and the missionary group at her church, Nolensville United Methodist. She looks forward to helping the Martin Center continue to grow and prosper in its mission to support seniors as lifelong learners.

**Thank you to everyone that supported our Grand Luncheon in January.
It was a huge success for our members and our center!**



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"...just show up and we accommodate everyone!" -Ben Snyder



All of the following activities are provided for Martin members free of charge. Guests, \$5.00 to visit an activity once.

Poker

Mondays at 10:30-12:30

Billiards

Tuesdays & Thursdays 10:00-12:00

Martin Members Game Days

Tuesday & Friday from 11:00 to 3:30

Bridge

Wednesdays at 9:00-12:00

Bridge Afternoon

Wednesdays 12:30– 3:30

Canasta

Thursdays 9:30-3:00 Bring your lunch.

Horseshoe Pit

Currently open for members



Canasta

Thirteen women sit around the Canasta tables and make memories together every Thursday at the Martin Center. The group plays from 9:30am - 3:00pm. They play in tables of four or six per table.

"We play a form of Canasta, it is really called pen-nies from heaven. But, the best part is being together! We come for each other more than the game. We learn from each other and each other's families, we exchange recipes, laughs, it is really therapy for most of us. I've only been playing four years but the group has been going on eight or ten." - Judy Perry

If you are a member or seeking to join and excited about making good memories and friends too



Bridge

"I hope I get a good hand today" is what many smiling members say early every Wednesday morning. At 8:45 am 20-30 Bridge players come pouring into the center to try their hand at a good game. "That's five to seven tables!" exclaims Ben and Judie Snyder, the current Chairs of the bridge group. Ben and Judie sat down to reminisce over their time playing Bridge at the center. Ben says, "the group has grown considerably over the years. It was founded by Virginia Hill over 15 years ago. When we joined in 2007, when the facilitator was Robert Davis. We took over from Robert as facilitators about 9 years ago." They suggest the format is simple: "just show up and we accommodate **everyone**." The group meets and plays usually four hands in 25-30 minutes and then switches partners. The play goes on until 12:00pm. The group plays by the Standard American rules, which are slightly different from Gerber rules that most learned years ago. The transition is not difficult.

The group is very eclectic and forgiving Ben suggests. "We have a mix of women and men players. If you have played bridge years ago and want to start again, we are very accommodating. There are all levels of bridge play in our morning group, but it is not for beginners. The Bridge group that begins their game at 12:30 is more instructional for those who are just beginning. Come and play with us!"

-Ben and Judie Snyder

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February's Events

Friday 02.01: Nashville Symphony Trip
Monday 02.04: 1:30-3:30 Valentines Card Making
Tuesday 02.05: 12:30-1:30 Program Service Committee Meeting (meets in conference room)
Thursday 02.07: 3:00-? Happy Hour at Miller's Ale House
Monday 02.11: 9:30-10:30 Art Program Meeting
Wednesday 02.13: 10:00am-11:00am Prepare for Care: Bankers Life by Jonathan Winkle
Wednesday 02.13 3:30-5:00pm Wine Sippers
Thursday 02.14: 11:30 -1:00 Williamson Medical Center Lunch & Learn on Cardiology (meets in conference room)
Thursday 02.14: 4:00pm Amerigo's Valentines Celebration
Tuesday 02.19: 11:30-1:00 Potluck
Wednesday 02.20: 1:00-2:00pm Travel with FiftyForward
Thursday 02.21:9:00am-1:00pm Medical Ancillary Cancer Screening.

Potluck
11:30am-1:00pm
***Remember to bring a LARGE side to share.**

Cost: members \$2.00
non-member \$5.00
Please pay at the front desk.
Registration is required to attend.
Speaker: Kevin W. Fincham
discussing Genetic Cancer Counseling
Potluck Sponsored by:

Prepare for Care: A Medicare Discussion by Jonathan Winkle
Wednesday 02.13
10:00am-11:00am

"The Prepare for Care seminar helps seniors get answers to the benefits, changes and costs of the Medicare program, and explains the various gaps in coverage. It also explores the costs of long term care facing seniors and answers questions about the government's role in long term care planning.

Art Program Meeting
Monday 02.11
9:30am-10:30am
Meet with Jodi and Brittany to discuss upcoming art programming.

Travel with Fifty Forward
Wednesday 02.20
If you have interest in traveling out of the state or out of the country join us for a meeting with Janice to learn how you can travel with FiftyForward.



We are pleased to announce that The Martin Center is now an official member of the Nashville Symphony's Life Long Listeners Program. We scheduled a trip to go to their first Mozart, Mendelssohn &

Schumann performance of the year. The trip is of no cost. **If you are riding the bus please be at the center by 9:15am. The bus is departing at 9:30am. The show time is at 10:00am.** If you are interested in



Dr. Lauren Simpson with Dynamic Physical Therapy will be returning to teach her FREE balance and strength training class on Tuesday February 5th. This is a fun group class that changes each week with emphasis on building strength in muscles that are essential to one's balance. Modifi-

cations are made for all levels but it is recommended that you're able to walk

WINE SIPPERS : Wednesday, February 13, 3:30-5:00pm by the fireplace.

Bring an appetizer to share as we sip and share new knowledge of wines. You will be given the chance to try 5 pours of wines. \$15 dollars in advance / \$20 at the door. We look forward to seeing you there at this delicious and enjoyed activity.



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*Fifty
Forward.*
Love life at 50+

TASTE of Williamson



- Sunday March 3, 7-9 PM
- COOLSPRINGS GALLERIA
 - Tickets are \$35 IN ADVANCE / \$40 AT THE DOOR
- PURCHASE YOUR TICKETS HERE AT FRONT DESK!

Taste of Williamson, is an annual favorite of the local and regional community, featuring the area's best food and beverages. All proceeds benefit United Way of Williamson County and its partner agencies.

CoolSprings Galleria hosts this sampling event, where ticket holders meet chefs, sip a favorite beverage, taste local restaurant offerings and enjoy musical entertainment as they stroll from station to station. Proceeds from *Taste of Williamson* support programs that are creating opportunities for a better life for all in Williamson County—including Martin Center.

A portion of the proceeds from our ticket sales support
The Fifty Forward Martin Center

Interested in attending? You can purchase your tickets here!

Please see Jessica at the front desk.

Trip to the Symphony

We are happy to announce our center is now a part of the *Life Long Listeners Program* at The Nashville Symphony. We plan on taking one trip per quarter depending on the symphony's scheduled events. Our first trip to the symphony is **Friday February 2 at 10:00am. The event lasts from 10:00am –12:30pm.** Admission is free. There is a \$4.00 charge for bus fare. The bus is leaving the center promptly at 9:20 A.M. Please sign up at the front desk and check in the morning of at the kiosk.



NashvilleSymphony
SchermmerhornSymphonyCenter

On The Road Again

with FiftyForward Tour and Lunch at Brushy Mountain State Prison Thursday, May 16, 2019
The stories live on at Brushy. The voices echo down "3 Walk." This will be an experience like no other. It will surprise you. Terrify you. Make you wonder what it would've been like to be

locked up
rest of your
former
security
housed
most evil
country.



here for the
life in the
maximum
prison that
some of the
and danger-
nals in the
Tours will

be self-guided with former prison guards nearby to answer questions and share stories. Visit 14 stations and learn what happened in those particular spots. Some will talk of violent acts, killings. Others about the moments family members came to visit. And, still others will give you a glimpse inside the troubled minds of the hardened criminals that served time at Brushy. Lunch will be served at The Warden's Table located inside the prison. The cost is \$63 and includes your bus ride, tour and your lunch (vegetarian meals available upon request).
**Make sure to also bring a \$1-\$2 cash tip for the bus driver. Leave Donelson Station at 7:30

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Book Club
Tuesday February 12th:
10:00am-12:00pm

Meet our book club by the fireplace to enjoy a conversation about the book
First Ladies: Presidential Historians on the Lives of 45 Iconic American Women.
Susan Swain

Want to be included in the newsletter?
The process is as follows:

- Material must be submitted to bcampaigna@fiftyforward.org for approval by the **10th** of the month prior.
- Once you receive written approval from Brittany, a description must be submitted to the above email address by the 14th of the month prior.
- All newsletters and calendars are printed the 15th of each month and mailed the 17th.



Message from our Card Crusaders:
“We want to thank all of you who have purchased our cards. These purchases have done great things for our center. We need your support to keep this operation doing well.”
All cards are handmade and cost \$5.00.

Knit Wits

Knit Wits are a group of phenomenal women meeting once a week to sit, knit, and enjoy the moment. Come and enjoy a good time knitting.

To join our Knit Wits is of no cost. Check in at the Kiosk.

Thursdays from 9:30am-12:00pm
By the fire place



Volunteer Card Making for Meals on Wheels February 4, 1-3
We are committed to bringing joy and comfort along with a delicious, nutrient rich meal to the approximately 100 older adults enrolled in our meals program. One of our most popular outreach activities is the Valentine's Day card project. Our goal is to deliver 15 valentines tucked in a decorative card holder to 100 older adults.

Whether you are a caregiver looking for respite or need guidance on accessing services in the community, **FiftyForward Supportive Care Services** are here to help! Some of our services include:

FiftyForward Adult Day Services - 615-463-2266 Located in Green Hills, this social model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment.

FiftyForward Care Team - 615-743-3436 Providing older adults and caregivers access to services and peace of mind by caring professionals who are available 24/7. The Care Team can provide a professional assessment of your loved one's needs, help in selecting and purchasing services such as in-home or residential care, on-going monitoring of care, accompanying customers to appointments, and other individualized tasks.

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Join us for a few hours of art and relaxation.

Watercolor Exploration

Tuesdays 10:00am-12:00pm

We invite you to come explore and experiment with projects that are only limited by your imagination. These sessions are for those who want to continue to explore the art of watercolor. Beginners welcome. 6-week series—Cost: \$50 for members and \$100 for non-members.

Oil Painting

Thursdays 9:30am-12:30pm

Join us for this four week session to learn new ideas, techniques and enjoy fellowship with friends. These sessions are designed for you to relax and explore your creative side and discover hidden talents in a delight-

Find your Balance. Find your flow. Join our wellness classes.
Must Register for all classes!

Mondays

9:15 –10:15 Mat Pilates & Core Stability

\$5.00

Pilates improves flexibility, builds strength, balance, while developing control and endurance in the entire body.

Tuesdays

8:30am Weight Watchers

Meetings are held here at the Martin Center. Center members with I.D. pay \$30 joining fee week one (unless there is a joining special). Martin Center members with I.D. receive \$2.00 off the weekly fee.

Wednesdays

9:15—10:15 Total Fitness Class

\$5.00; Non-Members 10.00

Have fun and move to the music through a variety of exercises designed to increase muscular strength, flexibility, range of movement, balance and activities for daily living. Hand-held weights, chair, and mats are used.

Thursdays

9:00-10:00 Tai Chi Members \$10 single class \$40 for 4 classes;\$80 for non-members

Tai Chi quiets minds, helps with breathing deeper, and improves balance. Non-members please sign in and pay at the front desk.

10:15-11:15 Yoga and Chair Yoga

Members \$11 single class; non-members \$22

Foundation for all bodies to gain strength and flexibility as well as to calm and clear minds.

Fridays

9:30 Stretch and Flex Exercise Class

Free; non-members \$5

This chair exercise class focuses on flexibility and balance.

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Get Involved With Us!

Volunteer Opportunity

Want to make the difference in the life of a child? Please consider becoming a volunteer for the FiftyForward Friends Learning in Pairs (FLIP) program! As a Flip volunteer you will provide invaluable assistance as a mentor and literacy tutor, for students in schools throughout Williamson County Schools and Franklin Special School District.

Applications are currently being accepted; for more information please contact

Shannon Freeman,
Williamson County
FLIP coordinator
at 615-376-0102



Be a part of the Martin Center Family and our Volunteer Operations Team.

Want to be part of the center's daily operations? Join us for the following:

- Volunteer at our potluck on 02/19

Program Service Committee

If you are interested in weighing in on what programming takes place at The Martin Center, consider joining the **Program Services Committee**. This committee advises the Program Director on desired and needed programming and services for membership. Keep your eyes open for a flyer about the meetings from Brittany. The Membership Committee is also looking for members interested in assisting with the development and implantation of activities to reach new membership and retain the current membership.

Have you heard about the new All of Us research Program from the National Institutes of Health? This new exciting program seeks to enroll 1,000,000 participants from diverse backgrounds to improve the health of future generations. If you are interested in joining but have more questions or would like some assistance in enrolling, please make an appointment with us! FiftyForward All of Us team members will be offering monthly one-on-one appointments here. They will be on site every 3rd Wednesday from 10am—3:30pm to answer questions and offer technology assistance with online enrollment. Sign up at the Center and become "One in a Million" with the All of Us Research Program!

Monthly—3rd Wednesday

10am—3:30pm

Check in at kiosk

All of Us
RESEARCH PROGRAM

Have a Few Questions? Feel free to contact us at: Martin Center Staff

Center Director
Jodi Theobald
615-376-4333

Assistant Center Director
Brittany Campagna
bcampagna@fiftyforward.org
615-376-4331

Office Manager
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615-376-4330

Living At Home FiftyForward Williamson County Staff
Jane Bradley
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F.L.I.P. Coordinator
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United Way
of Williamson County



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for those 50 and older.*