

FiftyForward Martin Center

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

June 2019

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



Martin Member Highlight: Ann Warden

I grew up dirt poor on a dirt road way back in the hills of Missouri. And I really walked 2.1 miles to school. A one room school with 10 or so students grades one through eight. Many years later after moving to Nashville I needed something to do because my husband traveled all the time, so I went to modeling school. I was able to model for all the big stores, in those days they were all downtown Nashville on church street.

Many years later, in 2001, I joined a painting class here in Brentwood taught by a local instructor. Out of that a group of friends joined together to paint and called ourselves "The Art Connection." Where we were painting we did not feel entirely safe so we moved to the Martin Center. It's been a wonderful experience painting there— so many things to do besides paint. I have met really nice people and we have staff that are "over the top!"



Dear Reader,

We are so happy you decided to read our newsletter. In it you will find the most exciting, upcoming, and special things. This newsletter is built by the members and for the members. In each issue we seek to highlight one special member per month and share their biography. In addition, we share group stories, family recipes, and good memories that will last for a lifetime. Our new administration has worked diligently to incorporate cohesion, family, and fun into all we do. Our values and commitment to our members are most important to us!

Sincerely,

Fifty Forward Martin Family

June Events

Sunday 06.02 Sounds Baseball Game Trip

Monday 06.03 (1:00-3:30) Cooking Class Chef Joe Indilisano

Tuesday 06.04 (10:30-11:30) Program Service Committee Meeting

Wednesday 06.05 (1:00-3:00) Beading Buddies

Monday 06.10 (4:00) Sperry's Happy Hour

Tuesday 06.11 (10:00-1:00) Deloitte Technology Day

(10:30-11:30) Book Club

(11:30-1:00) Potluck

(1:15) Bingo

Wednesday 06.12 (10:00-1:00) Buns on the Run Food Truck

Thursday 06.13 (11:30-1:00pm) Williamson Medical Center: Lunch & Learn Radiology

Friday 06.14 (1:00-4:00) Painting with Winers

Tuesday 06.18 (4:30) Happy Hour JJ's Winebar

Wednesday 06.19 (11:30-1:00): "Get Back on Course"- Golf and Physical Therapy

Monday 06.24 (4:00) Happy Hour Brewhouse South

Thursday 06.27 (9:00am) Vision Care Dr. Ming Wang



June Movies

Friday 06.07 1:00-3:30

Invictus

Friday 06.21 1:00-3:30

A Dog's Way Home

Program Description

Sunday 06.02 *Sounds Baseball Game* Travel with us to watch the Nashville Sounds vs. The New Orleans Baby Cakes at 1:05p.m. at the Sounds Stadium. Tickets are 25.00 We have only have 21 seats available, Please sign-up and pay at the front desk.

Monday 06.03 (1:00-3:30) *Healthy Cooking Demonstration Chef Joe Indilisano* from Belmont Village will show us how to make a healthy meal. He will focus on spring flavors and small portions. Please join us for this delicious demonstration! Please RSVP through MyActive Center or at the FiftyForward Martin Center front desk.

Tuesday 06.11 (10:00-1:00) *Deloitte Technology Day* Deloitte will be at our center teaching anyone who wants to learn how to use their technology. This includes, cell phones, computers, ipads, ect. Please RSVP through MyActive Center or at the FiftyForward Martin Center front desk.

Wednesday 06.12 (10:00-1:00) *Buns on the Run Food Truck* will be at our Center from 10:00am-1:00pm serving hamburgers and hot dogs to our community. Come out and try some!

Thursday 06.13 (8:30) *Men's Table of Knowledge Breakfast* Come connect with other men to share breakfast, coffee, and conversation. All men welcome. Please RSVP through MyActive Center or at the FiftyForward Martin Center front desk.

Wednesday 06.19 (11:30-1:00): *"Get Back on Course"- Golf and Physical Therapy* Golf is a dynamic life-long sport that requires mobility and strength. Your swing changes as your body changes. With that, your preparation to play also needs to change. Learn about what the golf swing requires and how you can best prepare to maximize distance, accuracy, and consistency to go low each round. Please RSVP through MyActive Center or at the FiftyForward Martin Center front desk.

Thursday 06.27 (4:00-6:00) *Music City Tea Tasting* Join us as we taste test teas from China and learn about new culture and new food from around the world. Please RSVP through MyActive Center or at the FiftyForward Martin Center front desk.

Book Club
10:30-11:30am
Meets in the back lounge

Tuesday June 11: Cottages by The Sea: Debbie Macomber
Book List

Tuesday July 9: Travels with Charlie by John Steinbeck

Tuesday August 13:

Tuesday September 10: Dark Sacred Night by John Connelley

Meet our book club to enjoy a conversation about our readings. *Joining our book club is of no cost.

Check in at kiosk.

Knit Wit's

Knit, Stitch, chit n' chat

Join us by the fire place; make a scarf or a hat.

Tell a story or a joke that has some wit to make us laugh.

No problem if you drop a stitch

We will sort it out.

Just come and enjoy. Just sit and chill out.

Thursday from 10-noon

Hope to see you soon.



Martin Movers Class
Taught by Jessica!

May was the first month of “*Martin Movers.*” We had such a wonderful time laughing and keeping moving with Jessica. For the month of June classes will still meet on Tuesdays at 1:15pm, ***except for the third Tuesday due to potluck.*** Prior to working at the Martin Center, Jessica was a Fitness Director, Personal trainer, and group exercise instructor specializing in individuals over 50 years old. Participants that are interested in coming to Jessica’s class should expect to work on balance, strength, flexibility, as well as learn some exercises that can be done at home.”

Deviled Eggs

From: A secret Martin Member

- Cover 1 dozen eggs with cold water, bring to a boil
- Boil 11 minutes.
- Peel and Slice lengthwise.
- Mash Yolks. Add to taste:
Yellow Mustard, Mayo Vinegar, Sugar, Salt and Pepper.
- Fill Whites with yolks– sprinkle with Paprika and Parsley.
- Taste as you mix.

Potluck

11:30am-1:00pm

Sponsored by: ABC

Entertainment: Jo & Libby

***Remember to bring a LARGE Dish side to share.**

Cost: members \$2.00

non-member \$5.00

Please pay at the front desk.
Registration is required to attend.
Bingo immediately following.
Beginning promptly at 1:15pm

Pool & The Guys



“My favorite part about playing pool at the center, I guess, is just getting together. We tell jokes. We talk about what happened during the week. We have a good time. Well, first, we have a good time. I think that is important; no arguments, no fusses, no foul language, no disagreements, we just have a good time.” Second, we gladly accept new players. We wish we had more women players. We play **Tuesdays and Thursdays from 10:00am-12:00pm.**

We all get excited when someone makes the 9 hole on a break. Burke did it three times in one day. Of course we miss Richard. He talked a lot and told a lot of stories. He bet on horse races and he knew what he was doing. Everyone has a different background. It is interesting to hear about what they have done in life. We talk a lot and play a little. I think I do the most talking. I get more than I give too. I do it to keep busy. If I sit and mope and grope, I don't keep busy and pool is a part of that. It gives me something to work to look forward to.

-Glenn Miller

All of the following activities are provided for Martin members free of charge.

Guests, \$5.00 to visit an activity once.

Poker

Mondays at 10:30-3:00

Billiards

Tuesdays 9:30-12:00

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

Party in the Park!

Come celebrate the first birthday of the *All of Us* Research Program with a *free* party at Centennial Park! FiftyForward will be providing lunch, games, prizes, and of course, birthday cupcakes! Join the fun on Monday, June 17, from 12 noon-2 p.m. We have reserved the event shelter, which has its own restroom facilities, and wear your walking shoes if you want to walk on the pathways. Please sign up in the front office if you want to ride the bus, or RSVP by June 12th by calling 615-743-3415 if driving yourself. We hope to see you there!

Hallway Art Display

We will take down the current display Thursday June 27th at 10:00am and hang the new works as soon as we clear the walls. The new pieces will remain up until the week of Monday October 14, 2019. Have a maximum of three pieces each depending on how many sign-up and the size of the work. Please sign-up by June 20th so that we can plan it out. All Martin Center members are welcome to show their original paintings. This is a show not a sale.



*** Please remember to save the date for Martin Masters either to participate or to support this fundraiser by just enjoying the event.**



The Aging Mastery Program® (AMP) encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial wellbeing, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Registration for AMP® classes is limited, please sign up at any one of the following FiftyForward lifelong learning centers. There is no fee to attend the AMP® programs for FiftyForward center members; nonmembers pay \$60 for the series of classes.

The schedule for Aging Master Program® and (hosting center phone number) below:

- June 3-Aug. 5; 10-11:30 a.m. (Mondays) FiftyForward Bordeaux, 615-248-2272
- June 4-July 30; 11 a.m.-12:30 p.m. (Tuesdays) FiftyForward Knowles, 615-743-3433
- June 25-Aug. 27; 2-3:30 p.m. (Tuesdays) FiftyForward Donelson Station, 615-883-8375
- June 24-Aug. 26; 10-11:30 a.m. (Mondays) FiftyForward Madison Station, 615-860-7180; FiftyForward J. L. Turner Center, 615-622-3040

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**. The Membership Committee is also looking for members interested in assisting with the development and implementation of activities to reach new membership and retain the current membership.

**Meeting Date Tuesday 06.04:
10:30am-11:30am**

Front Desk Volunteers Needed!

We are looking for volunteers for Tuesday morning, Wednesday, Thursday, or Friday afternoon from 12:00-3:30pm.

If you are interested please contact Jessica at the front desk.

(615).376.4330

TRIPS AND EVENTS POLICIES

To ensure members have adequate opportunity to attend trips and events and that staff time and center resources are properly utilized, the following policies must be followed:

- All trips require a minimum of five people. Trips not meeting the minimum number will be cancelled 24 hours in advance and credit will be given to those already signed up.
- When you sign up for a trip or presentation/event, you are making a commitment to this activity and are responsible for putting it on your calendar and showing up on time.
- If you cancel 24 hours before a trip occurs, you will receive a credit toward another trip.
- **NEW POLICY: CREDITS PRIOR TO 2019 WILL ONLY BE VALID UNTIL DECEMBER 31, 2019.**
- A ticketed trip/event will not be refunded or credited **unless someone takes your place from the waiting list or by someone you recruit.**
- Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month for all trips.
- Please note the bus departure time and arrive on time. Drivers will not wait!
- There are no cash refunds for any trips/events.



Join us for a few hours of art and relaxation.

Watercolor Exploration— Barbara Bays

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— Barbara Bays

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 delightful environment. Cost: \$45 for members. \$ 90 for Non members

Beading Buddies— Barbara Bays

Wednesday 1:00pm-3:00pm

In this class we will create a necklace to celebrate arrival of spring. Many Colors to choose from. Come share ideas. If this class does not meet the minimum seat requirement, it will be cancelled with 24 hours ad-

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.

Tuesdays

1:15-2:00 Martin Movers

Free; \$5.00 non-members

The class will taught by our office manager Jessica. Classes will still meet on Tuesdays at 1:15 except for the third Tuesday due to potluck. Prior to working at the Martin Center, Jessica was a Fitness Director, Personal trainer, and group exercise instructor specializing in individuals over 50 years old. Participants that are interested in coming to Jessica's class should expect to work on balance, strength, flexibility, as well as learn some exercises that can be done at home."

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.

Cost: \$40 for 4 classes for members; \$80 for non-members. 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

Get Involved With Us

Whether you are a care giver 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.

FiftyForward Conservatorship- 615-743-3436 Called the "gold standard" by a local attorney, this program makes decisions when an older adult can no longer do so and has no one to help. Through court appointment, FiftyForward can serve as conservator of person and/or finances.

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
Jessica Leonard Bandy
MartinOfficeManager@fiftyforward.org
615-376-4330

**Living At Home
FiftyForward
Williamson County Staff**
Jane Bradley
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615-376-4334

F.L.I.P. Coordinator
Shannon Freeman
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United Way
of Williamson County

***Fifty
Forward***
Love life at 50+

*Our Mission: FiftyForward supports, champions and enhances life
for those 50 and older.*