

FiftyForward Martin Center

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

August 2019

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



Member Spotlight

FiftyForward Martin Center member Dot Small



I was born in London just as the Blitz was ending. My father was a fireman in London during WWII. I had an older brother and still have a younger one. We spent a lot of our summers on our grandparents farm in Dorset where we could run wild and play with cows and horses. I left school at age 15 to work for the Electricity Board, in the mail room, and went to night school to learn typing and office procedures. After that I learned to be a comptometer operator (this is one of the first memory calculation machines for calculation payroll). I worked at Goodman's High Fidelity Speaker Factory in Wembley and that is where I met Malcolm.

We married in our twenties and moved to Scotland, as the company Malcolm then worked for had relocated there. After two years our daughter, Carolyn, was born in an ancient castle that was converted into Airthre Castle Maternity Home in Stirlingshire. Two years later we moved again to the West coast of England to Bognor Regis. We were there four years and during that time our son, Brian, was born.

We moved again to just north of London, Dunstable, and we were there four years then Malcolm was asked to move to the Minneapolis office, on a two-year contract. This was in 1978, and I couldn't work for the first two years as I only had a visitor Visa, but when we were asked to stay on, I got my green card and was able go back to teaching "Keep Fit" and trying my hand at modeling. By then I was older than most of the girls — 30 Wow! So, I usually got cast as the mother of the bride during wedding season. We enjoyed Minnesota very much, not so sure now that I am older.

We lived there for five years and moved to Brentwood and have been here since 1982. We have loved our time here; the children both had a good education at Brentwood schools. My daughter now lives in Washington, D.C. with her husband and 2 children and my son lives in Hendersonville with his wife and son.

I have tried many occupations since I moving here, starting with Sharondale Construction as a front desk receptionist. It was a new and interesting experience. I enjoyed my time there, then moved on to real estate and was also able to start painting some of the time while I was working. When I retired I was really able to take up what I had always wanted to do, ART. I joined an art class at Brentwood Methodist Church. After that dissolved, some of us formed a group that became The Art Connection, and we met in the basement of a local church for a few years. Then we discovered the Martin Center had a lovely art room that we could use. It was a lot more pleasant than the basement. We have been coming here for about 15 years and that was when my very good friend, Zoe Wells, thought that it would be a good idea to have an art show. I think this will be our 15th year of the Martin Masters Art Show. The time has just flown by and my time at the Martin Center has been a great pleasure, especially all the friends I have made. When you move away from your roots your friends are very important to you.

Have a Few Questions?

Feel free to contact us:

Martin Center Staff

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Connect with us!

FiftyForward.org



FiftyForward Martin Center is

Accredited by



National Institute of
Senior Centers

Get involved in the working of your center!

If you love coming to FiftyForward Martin Center for classes and activities, why not get involved as a volunteer and work "behind the scenes?"

Currently FiftyForward Martin Center needs volunteers for the following positions:

Front Desk Volunteers Needed!

We are looking for volunteers for Tuesday morning, Wednesday, Thursday, from 12-3:30 p.m. If you are interested, please contact Jessica at the front desk. Email her at martinofficemanager@fiftyforward.org or call 615-376-4330.



POND MAINTENANCE VOLUNTEER NEEDED!

We are looking for someone with knowledge in how to operate and maintain our beautiful pond in front of the center. If you would like to take on this fun project please let one of the staff know ASAP.



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 a.m.-noon

Hope to see you soon.

By Dot Small

August Movies

Friday, Aug. 9, 1-3 p.m.

As Good as It Gets

Friday, Aug. 23, 1-3 p.m.

Show Boat

Program Service Committee

If you are interested in weighing in on what programming takes place at FiftyForward 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, Aug. 6
10:30-11:30am**

Book Club

10:30-11:30 a.m.

Meets in the back lounge

Tuesday, Aug. 13:

The Language of Women's Friendship; "You're The Only One I Can Tell" by Deborah Tannen

Tuesday Sept. 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.

August Event Highlights

Thursday, Aug. 2, 2 p.m.

Dr. Ming Wang Vision Care Seminar

Dr. Ming Wang will discuss vision care and the latest lasik technology available. Free to attend.

Sunday, Aug. 4 Williamson County Fair Senior Lunch. Depart 10:15a.m.

Tuesday, Aug. 6, 10:30-11:30 a.m. Book Club

Tuesday, Aug. 6, 4 p.m. Happy Hour at Amerigos

Thursday, Aug. 8, 8:30 a.m. Table of Knowledge Men's Breakfast

Thursday 8/8, 4-6 p.m. Wine & Appetizers with Traditions at Mill Creek

"Stop the Bleed" presented by Brentwood Fire and Rescue

Monday, Aug. 12, 10-11a.m.

This class teaches the average person how to save lives through education in bleeding control. In 45 minutes the student will learn everything from minor injuries to the use of tourniquets. Further, this class can teach a person how to handle injuries resulting from a car crash, sporting accidents, construction accidents, farming injuries, gun shot wounds and explosions. FREE to attend.

History Lecture from the Tennessee State Museum, *The Road to Nashville: Tennessee and the Ratification of the 19th Amendment*

Monday, Aug. 12, 1-2 p.m.

As we get closer to the centennial anniversary of the ratification of the 19th Amendment, come hear about the critical role Tennesseans played in the fight for women's suffrage. This talk will cover the origins of the American women's suffrage movement during the Seneca Falls Convention of 1848, the history of domestic suffrage groups in Tennessee, and how Tennessee became the crucial 36th state to ratify the amendment in August of 1920. The talk will be given by Matthew Gailani, an Educator at the Tennessee State Museum in Nashville, Tennessee. **Free to attend.**

Tuesday, Aug. 13, depart 9:30 a.m. Lunch at Blue Chair

Wednesday, Aug. 14, 1-3 p.m. Beading Buddies with Barbara Bays

Connie Davenport Antique Appraiser

Thursday, Aug. 22, 10-11 a.m.

Davenport is an experienced antique and personal property appraiser who has conducted appraisals for thousands of individuals and has coordinated countless estate sales since 1983. She is coming to the Martin Center to look at and appraise **your** antiques. Please bring one item per person for appraisal.

Cost: \$10

Thursday, Aug. 22, 4 p.m. Happy Hour at Miller's Ale House

Friday, Aug. 23, 11:30 a.m.

Skanska at FiftyForward Knowles

Skanska is hosting a free lunch and information session regarding the State Fairgrounds Expo project. There will be a free lunch, slide show presentation and driving tours in our buses of the area.

Cost: Bus Fare \$4; Departing at 11 a.m.

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. Exceptions may be considered by the Center Director in extreme situations.

POTLUCK NEWS

We are thankful for your feedback and want to continue to improve our events throughout the center. We welcome *Traditions of Mill Creek* to our potluck on Tuesday, Aug. 20 and hope to see you there! Don't forget to RSVP at the front desk!

***Remember to bring a LARGE side dish to share (serving size six people).**

Cost: Bringing a dish \$2; Not bringing a dish or non-member \$5

Please call the front desk to RSVP and select what type of dish to share. Please pay at the front desk.

Registration is required to attend.

Bingo to begin promptly at 1:15pm



Men's Breakfast: Table of Knowledge

A place to sit. A place to chat. A place to just pause and hang your hat. A place to eat and people you know. The Table of Knowledge where wisdom grows.

Join our men for breakfast every other month.

August: Thursday, Aug. 8: 8:30-9:30 a.m.

October: Thursday, Oct. 8: 8:30-9:30 a.m.

December: Thursday, Dec. 12: 8:30-9:30 a.m.



Grilled Angel Food Cake Kabobs

Ingredients

- 10 prepared angel food cake, cut into 1-inch cubes
- 1 cup whole strawberries
- 1 cup peach slices
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 6 ounces (91 container) favorite sweet, lowfat yogurt
- 1 bunch fresh mint sprigs
- Skewers (metal or other material safe for grilling)

Directions

1. Heat grill to medium heat
2. Arrange cake cubes, strawberries and peach slices alternately on eight 6-inch skewers.
3. In a small bowl, mix sugar and cinnamon. Sprinkle over kabobs.
4. Place kabobs on grill on medium heat. Cover grill and cook about 2 minutes, turning once, until golden brown.
5. Serve kabobs with yogurt for dipping and garnish with fresh mint.

All of the following activities are provided for Martin members free of charge. Guests: \$5 to visit an activity once.

Poker: Mondays, 10:30 a.m.-3 p.m.

Billiards: Tuesdays and Thursdays, 9:30 a.m.-12 p.m.

Martin Members Game Days

Tuesday & Friday from 11 a.m.-3:30 p.m.

Scrabble: Tuesdays, 9:30 a.m.-12 p.m.

Bridge: Wednesdays, 9 a.m.-12 p.m.

Bridge Afternoon: Wednesdays, 12:30- 3:30 p.m.

Canasta: Thursdays, 9:30 a.m.-3 p.m. Bring your lunch.

Horseshoe Pit: Currently open for members



National Council on Aging

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

Healing through Massage

A lot of people are scared of quiet. We are not taught to be okay with silent. I tell people “find something that centers you and grounds you, something that takes you somewhere else.” I think that is when we find the best in people. I look for the good things. I am looking for things to encourage them and motivate them. If they are looking to do something for selfcare I can help. That is why I got into massage, I have always liked working with people on themselves. I also believe touch is important. Touch is good for all ages. All the systems are affected. It effects mood, emotions, and interactions I am such an advocate for touch for seniors because of all the positive results. It is not just superficial. When I lay my hands on anybody it can take them anywhere; that is what is most comforting.

When I work on people sometimes it is because of a physical problem and sometimes it is spirit driven. It never gets old. I am always in a different place and so is the person. I have traveled to different countries to learn different styles and techniques. I have been to India, Germany, and Peru. Peru was my favorite there I worked on massage and energy with Quero healers. I bring those techniques back and share my experience and my walk through healing with my clients.

To book a massage on Tuesdays and Thursdays with Kathy please call the front desk to schedule.



Art Classes

Watercolor Exploration with Barbara Bays Tuesdays 10 a.m.-12 p.m.

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, \$100 for nonmembers.

Oil Painting with Barbara Bays Thursdays 9:30 a.m.-12:30 p.m.

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 nonmembers



Beading Buddies with Barbara Bays

Wednesday 1-3 p.m.

In this class we will create a necklace to celebrate arrival of spring. Choose from many colors. Come share ideas. If this class does not meet the minimum seat requirement, it will be cancelled with 24 hours advance notice.

Min.: 8 seats available Max.: 10 seats. * Registration required



Exercise Classes

Mondays

9:15–10:15 a.m. Mat Pilates & Core Stability

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

Cost: \$5

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.

1:15-2 p.m. Martin Movers

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 50+. 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."

Cost: Free; \$5 nonmembers

Meeting ONLY 08/27 this month!

Wednesdays

9:15-10:15 a.m. Total Fitness Class

Cost: \$5; \$10 nonmembers

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

9-10 a.m. Tai Chi

Tai Chi quiets minds, helps with breathing deeper, and improves balance.

Cost: Members \$10 single class; \$40 for 4 classes; \$80 for nonmembers. Nonmembers please sign in and pay at the front desk.

10:15-11:15 a.m. Yoga and Chair Yoga

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

Cost: Members \$11 single class; \$22 nonmembers

Fridays

9:30 a.m. Stretch and Flex Exercise Class

This exercise class focuses on flexibility and balance.

Cost: free; \$5 nonmembers

FiftyForward Resources: We're here to help!

FiftyForward Supportive Care Services

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 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 Living at Home Care Management

This no-cost program for low income older adults offers in-home assessments to connect them with services that meet their specific needs (food, housing, transportation, health care, counseling, etc.).

Davidson County: 615-743-3416

Williamson County: 615-376-4334

FiftyForward Adult Day Services

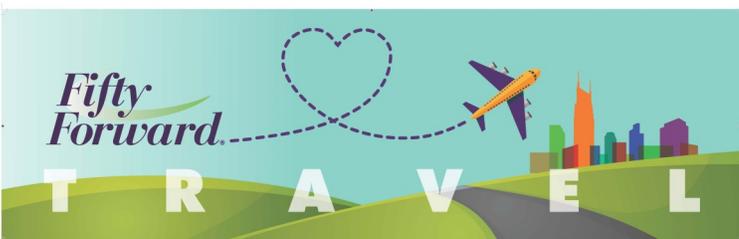
615-463-2266

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 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.



Are you itching to see the world, explore new cultures, make new friends? Check out the variety of upcoming trips, both regional and international in our FiftyForward Travel program. Trips are safe, affordable and planned with your comfort in mind.

Visit our website: <https://fiftyforward.org/travel/> to learn more.

Janice Judd, FiftyForward Travel Coordinator, can book your spot on one of our many exciting trips. Contact her via email at jjudd@fiftyforward.org or call 615-231-1235.

All of Us RESEARCH PROGRAM

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 10 a.m.-3:30 p.m. 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

10 a.m.–3:30 p.m.; Check in at kiosk

FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/year and scholarships are available. To learn more, talk with your center staff and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

We look forward to meeting you!



FiftyForward Martin Center members enjoying an art class.

FiftyForward Martin Center
960 Heritage Way
Brentwood, TN 37027

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United Way
of Williamson County

Fifty
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Love life at 50+

Our Mission:

FiftyForward supports, champions and enhances life for those 50 and older.