

FiftyForward Martin Center

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

October 2019

960 Heritage Way
Brentwood, TN 37027
615-376-0102

www.FiftyForward.org

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Cigna offers a wealth of educational programming at FiftyForward centers *page 3*

Get your travel on! See what trips are planned for the rest of the year *page 4*

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Learn about FiftyForward Supportive Care Services *page 8*

Announcements!

- We will be closed **Thursday Oct. 17 and Friday Oct. 19** to prep for The Martin Masters Art Show and Sale.
- We will be also be closed **Friday Oct. 25** for a staff retreat.
- Remember to bring a friend on Food Truck Fun Day Thursday Oct. 24!

FIFTYFORWARD CALENDAR OF EVENTS

Oct. 4 FiftyForward J. L. Turner Center hosts "An Evening at the Disco," 6-9 p.m., at the FiftyForward Martin Center. For info, contact Connie Rigsby, 615-622-3040.

Member Spotlight

FiftyForward Martin Center members Bev and Burk Taulien

Bev was born in Ohio and lived there until, as a teen, her family moved to a small town in Pennsylvania. Burk was born in a small town near Berlin, Germany. In 1957 he and his family moved to the United States when he was seven years old. He grew up in a small town north of Philadelphia. Bev attended nursing school in Pennsylvania. Bev and Burk met in 1974 while she was a nursing student and Burk was a business major at Rider University in Trenton, NJ. They married in 1975 after they had each finished their education. Burk spent his entire working career in the purchasing fields of various companies. Bev practiced her nursing career in Critical Care and PACU (recovery room).

They spent 37 years in Pennsylvania while raising two daughters. They would travel to Nashville to visit their daughter and son-in-law, until they decided to retire and move here in 2012. Bev and Burk had one grandchild when they moved here and now have three fun grandchildren. Their other daughter and her husband live in Orlando, Florida. Before they moved here, traveling back and forth to the airport they would see the sign pointing to the senior center. Bev and Burk joined FiftyForward Martin Center almost seven years ago and enjoy the activities, trips, and making new friends. Both are great volunteers. Bev is part of the Card Crusaders and Burk helps set up for the potluck.

*Fifty
Forward*
Love life at 50+



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

Have a Few Questions?

Feel free to contact us:

FiftyForward

Martin Center Staff

Jodi Theobald

Center Director

jtheobald@fiftyforward.org

615-376-4333

Brittany Campagna

Assistant Center Director

bcampagna@fiftyforward.org

615-376-4331

Office Manager

MartinOfficeManager@fiftyforward.org

615-376-4330

FiftyForward Living At Home

Care Management

Williamson County

Jane Bradley

jbradley@fiftyforward.org

615-376-4334

FiftyForward Friends Learning in

Pairs (FLIP) Coordinator

Shannon Freeman

sfreeman@fiftyforward.org

615-376-4332

Connect with us!



FiftyForward.org

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!

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 of 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 Wits

Thursday from 10 a.m.-noon

Hope to see you soon.

POTLUCK NEWS

We welcome *Traditions of Mill Creek* to our potluck on Tuesday, Oct. 15 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 nonmember \$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.

Book Club

10:30-11:30 a.m.

Meets in the back lounge

Meet our book club to enjoy a conversation about our readings.

Joining our book club is of no cost. Check in at kiosk.

Tuesday, Oct. 8:

Searching for Silvie Lee

by Joan Kwok

Tuesday, Nov. 12:

The Art of Racing in the Rain

By Garth Stein

Tuesday, Dec. 10:

True Believer

By Nicholas Sparks

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, Oct. 1
10:30-11:30 a.m.**

Cigna brings a wealth of educational programming to FiftyForward



This fall, Cigna will present a series of health and wellness educational seminars called *Healthier Together*. This innovative programming provides valuable information to help you better make decisions about your personal health and wellness.

Healthier Together features several topics including flu and pneumonia, practical nutrition, fall prevention, high blood pressure, and arthritis. Various topics will be presented at all seven FiftyForward active aging centers as part of the ongoing partnership between Cigna and FiftyForward.

Desi Smith, new business development representative for Cigna, was instrumental in bringing these programs to FiftyForward. "We are excited to bring Healthier Together to you. Cigna strives to improve the health, well-being, and peace of mind of those we serve, and we know these important programs will make a difference to the lives of those in our community."

Cigna is a recognized health services company committed to helping people find solutions so they can maintain healthy, active lives through personalized and affordable healthcare services. This year, Cigna was honored with the FiftyForward Corporate Crowning Achievement Award for continued support to the nonprofit community.

"Corporate support is crucial to the mission of FiftyForward, especially when it consists of informative, educational

programming that helps our members make decisions about their health and wellness," said FiftyForward Executive Director Sallie Hussey. "Cigna's support and genuine dedication to our members makes them not only one of the best partners for our agency, but also one of our favorites!"

Please see the chart below to see the programs offered at each center. Members can attend any session that is convenient for them.



	Practical Nutrition	Arthritis	Mental Health	High Blood Pressure
FiftyForward Bordeaux	Sept. 6, 10 a.m.	Sept. 27, 10 a.m.	Oct. 25, 9:30 a.m.	Nov. 18, 10 a.m.
	High Blood Pressure	Getting Active	Diabetes	Flu and Pneumonia
FiftyForward College Grove	Oct. 24, noon	Nov. 14, noon	Dec. 12, noon	Sept. 5, 11:30 a.m.
	Incontinence	Practical Nutrition	Arthritis	Mental Health
FiftyForward Donelson Station	Sept. 11, 10 a.m.	Sept. 30, 10 a.m.	Oct. 28, 10 a.m.	Nov. 19, 10 a.m.
	Fall Prevention	Diabetes	Getting Active	Flu and Pneumonia
FiftyForward Knowles	Sept. 26, noon	Oct. 7, 10:30 a.m.	Oct. 29, 12:30 p.m.	Nov. 12, 10:30 a.m.
	High Blood Pressure	Incontinence	Practical Nutrition	Arthritis
FiftyForward Madison Station	Sept. 16, 10:30 a.m.	Oct. 10, 10 a.m.	Nov. 6, 11:30 a.m.	Dec. 2, 10:30 a.m.
	Mental Health	Fall Prevention	Diabetes	Getting Active
FiftyForward Martin Center	Sept. 19, 1 p.m.	Oct. 14, 1 p.m.	Nov. 4, 1 p.m.	Dec. 4, 1 p.m.
	Flu and Pneumonia	Diabetes	Fall Prevention	Getting Active
FiftyForward J. L. Turner Center	Oct. 21, 10:30 a.m.	Nov. 4, 10:30 a.m.	Nov. 11, 10:30 a.m.	Dec. 9, 10:30 a.m.



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.

October: Thursday, Oct. 10: 8:30-9:30 a.m.

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

Fifty Forward

T R A V E L

Gain insight and details on all of these trips at <https://fiftyforward.org/travel/>

Oct. 5-13: Cape Cod

Cost: \$1,149 pp/dbl or \$1,448 single.

Oct. 7-17: Panama Canal

Cost: Inside cabin \$2,734 pp/dbl, outside cabin \$2,984, and balcony cabin \$3,334.

Oct. 29-31: Mystery Tour

Cost: \$539 pp/dbl., \$702 single, \$493 pp/triple, \$471 pp/quad.

Dec. 10-12: Pigeon Forge

Cost: \$499 pp/dbl., \$584 single, \$480 pp/triple, \$470 pp/quad.



Nov. 3-9: National Parks & Canyons of the Southwest
Cost: \$2,095 pp/dbl

Dec. 30-Jan. 4: Rose Parade New Year
Cost: \$2,950 pp/dbl includes all tours, roundtrip airfare,

five nights' lodging, nine meals, and motor coach transportation.

Apr. 3-9, 2020: Cherry Blossom Festival, Washington D.C.

Cost: \$2,789 pp/dbl

Apr. 28-May 6, 2020: Tulip River Cruise, featuring Dutch and Belgian Waterways .

Cost: Cabins range from \$4,199-\$7,099



May 14-16, 2020: Billy Graham Museum

Cost: \$475pp/dbl

June 8-11, 2020: Creation Museum and Ark Encounter

July 15-21, 2020: Mt. Rushmore (details TBD)

Sept. 14-17, 2020: Everything Elvis (details TBD)

Upcoming Casino Trips

Sept. 5, 2019: Harrah's

Oct. 21, 2019: Tropicana

Cost: \$15 members; \$20 nonmembers

Call Janice at 615-883-8375 to make your reservation for trips. Nonmembers pay an additional 10 percent.

On the Road with FiftyForward

We have two exciting trips planned for the fall. Call and reserve your place since spots will fill quickly!

Tennessee Aquarium, Chattanooga, Tennessee

Thursday, Sept. 19, 2019

Cost: \$70 per person. Make sure to bring cash for bus driver tip, lunch on your own. \$5 extra for nonmembers

For more information, or to register for this trip, see a FiftyForward staff member.



"Unclaimed Baggage"

Tuesday, Dec. 3, 2019

Visit Scottsboro, Alabama's Unclaimed Baggage" — the only store in America that buys and sells unclaimed baggage from airlines. It is one of the busiest tourist attractions in Alabama, boasting more than a million visitors each year.

Cost: \$30/per person. Bring money for shopping and lunch. For more information or to reserve your spot, contact Brittany Campagna at bcampagna@fiftyforward.org or call 615-376-4331.

October Event Highlights

Wednesday, Oct. 2 and 16, 2-3 p.m.

Indian Folk Dance Movement

Garba is a form of dance which originated in the state of Gujarat in India. The name is derived from the Sanskrit term Garbha ("womb") and Deep ("a small earthenware lamp"). Many traditional garbas are performed around centrally lit lamp.

Raas-Garba is an energetic and playful dance that commonly takes place before weddings. Raas and Garba are typical Gujarati

folk dances that everyone can participate in. The dance involves hitting your partner's dandia (sticks) with your own while following the beat of the music. **Free.**



Thursday, Oct. 3 Let's Get Moving! Lunch & Learn 11:30 a.m. -1 p.m. Join us to talk about 'Motivations to Rightsize' and will give insight on how to 'sell and release' what you no longer need. Lunch will be provided. **Free**

Monday, Oct. 7, 3:30-6:00 p.m.

Beer & Brats with Friends

Come join us for an afternoon of fun at our Beer & Brats with Friends event. The center will provide brats and sides for guests. Each member is welcome to bring a dessert and their own beer (B.Y.O.B.) or another meat to grill if you do not eat brats. **Cost: \$5**

Wednesday, Oct. 9, Depart at 10 a.m. Leiper's Fork Trip

Enjoy a lunch at Leiper's Fork with our members. Once the bus arrives the group has the opportunity to split for lunch and shopping. The bus will depart to return to the center at 1:30 p.m.

Cost: \$6 (bus fare)

Thursday, Oct. 10, Martin Chefs: Learning our oils

11:30 a.m.-12:30 p.m. Cost: \$5 Sip, swirl & dip Olive Oils from around the world, Flavored Olive Oils, and Flavored & Aged Balsamic Vinegars. Try a Basil Olive Oil with Cranberry Pear Balsamic... or a Blood Orange Olive Oil with Blackberry balsamic. Learn about the pressing process to make the oil, the immense health benefits and easy, gourmet recipes! And if you like, you can make a purchase (with a special discount) and take some home. Or place your orders for the holidays!

Friday, Oct. 11, 9 –10 a.m. Women's Health: Break Free from Pelvic Floor Disorders:

Join leading physician Dr. Barry Jarnagin to learn about

two conditions that commonly affect women. 1 in 3 adult women suffer from incontinence or "leaky bladder", and up to 50% of women in the U.S. suffer from pelvic organ prolapse, the good news is there are options available to treat these conditions. Learn how you can take control of your pelvic health. **Free**

Monday, Oct. 14, 12:30 p.m. lunch, program at 1 p.m.

Healthier Together: Fall Prevention by Cigna. Falls are the leading cause of injuries among older adults. Join Desi Smith from Cigna as she talks about taking steps to prevent falls, which begins with creating a plan. **Free**

Monday, Oct. 21, 11:30 a.m. Lunch Around Town:

Southern Hospitality Diner in Nolensville. Please meet at restaurant. 7301 Nolensville Rd, Nolensville, TN 37135

Tuesday, Oct. 22, Seniors Got Talent at Franklin Theatre

Please call Brittany for tickets 615-376-4331. Deadline for purchase is 10/10/19. **Cost: \$24 (\$20 ticket per person/\$4 Bus Fare)**

Thursday, Oct. 24, 10-11 a.m. Sweet Things Roundtable Discussion

A discussion about a food we all love but don't always need.

Dr. Dileep, Prof. Emeritus, Nutrition and Metabolism, Education Health Human Sciences, University of Knoxville. Email: dsachan@utk.edu. **Free**

Thursday, Oct. 24, FiftyForward Food Truck Fun

11:30 a.m.-1 p.m. Are you ready to party with the entire FiftyForward organization? On this day members from each location will come to FiftyForward Martin Center to eat and fellowship with each other. We invite both members and nonmembers to come and learn about what is going on within our FiftyForward Family all across Nashville.

Cost: \$6-10 (for food)

Monday, Oct. 28, Hallo-wine Event 3:30-5 p.m.

Dress in your favorite fall colors or Halloween costume and join us for some wine and fellowship at the Martin Center.

Cost: \$5

Tuesday, Oct. 29, Depart 11 a.m. Lunch Around Town:

Spaghetti Factory Cost \$4



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Program Service Meeting 10:30-11:30 a.m.	2. Indian Folk Dance Movement 2-3 p.m.	3. Let's Get Moving: Decluttering and Organizing 11:30-1 p.m.	4. Showtime: Turner & Hooch, 1-3:30 p.m.	5. FiftyForward Travel: Cape Cod (Oct.5-13)
6.	7. Beer & Brats with Friends: 3:30-6 p.m.	8. Book Club 10:30-11:30 a.m.	9. Beading Buddies 1-3 p.m. Leiper's Fork Trip: Depart 10 a.m. Lunch and Shopping	10. Martin Chefs: Flavored Vinegars and Oils 11:30-12:30 p.m. Men's Breakfast Table of Knowledge 8:30-9:30	11. Showtime: 1-3:30 p.m.: West Side Story Women's Health: Break Free from Pelvic Floor Disorders 9-10 a.m.	12.
13.	14. Healthier Together: Fall Prevention 1 p.m.	15. Potluck: 11:30 a.m.-1 p.m. Bingo: 1:15 p.m.	16. Indian Folk Dance Movement 2-3 p.m.	17. Closed for Martin Masters prep	18. Closed for Martin Masters prep Martin Masters Arts Show Reception 5-8 p.m.	19. Martin Masters Arts Show and Sale 10 a.m.-4 p.m.
20.	21. Lunch Around Town: Southern Hospitality Diner Meet at 11:30 a.m. Fifty Forward Travel: Tropicana Casino	22. Seniors Got Talent Franklin Theatre, depart at 6:30 p.m.	23.	24. Food Truck Fun 11:30 a.m.-1 p.m. Sweet Things Roundtable Talk 10-11 a.m.	25. Center Closed for Staff Retreat	26.
27.	28. Hallo-wine Event: 3:30-5 p.m.	29. Lunch Around Town: Spaghetti Factory Depart at 11 a.m.	30.	31.		

REGULAR CLASSES

Mondays

9 a.m. Card Crusaders
9:15 a.m. Pilates

Tuesdays

Massage
8:30 a.m. Weight Watchers
9:30 a.m. Scrabble
10 a.m. Watercolor
10 a.m. Billiards
11 a.m.-3:30 Game Day

Wednesdays

9 a.m. Bridge
9 a.m. Card Crusaders
9:15 a.m. Total Fitness
12:30 p.m. Bridge

Thursdays

Massage
9 a.m. Tai Chi
9:30 a.m. Canasta
9:30 a.m. Oil Painting
10 a.m. Knitting/Billiards
10:15 a.m. Yoga
1 p.m. Open Studio

Fridays

9:30 a.m. Stretch & Flex
10:30 a.m. Freelance Painting
11 a.m. Game Day

Art Classes

Watercolor Exploration with Barbara Bays

Tuesdays, 10 a.m.– noon

Come explore and experiment with projects that are limited only by your imagination. These sessions are for those who want to continue to explore the art of watercolor. Beginners are welcome for the six-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, Oct. 9, 1-3 p.m.

Create a necklace to celebrate arrival of fall. 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

8:30 a.m. Weight Watchers

Meetings are held here at FiftyForward Martin Center. Center members with I.D. pay \$30 joining fee week one (unless there is a joining special). Members with I.D. also receive \$2 off the weekly fee.

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 \$15; single class; \$60 for 4 classes; \$80 for nonmembers. Please sign in and pay at the front desk.

10:15-11:30 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 \$15; single class; \$60 for 4 classes; \$80 for nonmembers.

Fridays

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

This exercise class focuses on flexibility and balance.

Cost: free; \$5 nonmembers.



FiftyForward Supportive Care Services

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 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 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.

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven lifelong learning centers — two in Williamson and five in Davidson County — FiftyForward offers educational, health and wellness, arts and volunteer programs to engage older adults. FiftyForward also provides comprehensive supportive services and access to resources including FiftyForward Adult Day Services, FiftyForward Fresh/Meals on Wheels as well as the FiftyForward Care Team offering care assessment and services for older adults. FiftyForward Travel offers adventures (regional and international) and the Senior Center for the Arts and The Larry Keeton Theatre, a subsidiary of FiftyForward, feature performing arts for all ages. Get social with us - friend us on Facebook, follow us on Twitter and Instagram. Learn more about FiftyForward resources and volunteer opportunities by visiting: www.fiftyforward.org.

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 Martin Center members enjoying an art class.

FiftyForward membership

When you join FiftyForward, you can participate in the hundreds of programming activities across seven centers. Membership is \$12/ month or \$144/year and scholarships are available. To learn more, talk with center staff members and fill out an application. You will be eligible for program discounts on trips, special programs and classes.

We look forward to meeting you!

October 2019 Activity Payment Form

NAME _____ <i>(Spouse or Guest)</i>	PHONE # _____	DATE: _____	<i>(Cost Per Person)</i>				
<i>PLEASE PRINT</i>			<i>DATE</i>	<i>DAY</i>	<i>TIME</i>	<i>COST</i>	<i>TOTAL</i>
Program Service Committee Meeting	10.01	Tues.	10:30-11:30	No Cost			
Indian Folk Dance Movement	10.02 10.16	Wed.	2:00-3:00	No Cost			
Lunch & Learn: Let's Get Moving: Decluttering and Organizing	10.03	Thurs.	11:30-1:00	No Cost			
Showtime: A Turner & Hooch Westside Story	10.04 10.11	Fri.	1:00-3:00	No Cost			
Beer & Brats with Friends	10.07	Mon.	3:30-6:00	\$5			
Book Club	10.08	Tues.	10:30-11:30	No Cost			
Beading Buddies	10.09	Wed.	1:00-3:00	\$8			
Leipers Fork	10.09	Wed.	Depart 10:00	\$6			
Martin Chefs: Flavored Vinegars & Oils	10.10	Thurs.	11:30-12:30	5.00			
Women's Health: Break Free from Pelvic Disorders	10.11	Fri.	9:00- 10:00	No Cost			
Healthier Together: Fall Prevention	10.14	Mon.	1:00	No Cost			
Potluck	10.15	Tues.	11:30-1:00	\$2 member \$5 non-member			
Bingo	10.15	Tues.	1:15	No Cost			
Lunch Around Town: Southern Hospitality Diner in Nolensville	10.21	Mon.	11:30	Meet there			
FiftyForward Travel: Tropicana Casino	10.21	Mon.	---	\$15			
Seniors Got Talent Franklin Theatre	10.22	Tues.	Depart 6:30	\$24 (\$20 ticket/ \$4bus fare)			
FiftyForward: Food Truck Fun	10.24	Fri.	11:30-1:00	\$6-10 Bring own money			
Sweet Things Roundtable Talk	10.24	Thurs.	10:00-11:00	No Cost			
Hallo-wine Event	10.28	Mon.	3:30-5:00	\$5			
Lunch Around Town: Spaghetti Factory	10.29	Tues.	11:00	4.00 (bus fare)			

MONTH TOTAL: _____
DO YOU HAVE A CREDIT?: _____
TOTAL DUE: _____

PAYMENT TYPE: *Cash* *Check* *Mc-Visa* *Center Credit*

Reservations accepted only with payment: NO REFUNDS

ENTERED IN ACTIVITY BOOK

FiftyForward Martin Center
960 Heritage Way
Brentwood, TN 37027

Return Service Requested

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U.S. POSTAGE
PAID
PERMIT NO. 229
FRANKLIN, TN



United Way
of Williamson County



Martin Masters Fine Art Show & Sale

benefiting FiftyForward Martin Center

OPENING RECEPTION

Friday, Oct. 18, 5-8 p.m.

Meet and greet the artists

Enjoy a wine and hors d'oeuvres reception

FREE ADMISSION • DONATIONS ACCEPTED

ART SHOW & SALE

Saturday, Oct. 19, 10 a.m.-4 p.m.

FREE ADMISSION



Featured guest artist Frank T. Gee

Martin Masters

EVENT LOCATION

FiftyForward Martin Center
960 Heritage Way
Brentwood, TN 37027

Join us as FiftyForward Martin Center transforms into an art gallery displaying original works of art by more than 40 local and regional professional artists including this year's featured artist Frank T. Gee.

FOR MORE INFORMATION

jtheobald@fiftyforward.org
www.FiftyForward.org
615-376-0102