

FiftyForward Madison Station

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

**Fifty
Forward**
Love life at 50+

301 Madison Street
Madison, TN 37115

615-860-7180

www.FiftyForward.org

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Tax appointments still available!

AARP Foundation Tax-Aide offers free tax preparation at our Center and we still have spots available! Volunteers will be here every Wednesday from February 5 to April 15 between the hours of 9 a.m. and the last appointment at 3:15 p.m. Appointments fill up quickly so don't delay!

Trip to FiftyForward Fresh!

Join us on **Friday, Feb. 14 at 9:15 a.m.** for a trip to FiftyForward Fresh, where we will deliver our lobby collection box items and tour their facility. We have 12 spots available and this trip is free. Sign up at the front desk!

Be sure to *Love* your 

February is American Heart Month. Did you know:

- More than 1 in 10 American adults have been diagnosed with heart disease;
- Approximately 466,000 people in Tennessee have coronary heart disease (CDC Behavioral Risk Factor Survey, 2018);
- About 44% of African American men and 48% of African American women have some form of cardiovascular disease according to the Centers for Disease Control and Prevention;
- 1 in 5 women in the United States die from heart disease?



(L-R): FiftyForward Madison Station Director Brandy Lamb with center member Susie Wilee.

It is important for all of us to take care of our hearts. **Susie Wilee's** life changed when she had a heart attack. Susie (featured in FiftyForward's new agency video – <https://www.youtube.com/watch?v=KEfZeGQutUc>), has three daughters, was married to her late husband for 51 years and had a fulfilling career in the office of the Tennessee Lieutenant Governor, serving as an executive assistant to both John Wilder and Ron Ramsey. Susie knows firsthand that women often do not experience what are thought of as the classic symptoms of a heart attack. The main heart attack symptom which Susie

experienced was indigestion, a lesser known, but fairly common symptom for women. Visit this website to learn more about heart attack symptoms: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>.

After her heart attack, five bypasses and a stroke, Susie knew she had to seek out ways to be active for heart health and for her overall wellbeing. She joined FiftyForward Madison Station and says, "I have friends that I made at FiftyForward Madison, a couple of friends in particular that I'm really close to, and I can exercise there and be active. I know it's so important for me to have a healthy lifestyle."

To protect your heart:

- Talk with your doctor about your blood pressure, cholesterol and A1C;
- Reduce sodium and increase fruits, vegetables and whole grains in your diet;
- Be physically active;
- Control your weight;
- Don't smoke; and
- Manage stress.

At FiftyForward, let's help each other to make good choices every day and give our hearts the TLC they need so that we can make the most of life!

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Madison, TN 37115
615-860-7180

www.FiftyForward.org

Center Hours

Monday-Friday, 8 a.m.-3:30 p.m.

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Connect with us!



A profile of FiftyForward may be found at www.givingmatters.com. With your generous contributions, FiftyForward continues to support older adults in the community through our comprehensive programming. To support our mission, visit www.FiftyForward.org/donate

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National Institute of
Senior Centers

Letter from the Center Director

It's February and I am reminded of how much I LOVE being here with you at FiftyForward Madison Station. We hope you love being here, too.

Our 21st Whistlestop Fundraiser is on Thursday, March 5 at 5:30 p.m. The "train" is heading to San Antonio with a Fiesta-themed dinner and entertainment. You are welcome to join us, tickets are \$50 for members or you can purchase a table of eight for \$550 (see the front desk to purchase). We are looking for Silent Auction items and Event Sponsorships as well, so let us know if you have a connection. If you would like to support the event with a donation, please see the front desk, as we have train "puffs" available again this year. We also need your VOTE for next year's destination theme. Stop by the front desk beginning Feb. 3 to vote. Also, throughout February our conductor of the year candidates will be setting up vote jars at the front counter, One Vote = One Dollar.

We have one more place we need your help, the Madison-Rivergate Area Chamber of Commerce is holding their 3rd Annual Best of Madison-Rivergate Awards. Nominations are open Feb. 3-17 and voting will take place Feb. 24-March 2. Last year we earned the *2019 Best Nonprofit* and *2019 Best Retirement Community* awards! We were also nominated in the *Best Community Involvement*, *Best Place to Work Out*, and *Best Place to Meet New People* categories. Check out our Facebook page or visit the front desk for more details.

Love, Brandy

Letter from the Assistant Center Director

This month make sure to grab a ticket for Tasty Tuesday - we're excited to welcome Meet Mr. Lincoln, an Abraham Lincoln impressionist, as our entertainer for that lunch. We also have TWO Lunch & Learns, some great presentations, and a screening of Maya Angelou's "And Still I Rise" as we celebrate Black History Month. Plus, details on a FUN paper bead jewelry class beginning in March!

Heather 

Many thanks to our partners:



Thank You to our sponsors this month:

Creekside Center for Rehabilitation and Healing, Wood Financial, LLC, Maybelle Carter, AARP, Beck & Beck, Office of the Trustee, Walgreens, and UnitedHealthcare.

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 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!



Cigna brings *Healthier Together* workshops to FiftyForward centers



Baby boomers are turning 65 in record numbers and are redefining what aging means. Television shows, movies, and magazines are now filled with stories of independent, energetic older adults who are defying traditional stereotypes and living their best lives.

For the first time in our country's history, the population of those age 65 and older is larger than the population of children under five, and it is growing daily. Tennessee was recently ranked the fifth best state for retirement; many consider it to be a great place to retire because it offers a great quality of life. Davidson County resident numbers are expected to grow by 10,000 older adults in the next five years.

Cigna and FiftyForward are excited about this growth and are eager to welcome these residents to our local communities. The organizations share a commitment to improve the health, well-being, and peace of mind of older adults.

We are delighted to invite the community to attend Healthier Together, an educational workshop series focusing on

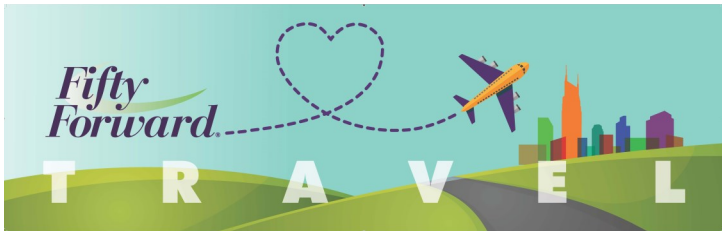
health and wellness topics. Written specifically for older adults, these programs will be offered at neighborhood FiftyForward centers. Healthier Together is designed to take the stigma out of the health and wellness topics, and to provide a high level overview for participants so they will know what to ask when talking with their primary care physician.

Each engaging workshop is:

- Conversational, not a lecture ... and NOT doctor speak.
- Filled with information about causes, risk factors, prevention, and simple things to do at home.
- Interactive with easy and fun ways to absorb the lessons.
- A safe place to learn.

Please see the schedule below for dates, times, locations and subject matter. Please call the presenting center to reserve your spot. Members can attend any seminar. Join us as we redefine what aging means, have fun, and get Healthier Together!

FiftyForward Bordeaux	Feb. 13, 9:30 a.m.	March 12, 9:30 a.m.
	Mental Health	Fall Prevention
	<i>Breakfast provided</i>	<i>Breakfast provided</i>
FiftyForward College Grove	Feb. 13, 11:30 a.m.	March 26, 9:30 a.m.
	Arthritis	Mental Health
	<i>Lunch provided</i>	<i>Breakfast provided</i>
FiftyForward Donelson Station	Feb. 11, 11 a.m.	March 10, 9 a.m.
	Diabetes	Getting Active
	<i>Lunch provided</i>	<i>Breakfast provided</i>
FiftyForward J. L. Turner Center	Feb. 3, 10 a.m.	March 2, 10 a.m.
	Practical Nutrition	Incontinence
	<i>Breakfast provided</i>	<i>Lunch provided</i>
FiftyForward Knowles	Feb. 3, 11 a.m.	March 19, 12:30 p.m.
	Mental Health	Arthritis
	<i>Lunch provided</i>	<i>Snacks provided</i>
FiftyForward Madison Station	Feb. 11, 9:30 a.m.	March 19, 12:30 p.m.
	Mental Health	Getting Active
	<i>Breakfast provided</i>	<i>Snacks provided</i>
FiftyForward Martin Center	Feb. 5, 11 a.m.	March 23, 8:30 a.m.
	Arthritis	Getting Active
	<i>Lunch provided</i>	<i>Breakfast provided</i>



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

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

June 17-22: Mackinac Island
 Experience beautiful northern Michigan.
 Cost: \$1,099 pp/dbl members.

July 15-21: Black Hills, Badlands & Legends of the West (Mt. Rushmore)
 Tour Mt. Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Custer State Park, and more!
 Cost: \$2,999 pp/dbl (

Aug. 12-19: Nova Scotia
 Enjoy the beautiful Nova Scotia region of Canada.
 Cost: \$2,987 pp/dbl, includes airfare.

Sept. 14-17: Everything Elvis
 Tour includes lodging, Mississippi, tour of Tupelo, Sun Studios, Elvis Experience at Graceland, and more!
 Cost: \$689 pp/dbl members. The deposit is \$100 per person

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

FiftyForward Madison Station February Trips

Foodie Favorites: Vietnamese at VN Pho & Deli

Monday, Feb. 3, 10:45 a.m.
Cost: \$6 + lunch (you MUST bring cash for lunch - this is the only form of payment they accept)
 Limited to 12 people



Colts Chocolate Factory Tour & Tasting

Tuesday, Feb. 11, 10:50 a.m.
Cost: \$11 + lunch
 Just in time for Valentine's Day and chocolate season, we'll head to the new Colts Chocolate Factory for a tour of their facility and tasting of some of their products. After the tour, we'll head to Mitchell Deli, where they offer a variety of soups, sandwiches and a salad bar. Menu items \$6-\$10.



Shopping at Painted Tree Marketplace in Franklin

Wednesday, Feb. 19, 9:45 a.m.
Cost: \$8 + lunch and any shopping purchases
 Recognized by millions across the South, Painted Tree Marketplace in Franklin is a shopping experience like no other! Painted Tree is a creative community of shoppes featuring hundreds of local shop owners, boutiques, decorators, artisans and craftsmen all under one roof. Shop home decor, fashion, soaps, candles, and so much more. After shopping, we'll head to Quinn's Neighbourhood Pub and Eatery. Menu items \$7-\$15.

NEW FREE FEBRUARY TRIP: All of Us Journey mobile bus exhibit at FiftyForward Donelson Station
Monday, Feb. 24, 11 a.m.
Cost: FREE and free lunch is included!

We'll check out the *All of Us Journey* mobile bus, complete with a lab and interactive exhibit. The bus travels around the country and will be making a stop at Donelson Station. After touring the exhibit, we'll enjoy a FREE lunch at the Donelson Café.

Travelous Trippers to Chaffins Barn - "Breaking Up Is Hard To Do"

Thursday, Feb. 27, 10:45 a.m.
Cost: \$35 (includes boxed lunch)
 We're headed to Chaffins Barn for "Breaking Up Is Hard To Do." Set at a Catskills resort in 1960, "Breaking Up Is Hard To Do" is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. A boxed lunch is included in this trip. You must RSVP by Thursday, Feb. 13 and there will be no refunds after that date.

MARCH TRIP: Secret Network of Women in Civil Rights Walking Tour

Monday, March 16, 9:15 a.m.
Cost: \$33 + lunch
 Set off on a 1-hour historical Nashville walking tour where you'll hear stories about history's fiercest females from the early settlement to civil rights and beyond. Discover how women played a central role in the planning, strategies, tactics, and actions of the movement — including the civil rights marches. In between stops, you will get the inside scoop on leading female entrepreneurs and business leaders in Nashville today. After the tour we will head to Parson's Chicken and Fish for lunch. Menu items \$7-\$25. You must RSVP for this by Friday, Feb. 28 and there will be no refunds after that date. This tour happens rain or shine!



Programs & Events

Presentation on Davidson County Property Tax Relief and Tax Freeze Programs: *Tuesday, Feb. 4, 11 a.m.*

Trustee Parker Toler will present info on property tax relief programs for homeowners over 65 with limited incomes. The programs are Tax Freeze, Tax Relief, and Veterans Tax assistance. Sign up in the free event binder.

Lunch & Learn Presented by Wood Financial Group, LLC: *Thursday, Feb. 6, 11:30 a.m.*

Their presentation will cover the new Secure Act and how to use recent changes to your advantage. Lunch includes pizza, salad, and dessert. This event is free and we have a limited number of tickets available. Pick up your ticket at the front desk.

Cigna Basics of Medicare Presentation: *Thursday, Feb. 13, 10:30 a.m.*

This presentation will provide a high level knowledge of Medicare and how it works, the different parts of Medicare, Medicare options, the Extra Help program, and other basic Medicare facts. Sign up in the free event binder.

Screening of Maya Angelou's "And Still I Rise": *Monday, Feb. 17, 12:30 p.m.*

Sign up in the free event binder.

Tasty Tuesday: *Tuesday, Feb. 18, 11:30 a.m.*

Featuring "Meet Mr. Lincoln." Dennis Boggs presents an enlightening, informative, and educational look at the life

of the 16th President as it might have been told by Abraham Lincoln himself. Lunch includes fried chicken, mashed potatoes, peas & carrots, roll and dessert. Purchase \$7 ticket at the front desk by Feb. 14.

Legal Aid: *Wednesday, Feb. 19, 9 a.m.* Meet with an attorney from Beck & Beck in 15-minute sessions. Sign up at front desk.

Eat & Greet Lunch: *Thursday, Feb. 20, 11:30 a.m.*

Menu includes grilled chicken sandwich, pasta salad, assorted cookies. Purchase your \$7 ticket at the front desk by Monday, Feb. 17.

Big Bingo: *Thursday, Feb. 20, 12:30 p.m.* Join us for this FREE event and your chance to win top-notch prizes, including a \$50 coverall prize.

Lunch & Learn Presented by Creekside Center for Rehabilitation and Healing: *Wednesday, Feb. 26, 11:30 a.m.*

Dr. Timothy Kreth or his Nurse Practitioner discuss everyday habits and the result on heart health. Lunch includes spaghetti carbonara with bacon and chicken, caesar salad, rolls, strawberry cobbler. Pick up your free ticket at the front desk.

Walgreens Health Talk: *Thursday, Feb. 27, 10 a.m.* Part two of a discussion on Diabetes II. Sign-up in the free event binder.

Tai-Chi Returns!

We are excited to announce the return of Tai-Chi with our new instructor, Billy Smith, who has been practicing Tai-Chi for over 45 years. **Classes are \$5 and are held every Thursday at 10 a.m. in the Fitness Center.** Come try it out and learn about this internal Chinese martial art practiced for both its defense training, health benefits, and meditation.

Line Dancing for Beginners!

Boot-scootin' boogie time! **Every Tuesday at 1:15 p.m. in the Activity Room** Sandra Hardcastle leads this class, which is great for beginners and anyone who simply wants to have a fun time. This class is FREE.

Weekly Groups & Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Noon: Quilting	1 p.m.: Music Jam	10 a.m.: Ping-Pong 11:30 a.m.: Mexican Train Dominoes Noon: Crochet 1 p.m.: Silver Notes Band	11 a.m.: Ping-Pong Noon: Knitting 1 p.m.: Loose Caboose	
9 a.m.: Yoga, \$5 12:30 p.m.: SilverSneakers Circuit 1:45 p.m.: SilverSneakers Stress Reduction & Breathing	10 a.m.: SilverSneakers Classic 1:15 p.m.: Line Dancing	9 a.m.: Yoga, \$5 10 a.m.: SilverSneakers Yoga Stretch 12:30 p.m.: SilverSneakers Classic	10 a.m.: Tai Chi, \$5 12:30 p.m.: SilverSneakers Classic 1:45 p.m.: Gentle Yoga, \$2	9 a.m.: Yoga, \$5 11 a.m.: Qigong 12:30 p.m.: SilverSneakers Classic

For a description of classes, please see the front desk for more information!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10 a.m. Grief Support 10:45 a.m. Trip to VN Pho & Deli 1 p.m. Bingo	4 10 a.m. Bunco 10:30 a.m. BP 11 a.m. Trustee Office Tax Relief Presentation 1 p.m. Reminisce	5 9 a.m. AARP Tax Prep Begins	6 10 a.m. Dementia Support 11:30 a.m. Wood Financial Group Lunch & Learn 1 p.m. Loose Caboose	7	8
9	10 9 a.m. Second Sight 10:30 a.m. Red Hats	11 9:30 a.m. Cigna Breakfast & Learn 10:50 a.m. Trip to Colts Chocolates	12 9:30 a.m. Advisory Council	13 10:30 a.m. Cigna Basics of Medicare Presentation 1 p.m. Valentine's Party	14 9:15 a.m. Trip to FiftyForward Fresh 1 p.m. Music Jam	15
16	17 10 a.m. Grief Support 12:30 p.m. Maya Angelou "And Still I Rise" screening	18 11:30 a.m. TASTY TUESDAY 1 p.m. Trippers Planning Meeting	19 9 a.m. Legal Aid 9:45 a.m. Trip to Painted Tree Marketplace	20 Trippin' Third Thursday! 11:30 a.m. Eat & Greet lunch 12:30 p.m. Big Bingo 1 p.m. Loose Caboose	21 10 a.m. Wisdom Writers	22
23	24 9 a.m. Second Sight 11 a.m. Trip to Donelson Station & All of Us Journey mobile exhibit	25 10:30 a.m. BP/ Glucose 10:30 a.m. Cigna Healthy Snacks Table 1 p.m. Bingo	26 11:30 a.m. Creekside Center for Rehabilitation & Healing Lunch & Learn	27 10 a.m. Walgreens Health Talk 10 a.m. All of Us 10:45 a.m. Trip to Chaffins Barn 1 p.m. Loose Caboose	28 1 p.m. Music Jam	29

Center-based wellness resources

Grief Support Group: Meets on the **1st & 3rd Mondays of the month, 10 a.m.** A support group for those dealing with the stages of grief. Meet with others who are journeying through the same processes in a safe and confidential environment. Facilitated by Adam Waltenbaugh, Masters in Counseling, Vanderbilt.

Medicare Counseling: For help with your Medicare questions, call 1-877-801-0044, email tn.ship@tn.gov, or visit tnmedicarehelp.com.

Metro Nutrition Program: Lunch for seniors over 60. Must apply with Metro first. Stop by Monday-Thursday, between 10:30-11:30 a.m. and ask for Metro Meals for more information. 48-hour reservation required. Donations requested.

Bulletin Board: On the three bulletin boards in the front hallway, you can read and make suggestions; see get well and sympathy messages, and read and post events and classifieds. Items posted may only remain for one month.

Blood Pressure: 1st Tuesday of the month by Shirley Brown; 4th Tuesday by Creekside Center for Rehabilitation and Healing.

Dementia Support: 1st Thursday of the month at 10 a.m. Kathy Johnson-Warner of Senior Helpers helps you get the support you need when caring for your loved ones with dementia.

iPads: We have iPads available for your use in the center each day. The iPads were donated by Cigna and are available for check out at the front desk.

New Class! How to Make Paper Bead Jewelry!

Tuesdays in March - 3/3, 3/10, 3/17, 3/24, Noon-2 p.m.

Cost: \$10

Making paper beads is a craft that goes back to the Victorian age, and in the 1920s was revived as a jewelry-making process. Using paper, scissors, and glue, you'll learn how to make paper beads for jewelry. This four-week class will



be led by two of our members, Kate and Libby. At the end of the class, you'll walk away with your own pair of paper bead earrings. We only have 10 spots available for this class - sign up at the front desk by Tuesday, February 25. There will be no refunds after that date. Cost is \$10 and includes all supplies.

Valentine's Day Party (A Day Early) Thursday, Feb. 13, 1 p.m.

Join us Thursday, Feb. 13, 1 p.m. as we celebrate the day of love! We'll be treated to cupcakes, punch and endless amounts of laughter courtesy of our Loose Caboose players, who will provide a special Valentine's performance for us. Sign up in the free event binder so we know how many to plan for.



All of Us RESEARCH PROGRAM

Have a Heart? February is Heart month. Come hear why research is important to Heart Health *and* whole health! The *All of Us*



Research Program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Come find out more information on the program by visiting us in the *All of Us* Café. Trained staff are here to answer questions, and for those that are interested, iPads and laptops are provided for enrollment. This month we will be talking about how research is important for heart health. Sign up to make a private appointment, or just drop by for a casual conversation. Free pastries provided by FiftyForward! **Come see us at Madison Station on Thursday, Feb. 27 at 10 a.m.**

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** staff are here to help!

FiftyForward Care Team

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. **615-743-3436**

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 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. **615-463-2266**

FiftyForward Conservatorship

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. **615-743-3436**

FiftyForward Fresh/Meals on Wheels

This program provides individuals in need with nutrient dense home-delivered meals and daily visits from caring volunteers in specific areas in Davidson County. Meals may be provided at no cost to individuals with qualifying low incomes or can be purchased (\$5 per meal). Can make referrals to other areas. **615-463-2264**

FiftyForward Victory Over Crime

This service helps victims become survivors by offering support (resources, safety plans, assistance in the courts, advocacy) to victims of crime 50+ in Davidson County. Can make referrals to other resources. **615-743-3417**

About FiftyForward

Established in 1956, FiftyForward supports, champions and enhances life for those 50 and older. As a nonprofit operating seven life-long 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.



In celebration of Black History Month, join us for a screening of Maya Angelou's "And Still I Rise" documentary on **Monday, Feb. 17, 12:30 p.m.** The Peabody Award-winning documentary is the first feature documentary on the singer, dancer, activist, poet and writer who inspired generations with modern African-American thought that pushed boundaries. Popcorn and drinks will be provided and feel free to bring your own lunch if you would like. Sign up in the free event binder.

Eat-and-Greet Lunch

Thursday, Feb. 20, 11:30 a.m.

Join us for a lunch sponsored by Creekside Center for Rehabilitation and Healing where we'll dine and enjoy the company of our FiftyForward family. During this lunch and before Big Bingo starts at 12:30 p.m., we will highlight our "Reminisce" leaders Larry and Nancy McDougal as we ask them questions about their history with each other and within the Nashville community. Enjoy grilled chicken sandwich, pasta salad, and cookies. Tickets are \$7/each and need to be purchased at the front desk by Monday, Feb. 17.



Our recent "Dining with the Directors" trip was held at Saltine Restaurant, where we enjoyed a yummy dinner and shared lots of laughs!