

March 2021 Martin Center Program Calendar

Our centers are offering indoor programs beginning Feb. 1. Please carefully read the program description page to learn more about each offering. You **MUST** register in advance if you wish to participate in any of indoor programs. To register, please email: martinofficemanager@fiftyforward.org or call **FiftyForward Martin Center** at **615-376-0102** to sign up. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10–11 a.m. Exercise</p> <p>1-2:30 p.m. BINGO</p>	<p>2</p> <p>9–11 a.m. Community Chat/Portal Help</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Crafts</p> <p>1–3 p.m. Billiards</p>	<p>3</p> <p>9–10 a.m. Cigna Arthritis Program</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10-11 a.m. Exercise</p>	<p>4</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Yarn Art</p> <p>12:30-3 p.m. Art</p> <p>1–3 p.m. Billiards</p>	<p>5</p> <p>No In-Center Programming</p>	<p>6</p>
7	<p>8</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>9:30–11:30 a.m. Cigna Fitness Give-away</p> <p>10–11 a.m. Exercise</p> <p>1-2:30 p.m. BINGO</p>	<p>9</p> <p>9–11 a.m. Community Chat/Portal Help</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Crafts</p> <p>1–3 p.m. Billiards</p>	<p>10</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10-11 a.m. Exercise</p>	<p>11</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Yarn Art</p> <p>12:30-3: p.m. Art</p> <p>1–3 p.m. Billiards</p>	<p>12</p> <p>No In-Center Programming</p>	<p>13</p>
14	<p>15</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10–11 a.m. Exercise</p> <p>1-2:30 p.m. BINGO</p>	<p>16</p> <p>9–11 a.m. Community Chat/Portal Help</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Crafts</p> <p>1–3 p.m. Billiards</p> <p>2-3 p.m. Fred O’Frawley Irish Heritage</p>	<p>17</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10-11 a.m. Exercise</p>	<p>18</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Yarn Art</p> <p>12:30-3 p.m. Art</p> <p>1–3 p.m. Billiards</p>	<p>19</p> <p>No In-Center Programming</p>	<p>20</p>
21	<p>22</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10–11 a.m. Exercise</p> <p>1-2:30 p.m. BINGO</p>	<p>23</p> <p>9–11 a.m. Community Chat/TECH HELP</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Crafts</p> <p>1–3 p.m. Billiards</p>	<p>24</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10-11 a.m. Exercise</p> <p>1–2 p.m. National Poison Prevention ZOOM and viewing</p>	<p>25</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Yarn Art</p> <p>12:30-3 p.m. Art</p> <p>1–3 p.m. Billiards</p>	<p>26</p> <p>No In-Center Programming</p>	<p>27</p>
28	<p>29</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10–11 a.m. Exercise</p> <p>1-2:30 p.m. BINGO</p>	<p>30</p> <p>9–11 a.m. Community Chat/Portal Help</p> <p>10 a.m.-12 p.m. Billiards</p> <p>10 a.m.-12 p.m. Crafts</p> <p>1–3 p.m. Billiards</p>	<p>31</p> <p>9 a.m.-3 p.m. Card Crusaders</p> <p>10-11 a.m. Exercise</p> <p>1–3 p.m. Movie “Hidden Figures”</p>			

FiftyForward Martin Center PROGRAM INFORMATION




Program also offered on Zoom



Denotes member-led program





Denotes Facebook program


 **Card Crusaders Mondays, March 1, 8, 15, 22, 29 and Wednesdays, March 3, 10, 17, 24, 31, 9 a.m.-3 p.m.** The Card Crusaders are welcome to work on their projects inside the Card Crusader room. A mask must be worn at all times. Limit 8 participants.


Total Fitness Mondays, March 1, 8, 15, 22, 29 and Wednesdays, March 3, 10, 17, 24, 31, 10-11 a.m. Focuses on strengthening muscles and increasing range of movement for daily life activities. Please bring your own equipment, including hand held weights, if you wish. A chair will be provided. A mask must be worn at all times. Limit 8 participants. Held in the Multi-Purpose room.


Bingo with Community Partners Mondays, March 1, 8, 15, 22, 29, 1-2:30 p.m. Join local community partners for a few games of BINGO and a chance to win prizes. A mask must be worn at all times. Limit 8 participants. Held in the Multi-Purpose room.

 **Community Chats/Membership Portal help Tuesdays, March 2, 9, 16, 23, 30, 9-11 a.m.** Join your friends and share conversations about various topics. Limit 8. A mask must be worn at all times. Held in the Multi-Purpose room.

 **Martin Crafters Tuesdays, March 2, 9, 16, 23 and 30, 10 a.m.-12 p.m.** Join us to create clever spring decorations for your home, Burlap Bunny/Chickie door hangings, Marbled Eggs, Spring Wreath and more. Each project will have a cost as all supplies will be provided. Held in Multi-purpose room. Limit 8.

 **Billiards Group Tuesdays, March 2, 9, 16, 23, 30, 10 a.m.-Noon & 1-3 pm., and Thursdays, March 4, 11, 18, 25, 10 a.m.-12 p.m. & 1-3 p.m.** All billiards players are welcome to knock off the dust from their pool sticks and test their skills. All sessions limited to 4 participants. A mask must be worn at all times. Billiard room.

 **Healthier Together with Cigna, Arthritis Presentation Wednesday, March 3, 9 a.m.** Join us at the center to watch this informational presentation by Cigna on how to live with arthritis. Limit 8. You may also request a link to watch from your home. Contact us at 615-376-0102 for a link.


 **Yarn Art Group Thursdays, March 4, 11, 18, 25, 10 a.m.-12 p.m.** Yarn art enthusiasts are welcome to meet in the Commons Area to work on their current projects. A mask must be worn at all times. Limit 8 participants.

Open Studio Art Group Thursdays, March 4, 11, 18, 25, 12:30-3 p.m. Artists of all media types are welcome to meet

in Classrooms 1 & 2 for an opportunity to work on their current projects. A mask must be worn at all times. Limit 8 participants.

Cigna Get Fit Giveaway Event Monday, March 8, 9:30-11:30 a.m. Stop by the table for a free pedometer, healthy living tips pamphlet and a healthy snack AND a chance to win an edible bouquet.

“Fred O’Frawley’s Irish Heritage” Tuesday, March 16, 2-3 p.m. Join us in the center to hear Fred Frawley tell tales of his family’s Irish roots. Held in the Multi-purpose Room. A mask must be worn at all times, Limit 8 participants. Call 615-376-0102 or email bhunt@fiftyforward.org for a ZOOM link to join from your home.

 **National Poison Prevention Week Presentation, Coronavirus-Related Poisonings Wednesday March 24, 1-2p.m.** Join us in the center for a ZOOM presentation by Tennessee Poison Control Center on how to be aware of poisoning concerns during the pandemic. Limit 8 in the center and you must wear a mask. You may also watch from the privacy of your home on ZOOM. Call or email the center for the link.

Movie Time Wednesday, March 31, 1-3 p.m. Join friends to relax, chat and watch a movie. This month’s selection is Hidden Figures. Limit 8 participants. A mask must be worn at all times.