

# May 2021 Martin Center Program Calendar

Our centers are now offering indoor programs. 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](mailto: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
						1 Beep & Feast
2	3 9 a.m.-3 p.m. Card Crusaders 10 a.m. Exercise 10:30 a.m. Intro to Euchre 10:30 a.m. Poker 1 p.m. BINGO 1 p.m. Watercolor Class	4 9-11 a.m. Community Chat/ Portal Help 9:30 a.m.-12:00 p.m. Scrabble 10 a.m.-12 p.m. Billiards 12-3 p.m. Games 1 p.m. Line Dancing 1-3 p.m. Billiards 2-3 p.m. Keeping Your Brain Healthy	5 <b>Remembering the Badges Blood Drive/Am Red Cross</b> 9 a.m.-12 p.m. Bridge 9 a.m.-3 p.m. Card Crusaders 10 a.m. Exercise Outdoors 11:30 a.m. Arthritis class 12:30-3p.m. Bridge	6 7 a.m. Early Bird Walking Club 9:30 a.m.-12 p.m. Canasta 10 a.m.-noon Billiards 10 a.m.-12 p.m. Yarn Art 12:30-3 p.m. Open Art 12:30-3 p.m. Canasta 1-3 p.m. Billiards	7  No In-Center Programming	8
9	10 9 a.m.-3 p.m. Card Crusaders 10 a.m. Exercise 10-11 a.m. Bluebird Show 10:30 a.m. Intro to Euchre 10:30 a.m.-12:30 p.m. Poker 11 a.m. Intro to Quilling 1 p.m. BINGO 1 p.m. Watercolor Class	11 9 a.m. Community Chat with/ Stop the Bleed Presentation 9:30 a.m.-noon Scrabble 10 a.m.-12 p.m. Billiards 10 a.m. Crafts 12-3 p.m. Games 1 p.m. Line Dancing 1-3 p.m. Billiards	12 9 a.m.-3 p.m. Card Crusaders 9-12 p.m. Bridge 10 a.m. Exercise 11:30 a.m. Arthritis class 12:30-3 p.m. Bridge 1 p.m. Movie "Hidden Figures"	13 7 a.m. Walking Club 9:30 a.m.-12 p.m. Canasta 10 a.m. AmeriCorps Senior Volunteer Project 10 a.m.-noon Billiards 10 a.m.-12 p.m. Yarn Art 12:30-3 p.m. Open Art 12:30-3 p.m. Canasta 1-3 p.m. Billiards	14  No In-Center Programming	15
16	17 9 a.m.-3 p.m. Card Crusaders 10 a.m. Exercise 10:30 a.m. Intro to Euchre 10:30 a.m.-12:30 p.m. Poker 11 a.m. Intro to Quilling 1 p.m. BINGO 1-3 p.m. Watercolor Class	18 9 a.m. Community Chat for Veterans 9:30 a.m.-noon Scrabble 10 a.m.-noon Billiards 10 a.m. Book Club 11 a.m. San Antonio Trip Info 12-3 p.m. Games 1 p.m. Line Dancing 1-3 p.m. Billiards 2 p.m. Fred Frawley's musical	19 9 a.m.-3 p.m. Card Crusaders 9-12 p.m. Bridge 10 a.m. Exercise 11:30 a.m. Arthritis class 12:30-3 p.m. Bridge	20 7 a.m. Walking Club 9:30 a.m.-12 p.m. Canasta 10 a.m.-noon Billiards 10 a.m.-12 p.m. Yarn Art 12:30-3 p.m. Open Art 12:30-3 p.m. Canasta 1 p.m. Flower Arranging 1-3 p.m. Billiards	21  No In-Center Programming	22
23	24 9 a.m.-3 p.m. Card Crusaders 10 a.m. Exercise 10:30 a.m. Intro to Euchre 10:30 a.m.-12:30 p.m. Poker 11 a.m. Intro to Quilling 1 p.m. BINGO 1-3 p.m. Watercolor Class	25 9 a.m. Community Chat/ Family CPR Refresher 9:30 a.m.-12 p.m. Scrabble 10 a.m.-12 p.m. Billiards 10 a.m. Crafts 12:00-3p.m. Games 1 p.m. Line Dancing 1-3 p.m. Billiards	26 9 a.m.-3 p.m. Card Crusaders 9-12 p.m. Bridge 10 a.m. Exercise 11:30 a.m. Arthritis DVD class 12:30-3p.m. Bridge 1-3 p.m. Movie	27 7 a.m. Early Bird Walking Club 9:30 a.m.-12 p.m. Canasta 10 a.m.-noon Billiards 10 a.m.-12 p.m. Yarn Art 12:30-3 p.m. Open Art 12:30-3 p.m. Canasta 1-3 p.m. Billiards	28  No In-Center Programming	29
30	31 FiftyForward Centers and Offices Closed for Memorial Day					

# FiftyForward Martin Center PROGRAM INFORMATION


 Program offered on Zoom

 Denotes member-led program

 Denotes Facebook program

 **Card Crusaders Mondays, May 3,10,17, 24 & Wednesdays, May 5,12,19 & 26, 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, May 3, 10, 17, 24 & Wednesdays, May 5,12,19 & 26, 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 indoors. **On May 5**, exercise will be held outdoors. Limit 15 indoors, limit 25 outdoors. Classes led by Jenny Zaves or Melissa Clinton. \$5 per person if you do not have the insurance benefit.

 **Intro to Euchre Mondays, May 3, 10, 17 & 24, 10:30-11:30 a.m.** Join Mike and Ann Kelly to learn how to play this fun game! Limit 4 per table, masks must be worn.

**Poker Mondays, May 3, 10, 17 & 24, 10:30 a.m.-12:30 p.m.** Join your friends for a friendly game of poker. Limit 4 per table, masks must be worn.

**Bingo with Community Partners Mondays, May 3, 10, 17 & 24, 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 15 participants. Held in the Multi-Purpose room.

**Watercolor Art Class Mondays, May 3, 10,17, 24, 1-3 p.m.** **There's more to ART...**Watercolor in all its glory. We will explore basic techniques and different textures that can be achieved in watercolor, along with different products that are found in watercolor today. Step out of your comfort zone and learn a loose and fun style as we explore creativity and color. **Artist: Barbara Johnson** - Barbara works in watercolor, alcohol ink, acrylic, pan pastels and clay. She has worked in some area of art all her life and loves to play in new mediums. Barbara has taught both private and group classes in creative design, alcohol ink and acrylic. **Cost: \$12 a class.** Those interested in watercolor classes need to bring watercolor paper 150Lb or thicker, their watercolor paints, a container for water and brushes. Limit 15. A mask must be worn at all times.

**Community Chats/Membership Portal help Tuesdays, May 4, 11, 18,& 25, 9-11 a.m.** Join your friends and share conversations about various topics. On **May 11**, the topic is **"Stop the Bleed"** describing how to react in medical emergency situations, **May 18** will be a **Veterans Gathering** and on **May 25**, the topic is **CPR refresher course** Limit 15. A mask must be worn at all times. Held in the Multi-Purpose room.

**Scrabble Tuesdays, May 4, 11, 18 & 25, 9:30 a.m.-12 p.m.** Join friends for a hardy game of scrabble. Limit 4 per table, a mask must be worn.

**Billiards Group Tuesdays, May 4, 11, 18, 25, 10 a.m.-Noon & 1-3 pm., and Thursdays, May 6, 13, 20, 27, 10 a.m.-Noon & 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 8 participants. A mask must be worn at all times. Billiards room.

**Games Tuesdays, May 4, 11, 18 & 25, 12-3 p.m.** Join your friends for a fun game of your choice. Limit 4 per table. Masks must be worn.

**Line Dancing Tuesdays May 4, 11, 18 & 25, 1-2 p.m.** This is what we have all been waiting for! Bonnie Wood will be bringing her skills to the Martin Center for some fun and fitness. Learn how to do all your favorite line dances while getting in some great exercise. Limit 15 indoors, limit 25 outdoors. Mask must be worn indoors.

**Keeping Your Brain Healthy Presentation Tuesday, May 4, 2-3 p.m.** Join Lynn Wood from Mental Health America of the Midsouth as she shares info on food, games and exercise that can help keep our brains healthy as we age. Limit 15. A mask must be worn at all times.

**Bridge Wednesdays, May 5, 12, 19 & 26, 9 a.m.-12 p.m and 12:30-3 p.m.** Join your friends for a fun game or two or Bridge. Limit 4 per table. Mask must be worn at all times.

**Take Control with Exercise Arthritis DVD Wednesdays, May 5, 12, 19, 26, 11:30 a.m.-12:30 p.m.** Join others for this video-guided arthritis exercise class developed by the Arthritis Foundation proven to help improve mobility. Limit 15.

**Early Bird Walking Club Thursdays, May 6, 13, 20 & 27, 7-8 a.m.** Join other early risers to get some steps in with friends while walking around the loop at Tower Park. Social distancing must be observed.

**Canasta Thursdays, May 6,13, 20 & 27, 9:30 a.m.-12 p.m. and 12:30-3 p.m.** Join your best game-playing friends for some fun with canasta. Limit 6. Mask must be worn at all times.

**Yarn Art Group Thursdays, May 6, 13, 20 & 27, 10 a.m.-noon.** 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 15 participants.

**Open Studio Art Group Thursdays, May 6,13,20 & 27, 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 15 participants.

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## **Bluebird Café Senior Show Monday, May 10, 10 a.m.**

Join us as we stream the Bluebird Café's monthly senior show featuring a live performance from **Victoria Shaw**. Watch in the center or call for the link to watch at home.

 **Martin Crafters Tuesdays, May 11 & 25, 10 a.m.-12 p.m.** Join us as we create unique, personalized craft projects. Ask at center for description of projects. Held in Art room. Limit 15.

**Movie Time Wednesdays, May 12 & 26, 1-3 p.m.** Join friends to relax, chat and watch a movie. This month's selections are "**Hidden Figures**" on May 12 and **yet to be determined** on May 26. A mask must be worn at all times. Limit 15.

**AmeriCorps Seniors Volunteer Project Thursday, May 13, 10 a.m.-12 p.m.** Join Friends Learning in Pairs coordinator, Shannon Freeman, and our own Tonia as we create goody bags to give to Williamson County Schools. Limit 15 participants. A mask must be worn at all times.

 **Intro to Quilling Mondays, May 10 & 24, 11 a.m.-12:30 p.m.** Join Inga to learn this creative paper technique of Quilling. Mask must be worn. Limit 15.

**Book Club Tuesday, May 18, 10-11 a.m.** Ann Kelly and Natalie Mertie are bringing back the Book Club! Join them this month for "Hillbilly Elegy" by J.D. Vance. This 2016 book is a memoir about the author's journey from a troubled Appalachian family to Yale Law School. Limit 15. Must wear a mask.

**San Antonio Trip Presentation Tuesday, May 18, 11 a.m.-Noon.** Jennifer Powers from World Premiere Travel will be here to talk about the trip to San Antonio in Nov. 2021. Mask must be worn at all times, limit 15.

**Fred Frawley's Musical HOOTENANNY Tuesday, May 18, 2-3:30 p.m. in center and on Zoom.** Join Fred & Friends for a musical trip back in time to the 50's & 60's folk music revival. All instrumental musicians and singers are welcome to join in. Limit 15 (indoors) or 25 (outdoors). Mask must be worn indoors.

**Flower Arranging with Accent Florists Thursday, May 20, 1-3 p.m.** Sign up early for this great opportunity to learn how to make fabulous flower arrangements with lead designer Leslie from Accent Florists. Bring your own vase of the following parameters: 6-10 inches tall and an opening of 3-6 inches wide. Cost per class: \$15. Must RSVP by May 11 in order to allow time for the flowers to be ordered. Limit 15.

**Coming in May, Date To Be Determined. Container Planter Gardening** with a master gardener. Watch for an announcement for these dates.