

October 2021 FiftyForward Martin Center Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No In-Center Programming	2
3	4 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. Open Exercise 1 p.m. Ping Pong	5 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Martin Crafters* 10:30 a.m. Exercise DVD 11: 30 a.m. Mahjong 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	6 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Bridge in the Afternoon 1 p.m. Open Exercise 1 p.m. Ping Pong 1 p.m. Showtime at Martin 4 p.m. Wine Down Wednesday	7 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch & Flex 10 a.m. Yarn Art 11 a.m. Soup Potluck* 12:30 p.m. Open Art Studio 1 p.m. BINGO 1 p.m. Open Exercise 2:30 p.m. Balance Class	8 10 a.m. Day Trip- Nashville Craft Fair* No In-Center Programming	9
10	11 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. BINGO 1 p.m. Open Exercise 1 p.m. Ping Pong 1 p.m. Watercolor Class	12 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Intro to Opera 10:30 a.m. Exercise DVD 11: 30 a.m. Mahjong 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	13 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Bridge in the Afternoon 1 p.m. Open Exercise 1 p.m. Ping Pong 4 p.m. Meet & Eat at Cheddar's*	14 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Senior Expo @ The Martin Center 10 a.m. Stretch & Flex 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. Balance Class	15 No In-Center Programming	16
17	18 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. BINGO 1 p.m. Open Exercise 1 p.m. Ping Pong	19 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Book Group 10:30 a.m. Exercise DVD 11: 30 a.m. Mahjong 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	20 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Bridge in the Afternoon 1 p.m. Disaster Preparedness* 1 p.m. Open Exercise 1 p.m. Ping Pong 1 p.m. Showtime at Martin 2 p.m. Cheese Making*	21 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Crochet Group* 10 a.m. Stretch & Flex 10 a.m. Yarn Art 11 a.m. Ascension Medicare Presentation 12:30 pm Open Art Studio 1 p.m. Open Exercise 2:30 p.m. Balance Class	22 No In-Center Programming	23
24	25- Halloween Hoopla 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. BINGO 1 p.m. Open Exercise 1 p.m. Ping Pong 1 p.m. Watercolor Class	26 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Intro to Opera 10:30 a.m. Exercise DVD 11: 30 a.m. Mahjong 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	27 9 a.m. Bridge 9 a.m. Card Crusaders 9 a.m. Deloitte Tech Day 9:30 a.m. Cigna Medicare Booth 10 a.m. Exercise w/ Melissa 12:30 p.m. Bridge in the Afternoon 1 p.m. Armchair Travel 1 p.m. Open Exercise 1 p.m. Ping Pong	28 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch & Flex 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 1 p.m. Advanced Alcohol Ink* 1 p.m. Open Exercise 2:30 p.m. Balance Class 4:30 p.m. Larry Keeton Dinner Theater*	29 No In-Center Programming	30
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FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually

Denotes member-led program

Card Crusaders Mondays, October 4, 11, 18 & 25, Wednesdays, October 6, 13, 20 & 27, 9 a.m. - 3 p.m. The Card Crusaders are welcome to work on their projects inside the Card Crusader room. Currently taking names for a waitlist.

Exercise with Jenny & Melissa Mondays, October 4, 11, 18 & 25, Wednesdays, October 6, 13, 20 & 27, 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. \$5 per person if you do not have the insurance benefit.

Hand & Foot Canasta Mondays, October 4, 11, 18 & 25, 12 p.m. - 2:30 p.m. Stop by for an exciting game of Hand & Foot Canasta - all levels of experience are welcome! **Registration is required.**

Ping Pong Mondays, October 4, 11, 18 & 25, and Wednesdays, October 6, 13, 20 & 27, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Scrabble Tuesdays, October 5, 12, 19 & 26, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Billiards Group Tuesdays, October 5, 12, 19 & 26, and Thursdays, October 7, 14, 21 & 28, 10 a.m. - 3 p.m. Billiards room.

Martin Crafters Tuesdays, October 5, 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. **Registration is required. Cost: TO BE DETERMINED**

Exercise DVD Tuesdays, October 5, 12, 19 & 26, 10:30 - 11:30 a.m. Join others for this video-guided exercise class developed by the National Institutes of Health to help improve mobility.

Mahjong Tuesdays, October 5, 12, 19 & 26, 11:30 a.m. - 1 p.m. Come enjoy the exciting tile game that requires skill, strategy, and a little bit of luck!

Game Day Tuesdays, October 5, 12, 19 & 26, 12 - 3 p.m. Join your friends for a fun game of your choice.

Cornhole & Ladderball Tuesdays, October 5, 12, 19 & 26, 1 - 3:00 p.m. Join your friends for a few rounds of cornhole and ladderball!

Line Dancing Tuesdays, October 5, 12, 19 & 26, 1 - 2 p.m. This is what we have all been waiting for! Join Bonnie Wood as she brings 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.

Bridge Wednesdays, October 6, 13, 20 & 27, 9 a.m. - 12 p.m. Join your friends for a fun game or two of Bridge.

Bridge in the Afternoon Wednesdays, October 6, 13, 20 & 27, 12:30 - 3:30 p.m. Join your friends for a fun game or two of Bridge.

Showtime at Martin Wednesdays, October 6 & 20, 1 - 3 p.m. Join friends to relax, chat and watch a movie.

Wine Down Wednesday Wednesday, October 6, 4 - 5 p.m., Sip back and relax with friends! Bring your own hors d'oeuvres and wine. This event will be held outside and is dependent on the weather.

Early Bird Walking Club Thursdays, October 7, 14, 21 & 28, 7 - 8 a.m. Join other early risers to get some steps in with friends while walking around the loop at Tower Park.

Canasta Thursdays, October 7, 14, 21 & 28, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

Soup Potluck & Recipe Swap Thursday, October 7, 11 a.m. Bring your favorite soup for a soup potluck! Be sure to bring a copy of the recipe! This event will be held outside. **Registration is required. Cost: \$5.00 if you do not bring a dish OR free if you do bring a dish.**

Stretch & Flex Thursdays, October 7, 14, 21 & 28, 10 - 10:30 a.m. Join Dot and stretch your way to greater strength and flexibility!

Yarn Art Group Thursdays, October 7, 14, 21 & 28, 10 a.m. - 12 p.m. Yarn art enthusiasts are welcome to meet in the Commons Area to work on their current projects.

Open Studio Art Thursdays, October 7, 14, 21 & 28, 12:30 - 3 p.m., Artists of all media types are welcome to meet in the Art Room for an opportunity to work on their current projects.

BINGO with Community Partners Thursday, October 7, Mondays, October 11, 18 & 25, 1 - 2:00 p.m. Join local community partners for a few games of BINGO and a chance to win prizes.

Balance Class Thursdays, October 7, 14, 21 & 28, 2:30 - 3:30 p.m. Join Barbara Hunt for some wonderful balance exercises!

Fall Tennessee Craft Fair Trip Friday, October 8, 10 a.m. Cost: \$15.00 We'll make our way downtown and enjoy exploring the 43rd Annual Fall Tennessee Craft Fair at Centennial Park! Closed toe shoes are recommended. **Registration is required. Limit is 8 members.**

Intro to Opera Tuesdays, October 12 & 26, 10 - 11 a.m. Join Conrad Jacobs and other music lovers as we learn about the wonderful world of opera!

Watercolor Art Class Mondays, October 11 & 25, 1-3 p.m. Watercolor in all its glory. Bring your creative side and unlock your passion for watercolor. Those interested in watercolor classes need to bring watercolor paper, 150 lb or thicker, their watercolor paints, a container for water, and brushes. **Cost: \$12**

Meet & Eat Happy Hour Wednesday, October 13, 4 p.m. at Cheddar's. Drive yourself and meet at Cheddar's Scratch Kitchen in Brentwood for some fun, food, and friends. **Registration is required.**

Senior Expo at the Martin Center Thursday, October 14, 10 a.m. - 1 p.m. Expo 4 Seniors provides Senior Citizens access to services and products through education, collaboration, advocacy, and accessibility in order to make Aging In Place and Lifestyle, Health & Wellness available.

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Book Group Tuesday, October 19, 10 - 11 a.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers at Book Group! This month's book is *The Girl You Left Behind* by Jojo Moyes.

Disaster Preparedness Wednesday, October 20, 1 p.m., Be Red Cross Ready is designed to help people understand, prepare for, and respond appropriately to disasters. Preparedness and safety information focusing on a step-by-step approach that is manageable and action-oriented. **Registration is required.**


Cheese Making Wednesday, October 20, 2 p.m., Join Gordon Taylor and learn the process behind making delicious cheese! Samples are included. **Registration is required.**

Crochet Group Thursday, October 21, 10 a.m. - 12 p.m. Have you ever wanted to learn how to crochet or just want to learn new patterns? Join Michelle, an experienced crochet teacher, and learn how to crochet! Supplies provided. **Registration is required. Cost is \$5.00**

Ascension Medicare Presentation Thursday, October 21, 11 a.m. Ascension Complete is a local Medicare Advantage plan with rich benefits to help members live healthier, happier lives. Hand in hand, with their partners at Ascension St. Thomas, they work to empower people to take charge of their health, focusing on the whole person – mind, body, spirit. They love helping, educating, simplifying Medicare – for their providers, their members, their communities.

Deloitte Tech Day Wednesday, October 27, 9 a.m. - 12 p.m. Do you have questions about your cell phone, tablet, or laptop? Come by the Martin Center and take part in the Deloitte Tech Day! They will be able to answer any question you have!

Cigna Medicare Booth Wednesday, October 27, 9:30 - 11:30 a.m., Come to the Martin Center and check out the informative Medicare booth! Be ready for some Halloween fun!

 **Armchair Travel Wednesday, October 27, 1 p.m.,** Get those passports ready! Come travel the world with your friends, all from the comfort of the Martin Center! Call the center if you would like to watch from home! This month we will travel to Transylvania!

Alcohol Ink Thursday, October 28, 1– 3 p.m. Sign up to participate in an ADVANCED Alcohol Ink class, led by Barbara Johnson. **The cost is \$35.00 and registration is required. This program will be held outside.**

Larry Keeton Dinner Theater Trip Thursday, October 28, 4:30 p.m., Cost: \$30.00 Join us for followed by a trip to The

Larry Keeton Theatre to see a wonderful production of *On Golden Pond*! **Limit is 8 Members. Registration is required and you must RSVP for this by Wednesday, October 15th and there will be no refunds after that date.**

Halloween Hoopla– All Day Event on Monday, October 25. Dress up and your name will be entered into a drawing for a \$25 F.A.N. Card! More exciting Halloween activities to come!