

# December 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 |
|-----|---|---|--|---|---|-----|
|     |   |   | <p><b>1</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Bridge<br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Melissa<br/> <b>12:30 p.m.</b> Bridge in the Afternoon<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong<br/> <b>1:30 p.m.</b> Showtime at Martin<br/> <b>4 p.m.</b> Wine Down Wednesday</p>                                 | <p><b>2</b> <u>Graceworks Drive</u><br/> <b>7 a.m.</b> Early Bird Walking Club<br/> <b>9:30 a.m.</b> Canasta<br/> <b>10 a.m.</b> Billiards<br/> <b>10 a.m.</b> Stretch &amp; Flex<br/> <b>10 a.m.</b> Take Charge of Your Diabetes—Virtual<br/> <b>10 a.m.</b> Yarn Art<br/> <b>12: 30 p.m.</b> Mahjong<br/> <b>12:30 p.m.</b> Open Art Studio<br/> <b>1 p.m.</b> Open Exercise<br/> <b>2:30 p.m.</b> Balance Class</p>   | <p><b>3</b> <u>Graceworks Drive</u><br/> <b>11:30 a.m.</b> Christmas Sweater Walk with Nashville State Community College<br/> <b>12 p.m.</b> WHO AM I?<br/> <br/> <b>No In-Center Programming</b></p> | 4   |
| 5   | <p><b>6</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Jenny<br/> <b>11:30 a.m.</b> Holiday Potluck Lunch*<br/> <b>12 p.m.</b> Performance by Adrian Greenway<br/> <b>12 p.m.</b> H&amp;F Canasta*<br/> <b>1 p.m.</b> BINGO<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong<br/> <b>1 p.m.</b> Watercolor Class<br/> <b>2:15 p.m.</b> Premier Travel Presentation*</p> | <p><b>7</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Exercise DVD<br/> <b>9:30 a.m.</b> Scrabble<br/> <b>10 a.m.</b> Billiards<br/> <b>12 p.m.</b> Game Day<br/> <b>1 p.m.</b> Cornhole &amp; Ladderball<br/> <b>1 p.m.</b> Line Dancing<br/> <b>1 p.m.</b> Open Exercise</p>   | <p><b>8</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Bridge<br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Melissa<br/> <b>10 a.m.</b> Intro to Opera<br/> <b>11 a.m.</b> Walk with a Doc<br/> <b>12:30 p.m.</b> Bridge in the Afternoon<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong</p>  | <p><b>9</b> <u>Graceworks Drive</u><br/> <b>7 a.m.</b> Early Bird Walking Club<br/> <b>9:30 a.m.</b> Canasta<br/> <b>10 a.m.</b> Billiards<br/> <b>10 a.m.</b> Stretch &amp; Flex<br/> <b>10 a.m.</b> Take Charge of Your Diabetes—Virtual<br/> <b>10 a.m.</b> WWII Memorabilia Display<br/> <b>10 a.m.</b> Yarn Art<br/> <b>12: 30 p.m.</b> Mahjong<br/> <b>12:30 p.m.</b> Open Art Studio<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> WWII Speaker<br/> <b>2:30 p.m.</b> Balance Class</p>  | <p><b>10</b> <u>Graceworks Drive</u><br/> <br/> <b>No In-Center Programming</b></p>   | 11  |
| 12  | <p><b>13</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Jenny<br/> <b>12 p.m.</b> H&amp;F Canasta*<br/> <b>1 p.m.</b> BINGO<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong<br/> <b>1 p.m.</b> Watercolor Class<br/> <b>2 p.m.</b> Armchair Travel</p>   | <p><b>14</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Exercise DVD<br/> <b>9 a.m.</b> Eddie K Holiday Musical Performance Trip*<br/> <b>9:30 a.m.</b> Scrabble<br/> <b>10 a.m.</b> Billiards<br/> <b>12 p.m.</b> Game Day<br/> <b>1 p.m.</b> Cornhole &amp; Ladderball<br/> <b>1 p.m.</b> Line Dancing<br/> <b>1 p.m.</b> Open Exercise</p> | <p><b>15</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Bridge<br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> All of Us Café<br/> <b>10 a.m.</b> Exercise w/ Melissa<br/> <b>10 a.m.</b> Intro to Opera<br/> <b>12:30 p.m.</b> Bridge in the Afternoon<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1:30 p.m.</b> Showtime at Martin<br/> <b>1 p.m.</b> Ping Pong</p> | <p><b>16</b> <u>Graceworks Drive</u><br/> <b>7 a.m.</b> Early Bird Walking Club<br/> <b>9:30 a.m.</b> Canasta<br/> <b>10 a.m.</b> Billiards<br/> <b>10 a.m.</b> Stretch &amp; Flex<br/> <b>10 a.m.</b> Take Charge of Your Diabetes—Virtual<br/> <b>10 a.m.</b> Yarn Art<br/> <b>12:30 p.m.</b> Open Art Studio<br/> <b>12: 30 p.m.</b> Mahjong<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Name that Tune: Holiday Edition<br/> <b>2 p.m.</b> Cookie Contest*<br/> <b>2:30 p.m.</b> Balance Class<br/> <b>6:15 p.m.</b> TRIP- Studio Tenn Live Radio Play*</p> | <p><b>17</b><br/> <b>12 p.m.</b> Meet &amp; Eat Lunch*<br/> <br/> <b>No In-Center Programming</b></p>   | 18  |
| 19  | <p><b>20</b> <u>Graceworks Drive</u><br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Jenny<br/> <b>12 p.m.</b> H&amp;F Canasta*<br/> <b>1 p.m.</b> BINGO<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong<br/> <b>1 p.m.</b> Watercolor Class</p>  | <p><b>21</b> <u>LAST DAY of the Graceworks Drive</u><br/> <b>9 a.m.</b> Exercise DVD<br/> <b>9:30 a.m.</b> Scrabble<br/> <b>10 a.m.</b> Billiards<br/> <b>10 a.m.</b> Book Group<br/> <b>12 p.m.</b> Game Day<br/> <b>1 p.m.</b> Cornhole &amp; Ladderball<br/> <b>1 p.m.</b> Line Dancing<br/> <b>1 p.m.</b> Open Exercise</p>               | <p><b>22</b><br/> <b>9 a.m.</b> Bridge<br/> <b>9 a.m.</b> Card Crusaders<br/> <b>10 a.m.</b> Exercise w/ Melissa<br/> <b>10 a.m.</b> Intro to Opera<br/> <b>12:30 p.m.</b> Bridge in the Afternoon<br/> <b>1 p.m.</b> Open Exercise<br/> <b>1 p.m.</b> Ping Pong</p>   | <p><b>23</b><br/> <b>7 a.m.</b> Early Bird Walking Club<br/> <b>9:30 a.m.</b> Canasta<br/> <b>10 a.m.</b> Billiards<br/> <b>10 a.m.</b> Stretch &amp; Flex<br/> <b>10 a.m.</b> Take Charge of Your Diabetes—Virtual<br/> <b>10 a.m.</b> Yarn Art<br/> <b>12: 30 p.m.</b> Mahjong<br/> <b>12:30 p.m.</b> Open Art Studio<br/> <b>1 p.m.</b> Open Exercise</p>  | <p><b>24</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>  | 25  |
| 26  | <p><b>27</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>  | <p><b>28</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>  | <p><b>29</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>   | <p><b>30</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>  | <p><b>31</b><br/> <br/> <b>FiftyForward Centers &amp; Offices Closed for the Holiday</b></p>  |     |

# FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**Card Crusaders Wednesdays, December 1, 8, 15, & 22 and Mondays, December 6, 13 & 20, 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.

**Bridge Wednesdays, December 1, 8, 15 & 22, 9 a.m. - 12 p.m.** Join your friends for a fun game or two of Bridge

**Exercise with Jenny & Melissa Wednesdays, December 1, 8, 15 & 22, and Mondays, December 6, 13 & 20, 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.

**Bridge in the Afternoon Wednesdays, December 1, 8, 15 & 22, 12:30 - 3:30 p.m.** Join your friends and learn how to play the wonderful game of Bridge.

**Open Exercise Every Weekday, 1-3:30 p.m.** Stop by the exercise room and work out at your own pace!

**Showtime at Martin Wednesdays, December 1 & 15, 1:30 - 3:30 p.m.** Join friends to relax, chat and watch a movie.

**Wine Down Wednesday Wednesday, December 1, 4 - 5 p.m.** Sip back and relax with friends! Bring your own hors d'oeuvres and wine.

**Early Bird Walking Club Thursdays, December 2, 9, 16 & 23, 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, December 2, 9, 16 & 23, 9:30 a.m. - 3 p.m.** Join your best game-playing friends for some fun with canasta.

**Billiards Group Thursdays, December 2, 9, 16 & 23 and Tuesdays, December 7, 14 & 21, 10 a.m. - 3 p.m.** Billiards room.

**Stretch & Flex Thursdays, December 2, 9, 16 & 23, 10 - 10:30 a.m.** Join Dot and stretch your way to greater strength and flexibility!



**Take Charge of Your Diabetes Thursdays, December 2, 9 & 16, 10 a.m. - 12 p.m.** Sessions designed to provide you with skills and tools to better self-manage life with diabetes. Open to adults of all ages with or without diabetes. Maybe you have a family history of diabetes and want to know how to prevent it. All are welcome.

**Yarn Art Group Thursdays, December 2, 9 & 16, 10 a.m. - 12 p.m.** Yarn art enthusiasts are welcome to meet in the Commons Area to work on their current projects.

**Mahjong Thursdays, December 2, 9, 16 & 23, 12:30 p.m.** Come enjoy the exciting tile game that requires skill, strategy, and a little bit of luck!

**Open Art Studio Thursdays, December 2, 9 & 16, 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.

**Balance Class Thursdays, December 2, 9 & 16, 2:30 - 3:30 p.m.** Join Barbara Hunt for some wonderful balance exercises!

**Christmas Sweater Walk with Nashville State Community College Friday, December 3, 11:30 a.m.** Come share a meal with students from Nashville State Community College. After lunch, they will have a Christmas Sweater Contest!

**Who am I? Friday, December 3, 12:00 p.m.** Herb Wallace will portray a holiday figure and describe this person/character's life. Members can try to guess who he is bringing to life! This game will take place during the Christmas Sweater Walk with the Nashville State Community College.

**Holiday Potluck Party Monday, December 6, 11:30 a.m.** Enjoy a delicious meal with friends at the Martin Center! There will be a special musical performance by Adrian Greenway. **Registration is required. Cost: \$5.00 if you do not bring a dish OR free if you do bring a dish.**

**Hand & Foot Canasta Mondays, December 6, 13 & 20, 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.**

**BINGO with Community Partners Mondays, December 6, 13 & 20, 1 - 2:00 p.m.** Join local community partners for a few games of BINGO and a chance to win prizes.

**Premier Travel Presentation Monday, December 6, 2:15 p.m.** FiftyForward has partnered with Premier World Discovery to provide some wonderful trip opportunities for our members! Refreshments will be provided. **Registration is required.**

**Ping Pong Mondays, December 6, 13 & 20 and Wednesdays, December 1, 8, 15 & 22, 1 - 3 p.m.** Have fun, laugh, and get healthy playing the exciting game of ping pong!

**Watercolor Art Class Mondays, December 6, 13 & 20, 1-3 p.m.** Watercolor in all its glory. Bring your creative side and unlock your passion for watercolor. **Cost: \$12 a class** Those interested in watercolor classes need to bring watercolor paper, 150 lb or thicker, their watercolor paints, a container for water, and brushes.

**Exercise DVD Tuesdays, December 7, 14 & 21, 9 - 10 a.m.** Join others for this video-guided exercise class developed by the National Institutes of Health to help improve mobility.

**Scrabble Tuesdays, December 7, 14 & 21, 9:30 a.m. - 12 p.m.** Join friends for a hardy game of scrabble.

**Game Day Tuesdays, December 7, 14 & 21, 12 - 3 p.m.** Join your friends for a fun game of your choice.

**Cornhole & Ladderball Tuesdays, December 7, 14 & 21, 1 - 3:00 p.m.** Join your friends for a few rounds of cornhole and ladderball!

**Line Dancing Tuesdays, December 7, 14 & 21, 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.

**Intro to Opera Wednesdays, December 8 & 22 10 - 11 a.m.** Join Conrad Jacobs and other music lovers as we learn about the wonderful world of opera!

**Walk with a Doc Wednesday, December 8, 11 a.m.** Drive yourself and meet with a doctor and enjoy a walk through Centennial Park. Bring your health related questions along for the stroll.

# FiftyForward Martin Center PROGRAM INFORMATION



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**WWII Memorabilia Display Thursday, December 9, 10 a.m. - 3 p.m.** Pete Johnson will display his amazing WWII memorabilia collection at the Martin Center!

**WWII Memorabilia Speaker Thursday, December 9, 1 p.m.** Pete Johnson will share incredible stories about some of his collection!



**Armchair Travel Monday, December 13, 2 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 all over Europe to experience their holiday traditions.

**Eddie K Holiday Musical Performance Trip Tuesday, December 14, 9 a.m.** Let's hop on the bus and head to the FiftyForward Madison Station center and enjoy a special holiday performance by Eddie K! There will also be a hot coco bar! **Registration is required. Limit is 13 members. Cost: \$5.00**

**All of Us Café Wednesday, December 15, 10 a.m. - 12 p.m.** Come learn about the wonderful program, *All of Us*. Treats will be provided.

**Name That Tune: Holiday Edition Thursday, December 16, 1 p.m.** How well do you know your carols? Norman from Humana will be here to test your knowledge of holiday music!

**Cookie Contest Thursday, December 16, 2 p.m.** Calling all bakers! It's time to find out who has the best Christmas Cookie recipe. Bring a batch of your best cookies and enter the contest. The winner will be determined by a celebrity judge and receive a prize! **Registration required.**

**Studio Tenn It's a Wonderful Life: A Live Radio Play Thursday, December 16, 6:15 p.m.** This beloved American holiday classic comes to captivating life before your eyes as a live 1940s radio broadcast. With the help of an ensemble of 5 actors that bring a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. **Registration is required. Registration closes on November 30th. Limit is 13 members. Cost: \$40.00**

**PROOF OF A NEVATIVE COVID-19 TEST OR A COVID-19 VACCINATION CARD IS REQUIRED TO ATTEND THIS EVENT.**

**Meet & Eat Lunch Friday, December 17, 12 p.m.** at Party Fowl. Drive yourself and meet at Party Fowl in Cool Springs for some fun, food, and friends. **Registration is required.**

**Book Group Tuesday, December 21, 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 *Skipping Christmas* by John Grisham.

Graceworks Drive- FiftyForward's Martin Center will be partnering with GraceWorks Ministries through the month of December to collect critically needed food and toiletry items. Graceworks is a nonprofit that strives to provide food, clothing, household items, and support services for individuals and families experiencing food and housing insecurity. Join us in helping to stock their food pantry and providing special gifts. From December 1-21 the Martin Center will have collection boxes available for you to drop off non-perishable food, toiletry, and baby items. If you would rather supply gifts from the Amazon wish list, follow this link [https://www.amazon.com/hz/wishlist/ls/K9N67GF02TVH?ref=wl\\_share](https://www.amazon.com/hz/wishlist/ls/K9N67GF02TVH?ref=wl_share) . You simply click, pay, and have the gift delivered to GraceWorks Ministries. A list of needed food pantry items will be available at the Martin Center desk.

Please email Jen Jackson at [jjackson@fiftyforward.org](mailto:jjackson@fiftyforward.org) with any questions.