

January 2022 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.

Su	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 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	4 9 a.m. Exercise DVD 9:30 a.m. Scrabble 10 a.m. Billiards 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	5 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Melissa 10:15 a.m. The Elegance of Royal Fashion Day Trip* 12:30 p.m. Bridge in the P.M. 1 p.m. Open Exercise 1 p.m. Ping Pong 1:30 p.m. Showtime at Martin	6 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. Mahjong 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. Balance Class	7 No In-Center Programming	8
9	10 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 2 p.m. Armchair Travel	11 9 a.m. Exercise DVD 9:30 a.m. Scrabble 10 a.m. Billiards 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	12 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 11 a.m. Intro to Opera 11 a.m. Walk with a Doc 12:30 p.m. Historical Movie Matinee pt. 1 12:30 p.m. Bridge in the P.M. 1 p.m. Open Exercise 1 p.m. Ping Pong	13 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. Mahjong 12:30 p.m. Open Art Studio 1 p.m. Disaster Preparedness* 1 p.m. Open Exercise 2:30 p.m. Balance Class	14 No In-Center Programming	15
16	17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday	18 9 a.m. Exercise DVD 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Book Group 10:30 a.m. Tasty Tuesday & Music for Seniors Day Trip* 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	19 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. All of Us café 10 a.m. Exercise w/ Melissa 10 a.m. Historical Movie Matinee pt. 2 12:30 p.m. Bridge in the P.M. 1 p.m. Open Exercise 1 p.m. Ping Pong 1:30 p.m. Showtime at Martin	20 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. Mahjong 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. Balance Class	21 12 p.m. Meet & Eat* No In-Center Programming	22
23	24 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. Volunteer Fair & Super BINGO 1 p.m. Open Exercise 1 p.m. Ping Pong 1 p.m. Watercolor Class	25 9 a.m. Exercise DVD 9:30 a.m. Scrabble 10 a.m. Billiards 12 p.m. Game Day 1 p.m. Cornhole & Ladderball 1 p.m. Line Dancing 1 p.m. Open Exercise	26 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 11 a.m. Intro to Opera 12:30 p.m. Bridge in the P.M. 1 p.m. Iris Paper Folding Workshop* 1 p.m. Historical Book Club 1 p.m. Open Exercise 1 p.m. Ping Pong	27 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. Mahjong 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. Balance Class	28 No In-Center Programming	29
30	31 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					

FiftyForward Martin Center PROGRAM INFORMATION



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Card Crusaders Mondays, January 3, 10, 24 & 31, and Wednesdays, January 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. Currently taking names for a waitlist.

Exercise with Jenny & Melissa Mondays, January 3, 10, 24 & 31, and Wednesdays, January 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. \$5 per person if you do not have the insurance benefit.

Hand & Foot Canasta Mondays, January 3, 10, 24 & 31, 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, January 3, 10, 24 & 31, 1 - 2:00 p.m. Join local community partners for a few games of BINGO and a chance to win prizes.

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

Ping Pong Mondays, January 3, 10, 24 & 31 and Wednesdays, January 5, 12, 19 & 26, 1 - 3 p.m. Have fun, laugh, and get healthy playing the exciting game of ping pong!

Watercolor Art Class Mondays, January 3, 10, 24 & 31, 1-3 p.m. Watercolor in all its glory. Bring your creative side and unlock your passion for watercolor. **Cost: \$15 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, January 4, 11, 18 & 25, 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, January 4, 11, 18 & 25, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Game Day Tuesdays, January 4, 11, 18 & 25, 12 - 3 p.m. Join your friends for a fun game of your choice.

Cornhole & Ladderball Tuesdays, January 4, 11, 18 & 25, 1 - 3 p.m. Join your friends for a few rounds of cornhole and ladderball!

Line Dancing Tuesdays, January 4, 11, 18 & 25, 1 - 2 p.m. 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, January 5, 12, 19 & 26, 9 a.m. - 12 p.m. Join your friends for a fun game or two of Bridge.

Mexican Train Dominoes Wednesday, January 5, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

The Elegance of Royal Fashion Day Trip Wednesday, January 5, 10:15 a.m. This show-stopping exhibition will feature Diana, Princess of Wales' evening gowns, as well as her replicated wedding gown, with its phenomenal 25-foot train, will be on view. Other artifacts to be showcased: lady-in-waiting gowns, a gown worn by Wallis Simpson, the late Duchess of Windsor; a replica of the gown American socialite Jacqueline Bouvier wore to marry political scion Jack Kennedy, along with the gown Kerr created for the advertising campaign of Estée Lauder's *BEAUTIFUL* perfume, and a trove of royal ephemera and rare laces. **Registration is required. The limit is 13 members. Cost: \$25.00**

Bridge in the Afternoon Wednesdays, January 5, 12, 19 & 26, 12:30 - 3:30 p.m. Join your friends and learn how to play the wonderful game of Bridge.

Showtime at Martin Wednesdays, January 5 & 19, 1:30 - 3:30 p.m. Join friends to relax, chat and watch a movie. We will watch "Selma" on January 19.

Early Bird Walking Club Thursdays, January 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.

Canasta Thursdays, January 6, 13, 20 & 27, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

Billiards Group Tuesdays, January 4, 11, 18 & 25, and Thursdays, January 6, 13, 20 & 27, 10 a.m. - 3 p.m. Billiards room.


Stretch & Flex Thursdays, January 6, 13, 20 & 27, 10 - 10:30 a.m. Join Dot and stretch your way to greater strength and flexibility!

Yarn Art Group Thursdays, January 6, 13, 20 & 27, 10 a.m. - 12 p.m. Yarn art enthusiasts are welcome to meet in the Common Area to work on their current projects.

Mahjong Thursdays, January 6, 13, 20 & 27, 12:30 p.m. Come enjoy the exciting tile game that requires skill, strategy, and a little bit of luck!

Open Art Studio Thursdays, January 6, 13, 20 & 27, 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, January 6, 13, 20 & 27, 2:30 - 3:30 p.m. Join Barbara Hunt for some wonderful balance exercises!

 **Armchair Travel Monday, January 10, 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 to the Caribbean!

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

Walk with a Doc and All of Us Research Program Wednesday, January 12, 11 a.m. Drive yourself to meet with a doctor and enjoy a walk through Centennial Park. Bring your health related questions along for the stroll.

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Historical Movie Matinee Wednesday, January 12, 12:30 p.m. & January 19, 10 a.m. Come enjoy the 1993 epic war film about the Battle of Gettysburg. This film was adapted from the historical novel *Killer Angles* by Michael Shaara. **Due to the length of the movie it will be shown in two parts.**

Disaster Preparedness Thursday January 13, 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.**

Book Group Tuesday, January 18, 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 *Plainsong* by Kent Haruf.

Tasty Tuesday Day Trip Tuesday, January 18, 10:30 a.m. Let's head to Madison Station and enjoy a tasty to-go lunch sponsored by Creekside and entertainment from Monti Amundson. His performance will feature Rock & Roll from the 50s and 60s, as well as a few Blues and Soul tunes. Lunch includes a baked potato bar with cheese, butter, sour cream, and meat (pork or turkey), and banana pudding. **Please note the entertainment will be first and then we will be taking our lunches to-go. Registration is required. Sign up by January 14th. The limit is 13 members. Cost: \$15.00**

All of Us Café Wednesday, January 19, 10 a.m. - 12 p.m. Come learn about the wonderful program, *All of Us*. To-go treats will be provided.

Meet & Eat Lunch Friday, January 21, 12 p.m. at Cinco De Mayo Mexican Restaurant. Drive yourself and meet at Cinco De Mayo Mexican Restaurant in Brentwood for some fun, food, and friends. **Registration is required.**

Volunteer Fair & SUPER BINGO Monday, January 24, 1 - 3 p.m. Ring in the new year with a wonderful resolution, volunteering! Are you interested in volunteering with FiftyForward? Come check out all the exciting volunteer opportunities available to members! SUPER BINGO will begin at 2 p.m.

Iris Paper Folding Workshop January 26, 1 p.m. Under the guidance of a Card Crusader, you will learn the delicate art of Iris Paper Folding and make your own card. This workshop is only for members that are interested in becoming a Card Crusaders. **Registration is required. The limit is 10 participants.**

History Book Club Wednesday, January 26, 1 p.m. ATTENTION HISTORY LOVERS! Would you like to read historical books and then meet with other history lovers to discuss them? This is the group for you! This month we will discuss *Killer Angles* by Michael Shaara.