

July 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.

S	Mon	Tue	Wed	Thu	Fri	S
					1 10 a.m. Rummikub 10:30 a.m. Open Art Studio 1 p.m. Open Exercise 1:30 p.m. Showtime at Martin	2
3	4 FiftyForward Centers & Offices Closed for 4th of July	5 9:30 a.m. Scrabble 10 a.m. Art Class* 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beginner Line Dancing 12 p.m. Game Day 1 p.m. Line Dancing 1 p.m. Open Exercise 2 p.m. The Great Tours: England, Scotland, & Wales DVD	6 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Jenny 11 a.m. Intro to Opera 12:30 p.m. Afternoon Bridge 1 p.m. Open Exercise 1 p.m. Virtual See America Tour Trip Presentation 1:30 p.m. Historical Movie Matinee 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. Yarn Art 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. SAIL Fitness	8 6:45 a.m. Birdwatching Day Trip* 10 a.m. Rummikub 10 a.m. Squeeze the Day Listening Party 10:30 a.m. Open Art Studio 1 p.m. Open Exercise	9
10	11 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 10 a.m. Bluebird Café Virtual Senior Show 11:30 a.m. Potluck Lunch* 12 p.m. H&F Canasta* 1 p.m. BINGO 1 p.m. Open Exercise 2:15 p.m. Dementia Care Education 2:30 p.m. SAIL Fitness	12 9:30 a.m. Scrabble 10 a.m. Art Class* 10 a.m. Billiards 10 a.m. The Mint Gaming Hall Day Trip* 10 a.m. Yoga with Melissa 12 p.m. Beginner Line Dancing 12 p.m. Game Day 1 p.m. Line Dancing 1 p.m. Open Exercise 2 p.m. The Great Tours: England, Scotland, & Wales DVD	13 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. Remembering and Returning to the Moon 1 p.m. Open Exercise	14 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. SAIL Fitness	15 10 a.m. 19th Century Movie Club 10 a.m. Rummikub 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat at 55 South* 1 p.m. Open Exercise 1:30 p.m. Showtime at Martin	16
17	18 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 10 a.m. Red Cross Blood Drive 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. Open Exercise 2 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	19 9:30 a.m. Scrabble 10 a.m. Art Class* 10 a.m. Billiards 10 a.m. Yoga with Melissa 11 a.m. Book Group 11 a.m. Medicare 101 12 p.m. Beginner Line Dancing 12 p.m. Game Day 1 p.m. Line Dancing 1 p.m. Open Exercise 2 p.m. The Great Tours: England, Scotland, & Wales DVD 2 p.m. Ice Cream Social / New Member Welcome*	20 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 10:30 a.m. Arts & Crafts Shopping Trip* 11 a.m. Intro to Opera 12:30 p.m. Afternoon Bridge 1 p.m. Open Exercise 2 p.m. Historical Book Club	21 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Yarn Art 10:30 a.m. Miniature Horse Visit 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. SAIL Fitness	22 FiftyForward Centers & Offices Closed for Staff Retreat	23
24	25 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:45 a.m. Advisory Council Meeting 12 p.m. H&F Canasta* 1 p.m. BINGO 1 p.m. Open Exercise 2:30 p.m. SAIL Fitness 4 p.m. Charcuterie Class*	26 9:30 a.m. Scrabble 10 a.m. Art Class* 10 a.m. Billiards 10 a.m. Yoga with Melissa 11 a.m. Protecting Yourself from Becoming a Victim of Tax Fraud 12 p.m. Beginner Line Dancing 12 p.m. Game Day 1 p.m. Line Dancing 1 p.m. Open Exercise 2 p.m. The Great Tours: England, Scotland, & Wales DVD	27 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. Open Exercise 1 p.m. Wildflowers of TN with the State Naturalist	28 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Brunch at the Nashville Jam Co.* 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 1 p.m. Open Exercise 2:30 p.m. SAIL Fitness	29 10 a.m. Rummikub 10:30 a.m. Open Art Studio 11 a.m. 19th Century Book Club 1 p.m. Open Exercise	30
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FiftyForward Martin Center PROGRAM INFORMATION



Program also offered virtually



Denotes member-led program

Rummikub Fridays, July 1, 8, 15 & 29, 10 a.m. Come enjoy a tile-based game that combines elements of Mahjong and Rummy!

Open Art Studio Fridays, July 1, 8, 15 & 29, 10:30 a.m. - 1 p.m. and Thursdays, July 7, 14, 21 & 28, 12:30 - 3 p.m. Artists of all media types (except oils) are welcome to meet in the Art Room for an opportunity to work on their current projects.

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

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

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

Art Class Tuesdays, July 5, 12, 19 & 26, 10 a.m. - 12 p.m. Bring your creative side and unlock your passion for art. **Registration is required. Supplies provided. Cost: \$10.00**

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

Yoga with Melissa Tuesday July 5, 12, 19 & 26, 10 - 10:45 a.m. Chair Yoga for all! Join Melissa as she teaches Silver Sneakers Yoga. Yoga combines breathing exercises, meditation, and poses that are proven to benefit mental and physical health. \$5 per person if you do not have the insurance benefit.


Beginner Line Dancing Tuesday, July 5, 12, 19 & 26, 12 - 1 p.m. Would you like to line dance but don't know where to start? Join Helen Settles as she teaches us the foundations of line dancing.

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

Line Dancing Tuesdays, July 5, 12, 19 & 26, 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. This class is for more experienced line dancers.


The Great Tours: England, Scotland, and Wales DVD Tuesdays, July 5, 12, 19 & 26, 2 p.m. Whether you are searching for the past or want to better understand the world as it is today, travel—even virtually, from the comfort of home—offers a unique opportunity to see the world in new ways. . No matter what experience you are hoping to find, a tour of England, Scotland, and Wales rewards visitors with an astonishing array of historical, cultural, and scenic pleasures and reveals the heritage of a region that has influenced the world immeasurably.

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

 **Card Crusaders Wednesdays, July 6, 13, 20 & 27 and Mondays, July 11, 18 & 25, 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 Wednesdays, July 6, 13, 20 & 27 and Mondays, July 11, 18 & 25, 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.

 **Virtual See America Tour Trip Presentation Wednesday, July 6, 1 p.m.** Please join us this month to learn more about the 2022 trips to Hawaii, New England, Christmas in NYC and a 2023 Preview ! Hear all the details and ask any questions that you might have. They will also be available to take payments on any of their 2022 trips. **Call the center if you would like to watch from home.**

Mexican Train Dominoes Wednesday, July 6, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Intro to Opera Wednesdays, July 6 & 20 11 a.m. - 12 p.m. Join Conrad Jacobs and other music lovers as we learn about the wonderful world of opera!

Afternoon Bridge Wednesdays, July 6, 13, 20 & 27, 12:30 - 3:30 p.m. Join your friends and learn how to play the wonderful game of Bridge.

Historical Movie Matinee Wednesday, July 6, 1:30 p.m. Join us as we watch *Hamilton*, the Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B, and Broadway styles, filmed from the Richard Rogers Theater in New York.

Wine Down Wednesday Wednesday, July 6, 4 - 5:15 p.m. Sip back and relax with friends! Bring your own hors d'oeuvres and wine.

Early Bird Walking Club Thursdays, July 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, July 7, 14, 21 & 28, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

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

SAIL Fitness Thursdays, July 7, 14, 21 & 28 and Mondays, July 11, 18 & 25, 2:30 - 3:30 p.m. Stay Active and Independent for Life (SAIL) is a 12-week evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

Birdwatching Day Trip Friday, July 8, 6:45 a.m. Discover the amazing variety of birds that dwell in our parks! Ranger Bowling will lead a guided birdwatching walk through a beautiful park. **Registration is required. Space is limited to 12 members. Cost: \$5.00**

Squeeze the Day Listening Party Friday, July 8, 10 a.m. Did you know that FiftyForward has a podcast called Squeeze the Day? Come listen to the stories of older adults living their best life now.

 **Bluebird Café Virtual Senior Show Monday, July 11, 10 a.m.** Join us as we stream the Bluebird Café's monthly senior show featuring a live performance. Watch in the center or call for the link to watch at home.

FiftyForward Martin Center PROGRAM INFORMATION



Program also offered virtually

Potluck Lunch Monday, July 11, 11:30 a.m. Come enjoy a delicious meal with friends at the Martin Center! Special entertainment has been arranged to celebrate the founding of our country! **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, July 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.**

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

Dementia Care Education Monday, July 11, 2:15 p.m. Every day many people experience a foggy brain, a sluggish brain and poor short-term memory on a regular basis. The immediate concern is whether the symptoms they are experiencing are a result of early Alzheimer's and dementia, or by their medicine. Join us as we discuss medication and your memory and how to get answers to your questions regarding your foggy short-term memory.

The Mint Gaming Hall Day Trip Tuesday, July 12, 10 a.m. Test your luck at The Mint Gaming Hall, home to over 1,000 games, a center bar, a corner café, a frozen drinks oasis bar, entertainment and more! **Registration is required. Space is limited to 23 members. Cost: \$15.00**

Remembering & Returning to the Moon: Apollo to Artemis Wednesday, July 13, 1 p.m. Join us for an exciting and educational presentation by a NASA Solar System Ambassador! Lonnie will talk about rockets that have helped us learn more about our Solar System.

19th Century Movie Club Friday, July 15, 10 a.m. Read the book and watch the movie! Join us for a special showing of the 1940 film *Pride and Prejudice*.

Meet & Eat Lunch Friday, July 15, 11:30 a.m. Drive yourself and meet at 55 South in Brentwood for some fun, food, and friends. **Registration is required.**

Red Cross Blood Drive Monday, July 18, 10 a.m. - 5 p.m. Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

Monthly Birthday Party Monday, July 18, 12:15 p.m. Join us on the third Monday of the month to celebrate July birthdays! **Registration is required.**

Armchair Travel Monday, July 18, 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 visit Norway!

Book Group Tuesday, June 19, 11 a.m. - 12 p.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers at Book Group! Please call the center for this month's book selection.



Denotes member-led program

Medicare 101 Tuesday, July 19, 11 a.m. Do you have questions about Medicare? Liz Lewis from Ascension Complete will be here to explain Medicare and answer your questions!

Ice Cream Social/ New Member Welcome Tuesday, July 19, 2 p.m. Escape the heat and meet new FiftyForward members! **Registration is required.**

Arts & Crafts Shopping Trip Wednesday, July 20, 10:30 a.m. Enjoy a wonderful day shopping at SMART Art + Craft Supplies, lunch at Paula Deen's Family Kitchen, and a visit to Turnip Greens Creative Reuse! **Registration is required. Space is limited to 12 members. Cost: \$10.00**

Historical Book Club Wednesday, July 20, 2 p.m. ATTENTION HISTORY LOVERS! Would you like to read historical books and meet with other history lovers to discuss them? This is the group for you! The book selection for this month is *Company Aytch* by Samuel Watkins.

Miniature Horse Visit Thursday, July 21, 10:30 a.m. Two pony therapists, Spirit and Sonic, will be at the Martin Center! Come interact with the ponies, whether that means petting them or just spending time absorbing their wonderful energy. The joy that they bring to the people they meet is tremendous!

Advisory Council Meeting Monday, July 25, 11:15 a.m. - 12:15 p.m. The advisory board is a volunteer group formed to give advice and support to the Martin Center Staff.

Charcuterie Class Monday, July 25, 4 p.m. Join us for a charcuterie class, taught by Table for 2. Learn how to create beautiful and delicious boards, perfect for entertaining in style! **Registration is required. Sign ups end on July 12. This program is non-refundable. Cost: \$55.00**

Protecting Yourself from Becoming a Victim of Tax Fraud and More Tuesday, July 26, 11 a.m. Join us as Terri Knuckles, a local IRS Taxpayer Advocate, shares tips for safeguarding your information, scams you should be aware of, and how to get help from the Taxpayer Advocate Service.

Wildflowers of TN with the State Naturalist Wednesday, July 27, 1 p.m. Wildflowers are nature's colorful decorations. Join Randy for a picture and folklore program about the wildflowers that decorate the forests and fields of Tennessee. Plants from the entire growing season will be featured. Stories, pictures, and interesting trivia will make up this experience. In fact, this program has been used to demonstrate how storytelling can be used in educational programs. So join us and learn some flowers and hear some fun stories.

Brunch at the Nashville Jam Co. Day Trip Thursday, July 28, 10 a.m. A delicious place to grab breakfast/brunch in Nashville. **Registration is required. Space is limited to 12 member. Cost: \$10.00**

19th Century Book Club Friday, July 29, 11 a.m. 19th century literature is some of the most celebrated literary works of all time. Come find out why! This month we will read *Pride and Prejudice* by Jane Austin.