

## August 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.

| Sun | Mon  | Tue  | Wed  | Thu   | Fri   | Sat  |
|-----|--|--|--|---|---|--|
|     | <p>1</p> <p>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>11:30 a.m. Potluck Lunch*<br/>12 p.m. H&amp;F Canasta*<br/>1 p.m. BINGO<br/>2:15 p.m. Dementia Care Education<br/>2:30 p.m. SAIL Fitness</p>                           | <p>2</p> <p>9:30 a.m. Scrabble<br/>10 a.m. Billiards<br/>10 a.m. Yoga with Melissa<br/>12 p.m. Beginner Line Dancing<br/>1 p.m. Line Dancing<br/>2 p.m. The Aging Brain DVD</p>  | <p>3</p> <p>9 a.m. Bridge<br/>9 a.m. Card Crusaders<br/>9:30 a.m. Mexican Train Dominoes<br/>10 a.m. Exercise w/ Jenny<br/>12 p.m. Vanderbilt Safety Series<br/>12:30 p.m. Afternoon Bridge<br/>1 p.m. Virtual See America Tour Trip Presentation<br/>1:30 p.m. Musical Movie Matinee<br/>4 p.m. Wine Down Wednesday</p> | <p>4</p> <p>7 a.m. Early Bird Walking Club<br/>9 a.m. Jack Daniel's Distillery Day Trip*<br/>9:30 a.m. Canasta<br/>10 a.m. Billiards<br/>10 a.m. Yarn Art<br/>12:30 p.m. Open Art Studio<br/>2:30 p.m. SAIL Fitness</p>   | <p>5</p> <p>10:30 a.m. Open Art Studio<br/>1:30 p.m. Showtime at Martin</p>   | <p>6</p> <p>5 p.m. Summer Tribute Series: Motor City Magic Day Trip*</p> |
| 7   | <p>8</p> <p>7:30 a.m. Bluebird Café Day Trip*<br/>9 a.m. Card Crusaders<br/>10 a.m. Bluebird Café Virtual Senior Show<br/>10 a.m. Exercise w/ Jenny<br/>12 p.m. H&amp;F Canasta*<br/>2 p.m. Armchair Travel<br/>2:30 p.m. SAIL Fitness</p> | <p>9</p> <p>9:30 a.m. Scrabble<br/>10 a.m. Billiards<br/>10 a.m. Yoga with Melissa<br/>12 p.m. Beginner Line Dancing<br/>1 p.m. Line Dancing<br/>2 p.m. The Aging Brain DVD</p>  | <p>10</p> <p>9 a.m. Bridge<br/>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>12:30 p.m. Afternoon Bridge</p>   | <p>11</p> <p>7 a.m. Early Bird Walking Club<br/>9:30 a.m. Canasta<br/>10 a.m. Billiards<br/>10 a.m. Stretch and Flex<br/>10 a.m. Yarn Art<br/>12:30 p.m. Open Art Studio<br/>1 p.m. See America Tours &amp; Premier World Discovery 2023 Travel Presentation<br/>2:30 p.m. SAIL Fitness</p> | <p>12</p> <p>11 a.m. Van Gogh Exhibit Nashville Day Trip*<br/>10:30 a.m. Open Art Studio<br/>1 p.m. 19th Century Movie Club</p>             | 13   |
| 14  | <p>15</p> <p>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>12 p.m. H&amp;F Canasta*<br/>12:15 p.m. Monthly Birthday Party*<br/>1 p.m. BINGO<br/>2:30 p.m. SAIL Fitness</p>   | <p>16</p> <p>9:30 a.m. Scrabble<br/>10 a.m. Art Class*<br/>10 a.m. Billiards<br/>10 a.m. Book Group<br/>10 a.m. Yoga with Melissa<br/>12 p.m. Beginner Line Dancing<br/>1 p.m. Line Dancing<br/>2 p.m. The Aging Brain DVD<br/>3:30 p.m. Riverview Restaurant and Marina Day Trip*</p> | <p>17</p> <p>9 a.m. Bridge<br/>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>12:30 p.m. Afternoon Bridge<br/>2 p.m. Historical Book Club</p>   | <p>18</p> <p>7 a.m. Early Bird Walking Club<br/>9:30 a.m. Canasta<br/>10 a.m. Billiards<br/>10 a.m. Music for Seniors Performance<br/>10 a.m. Stretch and Flex<br/>10 a.m. Yarn Art<br/>12:30 p.m. Open Art Studio<br/>2:30 p.m. SAIL Fitness</p>   | <p>19</p> <p>10:30 a.m. Open Art Studio<br/>11 a.m. Meet &amp; Eat at Granite City Food &amp; Brewery*<br/>1:30 p.m. Showtime at Martin</p> | 20   |
| 21  | <p>22</p> <p>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>12 p.m. H&amp;F Canasta*<br/>2:30 p.m. SAIL Fitness</p>   | <p>23</p> <p>9:30 a.m. Scrabble<br/>10 a.m. Art Class*<br/>10 a.m. Billiards<br/>10 a.m. Yoga with Melissa<br/>11 a.m. Medicare 101<br/>12 p.m. Beginner Line Dancing<br/>1 p.m. Line Dancing<br/>2 p.m. The Aging Brain DVD</p>   | <p>24</p> <p>9 a.m. Bridge<br/>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>11 a.m. Intro to Opera<br/>12:30 p.m. Afternoon Bridge<br/>1 p.m. All of Us Movie Matinee</p>   | <p>25</p> <p>7 a.m. Early Bird Walking Club<br/>9:30 a.m. Canasta<br/>10 a.m. Billiards<br/>10 a.m. Stretch and Flex<br/>10 a.m. Set Sail for Disaster Murder Mystery Party*<br/>10 a.m. Yarn Art<br/>12:30 p.m. Open Art Studio<br/>2:30 p.m. SAIL Fitness</p>                             | <p>26</p> <p>9:15 a.m. Frist Art Museum Day Trip*<br/>10:30 a.m. Open Art Studio<br/>11 a.m. 19th Century Book Club</p>                     | 27   |
| 28  | <p>29</p> <p>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>11:15 a.m. Advisory Council Meeting<br/>12 p.m. H&amp;F Canasta*<br/>2:30 p.m. SAIL Fitness</p>   | <p>30</p> <p>9:30 a.m. Scrabble<br/>10 a.m. Art Class*<br/>10 a.m. Billiards<br/>10 a.m. Yoga with Melissa<br/>12 p.m. Beginner Line Dancing<br/>1 p.m. Line Dancing<br/>2 p.m. The Aging Brain DVD</p>  | <p>31</p> <p>9 a.m. Bridge<br/>9 a.m. Card Crusaders<br/>10 a.m. Exercise w/ Jenny<br/>12:30 p.m. Afternoon Bridge</p>   |   |   |  |

# FiftyForward Martin Center PROGRAM INFORMATION



Program also offered virtually



**Card Crusaders Mondays, August 1, 8, 15, 22 & 29 & Wednesdays, August 3, 10, 17, 24 & 31, 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 Mondays, August 1, 8, 15, 22 & 29 & Wednesdays, August 3, 10, 17, 24 & 31, 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.

**Potluck Lunch Monday, August 1, 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, August 1, 8, 15, 22 & 29, 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, August 1 & 15, 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, August 1, 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.

**SAIL Fitness Mondays, August 1, 8, 15, 22 & 29 & Thursdays, August 4, 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.

**Scrabble Tuesdays, August 2, 9, 16, 23 & 30, 9:30 a.m. - 12 p.m.** Join friends for a hardy game of scrabble.

**Art Class Tuesdays, August 16, 23 & 30, 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, August 2, 9, 16, 23 & 30, and Thursdays, August 4, 11, 18 & 25, 10 a.m. - 12 p.m.** Billiards room.

**Yoga with Melissa Tuesday August 2, 9, 16, 23 & 30, 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, August 2, 9, 16, 23 & 30, 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.



Denotes member-led program



**Line Dancing Tuesdays, August 2, 9, 16, 23 & 30, 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 Aging Brain DVD Tuesdays, August 2, 9, 16, 23 & 30, 2 p.m.** Growing older may be inevitable, but mental decline is not. Find out what science has to say about how your brain changes over time.

**Bridge Wednesdays, August 3, 10, 17, 24 & 31, 9 a.m. - 12 p.m.** Join your friends for a fun game or two of Bridge.

**Mexican Train Dominoes Wednesday, August 3, 9:30 a.m.** Have fun playing the wonderful game of Mexican Train Dominoes!

**Vanderbilt Safety Series Wednesday, August 3, 12 p.m.** Katherine from the Vanderbilt Trauma Unit will do a monthly presentation about safety. This is sure to be full of valuable information!

**Afternoon Bridge Wednesdays, August 3, 10, 17, 24 & 31, 12:30 - 3:30 p.m.** Join your friends and learn how to play the wonderful game of Bridge.



**Virtual See America Tour Trip Presentation Wednesday, August 3, 1 p.m.** Please join us this month to learn more about the 2022 trips to New England, Christmas in NYC, Ireland 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.**

**Musical Movie Matinee Wednesday, August 3, 1:30 p.m.** Join us as we watch *Jersey Boys*, a movie about four scrappy young men from New Jersey -- Frankie Valli, Bob Gaudio, Nick Massi and Tommy DeVito have the magic sound that propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.

**Wine Down Wednesday Wednesday, August 3, 4 - 5:15 p.m.** Sip back and relax with friends! Bring your own hors d'oeuvres and wine.

**Early Bird Walking Club Thursdays, August 4, 11, 18 & 25, 7 - 8 a.m.** Join other early risers to get some steps in with friends while walking around the loop at Tower Park.

**Jack Daniel's Distillery Day Trip Thursday, August 4, 9 a.m.** Enjoy a special flight in the Jack Daniel's Hollow. Let one of their seasoned storytellers guide you through Mr. Jack's distillery and old-time Tennessee whiskey-making process. Then, finish your trip with a memorable stop at our historic Barrel House 1-14. Here, you'll linger over and sip five of our most popular whiskeys and liqueurs. After this wonderful tour you will enjoy a delicious lunch at Miss Mary Bobo's Restaurant. **Registration is required. Space is limited to 23 members. Cost: \$45.00 + lunch**

**Canasta Thursdays, August 4, 11, 18 & 25, 9:30 a.m. - 3 p.m.** Join your best game-playing friends for some fun with canasta.

**Yarn Art Group Thursdays, August 4, 11, 18 & 25, 10 a.m. - 12 p.m.** Yarn art enthusiasts are welcome to meet in the Common Area to work on their current projects.

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**Open Art Studio Thursdays, August 4, 11, 18 & 25, 12:30 - 3 p.m. and Fridays, August 5, 12, 19 & 26, 10:30 a.m. - 1 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.

**Showtime at Martin Friday, August 5 & 19, 1:30 - 3:30 p.m.** Join friends to relax, chat and watch a movie.

**Summer Tribute Series: Motor City Magic Day Trip Saturday, August 6, 5 p.m.** Enjoy a delicious meal at Pueblo Real Mexican! Motor City Magic pays tribute to the record label that transformed American pop music: Motown. Three vocalists and a 7-piece band will take you back in time with some of Motown's biggest hits, including songs by top artists Marvin Gaye, The Temptations, Stevie Wonder, The Supremes and many more! **Registration is required. Limited to 12 members. Cost: \$30.00 + dinner**

**Bluebird Café Day Trip Monday, August 8, 7:30 a.m.** Have breakfast at The Butter Milk Ranch and then enjoy a trip to the legendary Bluebird Café, Nashville's most-loved live music venue. **Registration is required. Limited to 12 members. Cost: \$10.00+ lunch**



**Bluebird Café Virtual Senior Show Monday, August 8, 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.



**Armchair Travel Monday, August 8, 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 Australia!



**Intro to Opera Wednesdays, August 10 & 24, 11 a.m. - 12 p.m.** Join Conrad Jacobs and other music lovers as we learn about the wonderful world of opera!



**Stretch & Flex Thursdays, August 11, 18 & 25, 10 - 10:30 a.m.** Join Dot and stretch your way to greater strength and flexibility!

**See America Tours & Premier World Discovery 2023 Travel Presentation Thursday, August 11, 1 p.m.** Come learn about all the exciting travel opportunities in 2023!

**Van Gogh Exhibit Nashville Day Trip Friday, August 12, 11 a.m.** Enjoy lunch at Dalts American Grill and then lose yourself in the ultimate immersive art experience – surrounded by over 500,000 cubic feet of monumental projections animating Vincent van Gogh's oeuvre. Wander through entrancing, moving images that highlight brushstrokes, detail, and color – truly illuminating the mind of the genius. **Registration is required. The limit is 12 members. Cost: \$55.00 + lunch**

**19th Century Movie Club Friday, August 12, 1 p.m.** Read the book and watch the movie! Join us for a special showing of episode 1 of *The Way We Live Now* mini series.

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



**Book Group Tuesday, August 16, 10 a.m. - 11 a.m.** Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers at Book Group! This month's book selection is *The Nightingale* by K. Hannah.

**Riverview Restaurant & Marina Day Trip Tuesday, August 16, 3:30 p.m.** Riverview Restaurant and Marina is located in Ashland City on the beautiful Cumberland River and is known for their catfish. They only use the best, domestic catfish and make most of their food from scratch - right down to the tartar and cocktail sauce! You'll want to get the Banana Pudding while it lasts - its just like Grandma used to make! You're sure to find something you'll love. **Registration is required. Space is limited to 12 members. Cost: \$15.00 + dinner**



**Historical Book Club Wednesday, August 17, 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! This month everyone may select their own book about Sam Houston, the first and third president of the Republic of Texas.

**Music for Seniors Performance Thursday, August 18, 10 a.m.**

Come enjoy the musical stylings of Jill Sissel, an award winning songwriter and that has been writing and performing her acclaimed Americana/ Blues music in the Nashville area for more than 20 years!

**Meet & Eat Lunch Friday, August 19, 11:30 a.m.** Drive yourself and meet at Granite City Food & Brewery in Franklin for some fun, food, and friends. **Registration is required.**

**Medicare 101 Tuesday, August 23, 11 a.m.** Do you have questions about Medicare? Liz Lewis from Ascension Complete will be here to explain Medicare and answer your questions!

**All of Us Movie Matinee Thursday, August 24, 1 p.m.** Did you know that August is Immunization Awareness Month? The *All of Us* team is hosting a free movie viewing of the *Immortal Life of Henrietta Lacks* followed by a discussion.

**Set Sail for Disaster Murder Mystery Party Thursday, August 25, 10 a.m.** Join us for an immersive, murder mystery party! You have been invited on a pleasure cruise by Captain Michael Von Ammon. The guest list includes a number of the Captain's friends, family members, and business associates, as well as the crew of the Captain's sixty-foot yacht, the Elizabeth May. Everyone is expecting an evening cruise replete with dinner, drinks, and dancing - they aren't expecting foul weather, the murder of someone on board, or a sudden shipwreck on a deserted island in the uncharted Caribbean. **Registration is required. The limit is 25 members.**

**Frist Art Museum Day Trip Friday, August 26, 9:15 a.m.** Unlike any traditional museum you've ever visited, the Frist Art Museum has become a magnet for Nashville's rapidly expanding visual arts scene. With an exhibitions schedule that has new art flowing through the magnificent Art Deco building every 6 to 8 weeks, no matter how often you visit, there is always something new and exciting to see in the spacious galleries. After touring this incredible museum, enjoy lunch at Biscuit Love Gulch. **Registration is required. The limit is 12 members. Cost: \$30.00**

**19th Century Book Club Friday, August 26, 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 *The Way We Live Now* by Anthony Trollope.

**Advisory Council Meeting Monday, August 29, 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.