

October 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11 a.m. Vet Fest at Granny White Park 7 p.m. Moon and Planet Viewing
2	3 9 a.m. Card Crusaders 10 a.m. All of Us Enrollment Assistance 10 a.m. Exercise w/ Jenny 11:30 a.m. Potluck Lunch* 12 p.m. H&F Canasta* 1 p.m. BINGO 2:15 p.m. Dementia Care Education 2:30 p.m. SAIL Fitness	4 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beginner Line Dancing 1 p.m. Line Dancing 2 p.m. The Aging Brain DVD	5 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Art Class* 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. Vanderbilt Safety Series 1:30 p.m. Musical Movie Matinee 4 p.m. Wine Down Wednesday	6 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	7 10 a.m. Fall TN Craft Fair Day Trip* 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin 5 p.m. Chicago Tribute Band Day Trip*	8
9	10 9 a.m. Card Crusaders 10 a.m. Bluebird Café Virtual Senior Show 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 2 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	11 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 11 a.m. Courtyard Concert Day Trip* 12 p.m. Beginner Line Dancing 1 p.m. Line Dancing 2 p.m. The Aging Brain DVD	12 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Art Class* 10 a.m. Exercise w/ Jenny 11 a.m. Intro to Opera 12:30 p.m. Afternoon Bridge	13 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Belly Dancing w/ Michelle 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	14 10:30 a.m. Open Art Studio 1 p.m. Documentary Friday	15
16	17 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:30 a.m. Wellness Lunch & Learn 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	18 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Book Group 10 a.m. Yoga with Melissa 12 p.m. Beginner Line Dancing 1 p.m. Line Dancing 2 p.m. The Aging Brain DVD	19 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Art Class* 10 a.m. Exercise w/ Jenny 11 a.m. Thriving in the Midst of Change Presentation* 12:30 p.m. Afternoon Bridge 2 p.m. Historical Book Club	20 7 a.m. Early Bird Walking Club 9 a.m. TN SHIP Medicare Enrollment Assistance* 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art 10:30 a.m. The Making of a Hallmark Card 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	21 10:30 a.m. Open Art Studio 11 a.m. Meet & Eat Quinn's Neighborhood Pub & Eatery* 11:30 a.m. Wild-horse Saloon Day Trip* 1:30 p.m. Showtime at Martin	22
23	24 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:15 a.m. Advisory Council 12 p.m. H&F Canasta* 2:30 p.m. SAIL Fitness	25 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beginner Line Dancing 1 p.m. Line Dancing 2 p.m. The Aging Brain DVD	26 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Art Class* 10 a.m. Exercise w/ Jenny 11 a.m. Intro to Opera 12:30 p.m. Afternoon Bridge	27 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness 4:30 p.m. Martin Masters Art Show Artist Reception*	28 10 a.m. Martin Masters Art Show 10 a.m. Open Art Studio 1 p.m. Documentary Friday	29 10 a.m. Martin Masters Art Show
30	31 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 2:30 p.m. SAIL Fitness					

FiftyForward Martin Center PROGRAM INFORMATION



Program also offered virtually

Vet Fest at Granny White Park Saturday, October 1, 11 a.m. Vet Fest is a festival that recognizes and celebrates those who have served in the military and those who support them. The FiftyForward Martin Center and FiftyForward *All of Us* Research Program will be at this event so be sure to say hello!


Moon & Planet Viewing Saturday, October 1, 7 - 9 p.m. Come to the Martin Center and enjoy a spectacular view of the Moon, Jupiter, the Moon Europa, Neptune and Saturn! Lonnie, a Solar System enthusiast, will be here with his equipment so we can see everything up close!

Card Crusaders Mondays, October 3, 10, 17, 24 & 31 and Wednesdays, October 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.

All of Us Enrollment Assistance Monday, October 3, 10 a.m. The FiftyForward *All of Us* team will be offering private "tech-help" appointments for those who need assistance enrolling in the *All of Us* Research Program. *All of Us* is a new initiative from the National Institutes of Health that seeks to advance precision medicine. They are looking for diverse participants to enroll and share their health information in order to improve the health of future generations.

Exercise with Jenny Mondays, October 3, 10, 17, 24 & 31 and Wednesdays, October 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.

Potluck Lunch Monday, October 3, 11:30 a.m. Come enjoy a delicious meal with friends at the Martin Center! **Registration is required. Cost: \$10.00 if you do not bring a dish OR free if you do bring a dish. Due to the increase in cost of supplies and food, we are raising the cost of this event. Thank you for understanding!**

 **Hand & Foot Canasta Mondays, October 3, 10, 17, 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, October 3 & 17, 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, October 3, 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, October 3, 11, 17, 24 & 31 and Thursdays, October 6, 13, 20 & 27, 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.





Denotes member-led program

Scrabble Tuesdays, October 4, 11, 18 & 25, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Billiards Tuesdays, October 4, 11, 18 & 25 and Thursdays, October 6, 13, 20 & 27, 10 a.m. - 12 p.m. Billiards room.

Yoga with Melissa Tuesdays, October 4, 11, 18 & 25, 10 - 10:45 a.m. Chair Yoga for all! Join Melissa as she teaches Silver Sneakers Yoga. Yoga combines physical health. \$5 per person if you do not have the insurance benefit.

 **Beginner Line Dancing Tuesdays, October 4, 11, 18 & 25, 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.

 **Line Dancing Tuesdays, October 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. This class is for more experienced line dancers.

The Aging Brain DVD Tuesdays, October 4, 11, 18 & 25, 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, October 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, October 5 & 19, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Art Class Wednesdays, October 5, 12, 19 & 26 Bring your creative side and unlock your passion for art. **Registration is required. Supplies provided. Cost: \$15.00**

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

Vanderbilt Safety Series Wednesday, October 5, 1 p.m. Katherine from the Vanderbilt Trauma Unit will do a presentation about safety. This is sure to be full of valuable information!

Musical Movie Matinee Wednesday, October 5, 1:30 p.m. Join us as we watch *Chicago*! This movie is centered on Roxie Hart and Velma Kelly, two murderesses who find themselves in jail together awaiting trial in 1920's Chicago. Roxie and Velma fight for the fame that will keep them from the gallows.

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

Early Bird Walking Club Thursdays, October 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, October 6, 13, 20 & 27, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

FiftyForward Martin Center PROGRAM INFORMATION



Program also offered virtually



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

Yarn Art Group Thursdays, October 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.

Open Art Studio Thursdays, October 6, 13, 20 & 27, 12:30 - 3 p.m. and Fridays, October 7, 14, 21 & 28, 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.

Fall Tennessee Craft Fair Day Trip Friday, October 7, 10 a.m. Celebrate handmade crafts at this premier event at Centennial Park! Shop finely crafted artwork directly from award-winning artists. Visitors can enjoy food from area vendors and demonstrations from artisans aimed to educate as they create pieces in front of your eyes. **Registration is required. Space is limited to 12 members. Cost: \$10.00 + Lunch (optional)**

Showtime at Martin Fridays, October 7 & 21, 1:30 - 3:30 p.m. Join friends to relax, chat and watch a movie.

Chicago Tribute Band Day Trip Friday, October 7, 5 p.m. Members will have a delicious dinner at the Corner Pub followed by a visit to the Williamson County Performing Arts Center to enjoy a special tribute to the music of Chicago! Chi-Town Transit Authority is an 8-piece tribute band based out of Atlanta dedicated to reproducing the "Chicago" concert experience. Featuring a tight horn section along with the dynamic vocal harmonies that Chicago is famous for, Chi-Town performs all of the familiar and famous songs covering over four decades of steady hits written and recorded by Chicago. **Registration is required. Space is limited to 12 members. Cost: \$30.00 + Dinner**



Bluebird Café Virtual Senior Show Monday, October 10, 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, October 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 visit Iran!

Courtyard Concert Day Trip Tuesday, October 11, 11 a.m. Enjoy an up-close performance by Connye Florance and Kevin Madill. Connye is an award-winning vocalist, often featured with Nashville Jazz Orchestra; she performs her one-woman show "Jazz Rhapsody" across the country. Kevin is highly respected for his work as a studio musician, producer, arranger, and music director. He has worked on thousands of recordings and live shows for artists like Tony Bennett, The Temptations, Benita Hill, and countless others! After this memorable concert, members will visit Elliston Place Soda Shop for a delightful lunch. **Registration is required. Space is limited to 12 members. Cost: \$10.00+ Lunch**



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



Denotes member-led program

Belly Dancing with Michelle from Dedicated Senior Medical Center Thursday, October 13, 10 a.m. Join Michelle from Dedicated Senior Medical Center for a belly dancing adventure! Learn simple belly dance moves while wearing a traditional belly dance coin belt while practicing with beautiful chiffon scarves. Then put these moves together for a fun routine finale! Belly dancing is one of the oldest forms of middle eastern dance that can offer multiple health benefits to your body such as maintaining body balance and strength. It also helps in toning your muscles, aids in digestion, correct posture and increases your confidence!



Documentary Friday Friday, October 14 & 28, 1 p.m. Join us to watch documentaries that cover history, nature, and much more! You will see fascinating shots from the deep seas and up in the air, capturing great stories and pictures from everything our beautiful and interesting planet has to offer.

Wellness Lunch & Learn Thursday, October 17, 11:30 a.m. Join Michelle from Dedicated Senior Medical Center for an informative lunch & learn. Michelle will discuss optimum health and healthy eating. **Registration is required.**

Monthly Birthday Party Monday, October 17, 12:15 p.m. Join us on the third Monday of the month to celebrate September birthdays! **Registration is required.**



Book Group Tuesday, October 18, 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 *Verity* by Colleen Hoover.

Thriving in the Midst of Change Presentation Wednesday, October 19, 11:30 a.m. Change can be stressful, but you don't have to let it wreak havoc on your life. The sooner you embrace the inevitable changes that occur in life, the sooner you can start seeing the opportunities held within change and begin thriving on EVERY level. If you want to ease the resistance, stress, uncertainty, worry and feelings of dread that change can bring, then this workshop is for you! Refreshments provided. **Registration is required.**



Historical Book Club Wednesday, October 19, 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's selection is *Northern Armageddon: The Battle of the Plains of Abraham and the Making of the American Revolution* by D. Peter MacLeod.

TN SHIP Medicare Enrollment Assistance Thursday, October 20, 9 a.m. - 12:30 p.m. The Tennessee State Health Insurance Assistance Program (TN SHIP) is a federally funded program that provides free, unbiased counseling and assistance to Tennessee's Medicare-eligible individuals, their families, and caregivers. They do not promote any insurance agency, and they maintain confidentiality with clients. Whether you are new to Medicare or a seasoned beneficiary, their trained counselors can assist you with all of your Medicare questions. **This is a one-on-one event and registration is required. Please call or visit the center to sign up!**



Program also offered virtually



Denotes member-led program

The Making of a Hallmark Card Thursday, October 20, 10:30 a.m.

Richard Katz, a former Hallmark Card Artist, will give us some Hallmark history and then explain how Hallmark greeting cards are made, focusing on the art of a Hallmark card. This presentation is part of the TN STEAM Festival, an annual event that brings science, technology, engineering, art and math (STEAM) to life!

Meet & Eat Lunch Friday, October 21, 11 a.m. Drive yourself and meet at Quinn's Neighborhood Pub and Eatery in Franklin for some fun, food, and friends. **Registration is required.**

Wildhorse Saloon Day Trip Friday, October 21, 11:30 a.m. It's time to dust off those dancing shoes and show Nashville your moves! Lunch is optional and can be purchased at the Wildhorse Saloon. **Bring your ID. Registration is required. Space is limited to 23 members. Cost: \$10.00 + lunch (optional)**

Advisory Council Meeting Monday, October 24, 11:15 a.m. - 12:15 p.m. The advisory board is a volunteer group that gives advice and support to the Martin Center Staff.

Martin Masters Art Show Artist Reception Thursday, October 27, 4:30 - 7:30 p.m. Join us for an evening of music, wine (\$5 wine tickets for 2 glasses) and hors d'oeuvres to celebrate our local artists and get a first look at the sale. **Registration is required.**

Martin Masters Art Show Friday, October 28, 10 a.m. - 7 p.m. and Saturday, October 29, 10 a.m. - 3 p.m. After a two year hiatus, Martin Masters, a fine art show and sale benefitting FiftyForward Martin Center, is back. The show will exhibit local artists, including featured artist Pam Francis. Join us to support local artists and older adults in the Brentwood community.