

FiftyForward Martin Center PROGRAM INFORMATION




Program also offered virtually



Denotes member-led program

Early Bird Walking Club Thursdays, December 1, 8, 15 & 22, 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 1, 8, 15 & 22, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

 **Stretch & Flex** Thursdays, December 1, 8, 15 & 22, 10 - 10:30 a.m. Join Dot and stretch your way to greater strength and flexibility!

Yarn Art Group Thursdays, December 1, 8, 15 & 22, 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, December 1, 8, 15 & 22, 12:30 - 3 p.m. and Fridays, November 2, 9 & 23, 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.

SAIL Fitness Thursdays, December 1, 8, 15 & 22 and Mondays, December 5, 12 & 19, 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.

Understanding Home Care Lunch & Learn Thursday, December 1, 11:30 a.m. Many aging adults prefer to age in place or return home after a hospital or rehabilitation stay, but often, additional assistance is needed to do so. When considering help in the home, many do not understand the types of care that are available and the benefits of these types of services. It is more common for aging adults and family caregivers to recognize the term *home health* but may not fully understand how this type of service differs from *home care*. Join Alana Home Care to gain a better understanding of the differences and benefits of home care and home health care, when it's time to start seeking assistance, and how to pay for it, so aging adults achieve their goal of aging in place. **Lunch will be provided. Registration is required.**

Larry Keeton Theatre Day Trip Thursday, December 1, 4:45 p.m. Join us for a trip to the Larry Keeton Theatre for a delicious dinner followed by a delightful performance of *White Christmas!* Dinner will include: apple wood ham, salad, cornbread dressing, jellied cranberry sauce, green beans, sweet potato casserole, dinner rolls, and pumpkin pie. This is sure to be a memorable night! **Registration is required. Space is limited to 12 members. Cost: \$40.00 (dinner is included in trip price)**

Showtime at Martin Friday, December 2, 1:30 - 3:30 p.m. Join friends to relax, chat and watch a movie.

Hand & Foot Canasta Mondays, December 5, 12 & 19, 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 5 & 19, 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, December 5, 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.


Scrabble Tuesdays, December 6, 13 & 20, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Billiards Tuesdays, November 6, 13 & 20 and Thursdays, November 1, 8, 15 & 22, 10 a.m. - 12 p.m. Billiards room.

Yoga with Melissa Tuesdays, December 6, 13 & 20, 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.

Wellness Presentation Tuesday, December 6, 11:30 a.m. Join Michelle from Dedicated Senior Medical Center for a wellness talk centered around Optimum Health and Nutrition. Refreshments will be provided. **Registration is required.**

 **Beginner Line Dancing** Tuesdays, December 6 & 20, 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, December 6 & 20, 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.

How to Stay Fit as You Age DVD Tuesdays, December 6, 13 & 20, 2 p.m. This series is the gateway to creating and practicing a balanced, adaptable fitness program that will help you stay fit throughout your life. Whether you're experiencing typical aging-related physical changes, dealing with chronic health conditions, or planning ahead, you can get the insights, strategies, exercises, and confidence you need to make the most out of every day of your life.

Bridge Wednesdays, December 7, 14 & 21, 9 a.m. - 12 p.m. Join your friends for a fun game or two of Bridge.

Card Crusaders Wednesdays, December 7, 14 & 21 and Mondays, December 5, 12 & 19, 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.

Mexican Train Dominoes Wednesday, December 7, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Exercise with Jenny Wednesdays, December 7, 14 & 21 and Mondays, November 4, 11 & 18, 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.

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Author Visit Wednesday, December 7, 11 a.m. Author, Fran Massey, will be here to talk about her new book *Ties that Bind: A Journal of Family, Faith, Friends, and Frolics*. This book is a happy, heartwarming collection of reminiscences about family and friends, place, and Southern tradition. The 37 short essays and 13 poems in "Ties that Bind" celebrate the author's life defining and memorable moments picked from her childhood in rural Mississippi, Baptist college days, career-start in Memphis, marriage to her prince, family life in Nashville, bucket-list travels, and an active retirement, all wrapped with a strong faith in God.

Afternoon Bridge Wednesdays, December 7, 14 & 21, 12:30 - 3:30 p.m. Join your friends and learn how to play the wonderful game of Bridge.

Art Class Wednesdays, December 7, 14 & 21, 1-3 p.m. Bring your creative side and unlock your passion for art. **Registration is required. Supplies provided. Cost: \$15.00**

Musical Movie Matinee Wednesday, November 7, 1:30 p.m. Join us as we watch *White Christmas*. Singers Bob Wallace and Phil Davis join sister act Betty and Judy Haynes to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly, the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black!

Wine Down Wednesday Wednesday, December 7, 4 - 5:15 p.m. Sip back and relax with friends! Bring your own hors d'oeuvres and wine.

Franklin Walking Tours Presents: Franklin's Fierce Females Thursday, December 8, 10 a.m. Don't confuse Southern ladies with shrinking violets. Franklin has been home to some of the bravest, wildest and most remarkable women you could imagine. We'll tell you about scrappy settlers, heroines and spies of the Civil War, a rule-breaking socialite, and a trail-blazing suffragette. From a six year-old child who survived the eye of the Battle of Franklin to then become a famous artist to current Frankliner Lillian Stewart, our first (and only!) female mayor, these women's stories will amaze and inspire you.

Immersive Nutcracker Day Trip Thursday, December 8, 10:45 a.m. Enjoy a wonderful meal at McCabe Pub followed by the Immersive Nutcracker Exhibit. For nearly 130 years, The Nutcracker has captivated people around the world. You will be enchanted by Peter Ilyich Tchaikovsky's sweeping music, including iconic selections like "The March of the Toys" and "The Dance of the Sugar Plum Fairy". **Registration is required. Space is limited to 11 members. Cost: \$35.00**

Wildhorse Saloon Day Trip Friday, December 9, 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 12 members. Cost: \$10.00 + lunch (optional)**

Bluebird Café Virtual Senior Show Monday, December 12, 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.



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Armchair Travel Monday, December 12, 1 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 learn about the Legends of Santa Around the World! Santa's image is almost universally recognizable as one of Christianity's most enduring and popular legends, yet the seemingly timeless jolly old man with his bag of toys, steering his reindeer and sliding down chimneys, is a relatively modern image. The Legends of Santa shows how today's image of Father Christmas is a culmination of centuries of history and legend.

All of Us Enrollment Assistance Thursday, December 13, 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.

Holiday Lunch Thursday, December 13, 11:30 a.m. Come enjoy a delicious holiday 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!**

New Member Brunch Day Trip Thursday, December 15, 9:45 a.m. We invite new members (anyone that has joined FiftyForward since July 2022) to join us as we visit the legendary Loveless Café! For more than 65 years, the Loveless Café has been offering families and friends a place where they can enjoy a scratch-made Southern meal and connect with each other around the table. **Registration is required. Space is limited to 12 members. Cost: \$10.00 + lunch**

Mexican Train Dominos Domines Holiday Party Thursday, December 15, 12 p.m. Join the Mexican Train Dominos group for a holiday party at Karen Anderson's house. Registration encouraged. Lunch is provided. Please call [615-504-7027](tel:615-504-7027) to RSVP.

Meet & Eat Lunch Friday, December 16, 11 a.m. Drive yourself and meet at La Hacienda in Franklin for some fun, food, and friends. **Registration is required.**

Advisory Council Meeting Monday, December 19, 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.

Monthly Birthday Party Monday, December 19, 12:15 p.m. Join us on the third Monday of the month to celebrate November birthdays! **Registration is required.**



Book Group Tuesday, December 20, 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 12 Topsy-Turvy Days of Christmas* by James Patterson. This month the Book Group will meet at Natalie's house for brunch. Please call [615-370-9709](tel:615-370-9709) to RSVP.

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Historical Book Club Wednesday, December 21, 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 months selection is The Battle for Christmas by Stephen Nissenbaum.