

January 2023 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	2 FiftyForward Centers & Offices Closed for New Year's Day Observance	3 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. How to Stay Fit as You Age DVD	4 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. Art Class* 1:30 p.m. Musical Movie Matinee 4 p.m. Wine Down Wednesday	5 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Yarn Art 10:15 a.m. Lagniappe Bayou Kitchen Day Trip* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	6 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin	7
8	9 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* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	10 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 11 a.m. Vanderbilt Safety Series* 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. How to Stay Fit as You Age DVD	11 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:30 a.m. Eye Health Presentation* 12:30 p.m. Afternoon Bridge 1 p.m. Art Class*	12 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 11 a.m. <i>All of Us</i> Enrollment Assistance 11:30 a.m. Potluck Lunch* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	13 10:30 a.m. Open Art Studio 10:30 a.m. Brentwood Police Dept. Tour Day Trip*	14
15	16 FiftyForward Centers & Offices Closed for MLK, Jr. Day	17 9 a.m.—3:30 p.m. Aroma-Touch Technique Sessions* 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Book Group 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. How to Stay Fit as You Age DVD	18 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Jenny 11:30 a.m. Chinese Arts Alliance Day Trip* 12:30 p.m. Afternoon Bridge 1 p.m. Art Class* 1 p.m. Card Crusader Workshop* 2 p.m. Chair Flow Workshop*	19 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Belly Dancing* 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	20 10:30 a.m. Open Art Studio 11 a.m. Meet & Eat* 1:30 p.m. Showtime at Martin	21
22	23 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:15 a.m. Advisory Council 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. BINGO	24 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. How to Stay Fit as You Age DVD	25 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. Art Class* 2 p.m. Historical Book Group	26 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	27 9:30 a.m. Mint Gaming Hall Day Trip* 10:30 a.m. Open Art Studio	28
29	30 9 a.m. Card Crusaders 9:30 a.m. Oaklands Mansion Day Trip* 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	31 9 a.m.—3:30 p.m. Aroma-Touch Technique Sessions* 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. How to Stay Fit as You Age DVD				

FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually

Scrabble Tuesdays, January 3, 10, 17, 24 & 31, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Billiards Tuesdays, January 3, 10, 17, 24 & 30 and Thursdays, January 5, 12, 19 & 26, 10 a.m. - 12 p.m. Billiards room.

Yoga with Melissa Tuesdays, January 3, 10, 17, 24 & 31, 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, January 3, 10, 17, 24 & 31, 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, January 3, 10, 17, 24 & 31, 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, January 3, 10, 17, 24 & 31, 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, January 4, 11, 18 & 25, 9 a.m. - 12 p.m. Join your friends for a fun game or two of Bridge.

Card Crusaders Wednesdays, January 4, 11, 18 & 25 and Mondays, January 9, 23 & 30, 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, January 4 & 18, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Exercise with Jenny Wednesdays, January 4, 11, 18 & 25 and Mondays, January 9, 23 & 30, 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.

Afternoon Bridge Wednesdays, January 4, 11, 18 & 25, 12:30 - 3:30 p.m. Join your friends and learn how to play the wonderful game of Bridge.

Art Class Wednesdays, January 4, 11, 18 & 25, 1-3 p.m. Bring your creative side and unlock your passion for art. **Registration is required. Supplies provided. Cost: \$15.00**



Denotes member-led program

Musical Movie Matinee Wednesday, January 4, 1:30 p.m. Join us as we watch *A Star is Born (1954)*. Hollywood actor Norman Maine is a celebrity whose star is on the wane, but when he meets aspiring actress Esther Blodgett, he is inspired to help her, and soon the two appear in a musical together. Now known as Vicki Lester, she marries Norman and finds herself in demand, while his reputation continues to decline, resulting in heavy bouts of drinking. Eventually, Vicki must choose between moving forward with her career and attempting to save her husband.

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

Early Bird Walking Club Thursdays, January 5, 12, 19 & 26, 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 5, 12, 19 & 26, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.



Stretch & Flex Thursdays, January 12, 19 & 26, 10 - 10:30 a.m. Join Dot and stretch your way to greater strength and flexibility!

Yarn Art Group Thursdays, January 5, 12, 19 & 26, 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, January 5, 12, 19 & 26, 12:30 - 3 p.m. and Fridays, January 6, 13, 20 & 27, 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.

Lagniappe Bayou Kitchen Day Trip Thursday, January 5, 10:15 a.m. Located in Goodlettsville on the outskirts of Nashville, Lagniappe Bayou Kitchen is a family owned restaurant with Cajun roots and a Texas flair. **Registration is required. Space is limited to 12 members. Cost: \$10.00 + lunch**

SAIL Fitness Thursdays, January 5, 12, 19 & 26 and Mondays, January 9, 23 & 30, 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.

Showtime at Martin Friday, January 6 & 20, 1:30 - 3:30 p.m. Join friends to relax, chat and watch a movie.



Bluebird Café Virtual Senior Show Monday, January 9, 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.



Hand & Foot Canasta Mondays, January 9, 23 & 30, 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 9 & 23, 1 - 2:00 p.m. Join local community partners for a few games of BINGO and a chance to win prizes.

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Vanderbilt Safety Series Tuesday, January 10, 11 a.m. Katherine from the Vanderbilt Trauma Unit will do a presentation about safety. This is sure to be full of valuable information! **Registration is required.**


Eye Health Presentation Wednesday, January 11, 11:30 a.m. Did you know that January is National Eyecare Month? Join us as Joel from Iris Medical Group speaks about eye health! Registration is required.

All of Us Enrollment Assistance Thursday, January 12, 11 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.


Potluck Lunch Thursday, January 12, 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!**

Brentwood Police Department Day Trip Friday, January 13, 10:30 a.m. Join us for an exciting tour of the Brentwood Police Department. You'll also get to meet some of the officers that keep Brentwood safe! After the tour, we will enjoy lunch at Thai Esane. **Registration is required. Space is limited to 12 members. Cost: \$5.00 + lunch**

AromaTouch Technique Sessions Tuesday, January 17 & 31 AromaTouch Technique is the application of 8 different essential oils on your spine and back. It has so many benefits, including stress management, immune support, reduced inflammation, and supporting your body's autonomic balance. Each session is 45 minutes and will be completely private as you will need to remove your shirt and lay under a sheet. **Appointment time is REQUIRED. To sign up, please contact Liz Smith at 615-376-4331. Cost: \$50.00**

 **Book Group Tuesday, January 17, 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 Stranger in the Lifeboat* by Mitch Albom.

Chinese Arts Alliance Day Trip Wednesday, January 18, 11:30 a.m. Let's head to FiftyForward Knowles where the Chinese Arts Alliance will do a special presentation about Chinese New Year! Lunch is included. **Registration is required. Space is limited to 12 members. Cost: \$5.00**

 **Card Crusader Workshop Wednesday, January 18, 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 Card Crusaders. **Registration is required. The limit is 3 participants.**

Chair Flow Workshop Wednesday, January 18, 2 p.m. Treat yourself to this gentle flow of simple movement that will reset your nervous system, unlock mobility, and leave you feeling calm and connected. Led by PJ Olsen of Restorative Strength, the


class will consist primarily of Original Strength™ RESETS and yoga-inspired stretches that are accessible to everyone as we will move and breathe together while seated in a chair! Whether you're new to movement classes, recovering from injury, or currently enjoying an active lifestyle. This is a safe, efficient method to enhance (or resume) your fitness routine. No experience nor equipment is needed. Modifications to the movements will be offered! **Registration is required.**

Belly Dancing Thursday, January 19, 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! **Registration is required.**

Meet & Eat Lunch Friday, January 20, 11 a.m. Drive yourself and meet at Amaravati Indian Cuisine in Brentwood for some fun, food, and friends. **Registration is required.**


Advisory Council Meeting Monday, January 23, 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, January 23, 12:15 p.m. Join us on the fourth Monday of the month to celebrate January birthdays! **Registration is required.**

 **Historical Book Group Wednesday, January 25, 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 *Bibi: My Story* by Benjamin Netanyahu.

Mint Gaming Hall Day Trip Friday, January 27, 9:30 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! **This is a joint trip with FiftyForward College Grove. Registration is required. Space is limited to 12 members. Cost: \$20.00 +lunch**

Oaklands Mansion Day Trip Monday, January 30, 9:30 a.m. Oaklands Mansion is a historic house museum in Murfreesboro. The home's collection of furnishings, artwork and personal items is as unique as the building itself! After this wonderful tour, we will enjoy lunch at Farmers Family Restaurant in Murfreesboro. **This is a joint trip with FiftyForward College Grove. Registration is required. Space is limited to 12 members. Cost: \$20.00 + lunch**

 **Armchair Travel Monday, January 30, 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 Chinese New Year. The Chinese Spring Festival - also known as the Chinese New Year, is the most important holiday in China, where people get together to celebrate the start of a new Lunar year and honor ancient traditions to bring about good luck.