

March 2023 FiftyForward Martin 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 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	2 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. Tax Preparation* 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art 10:30 a.m. Cock of the Walk Day Trip* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	3 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin	4
5	6 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11 a.m. All of Us Enrollment Assistance 11:30 a.m. Potluck Lunch* 12 p.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	7 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. Great Trials of World History DVD	8 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11 a.m. Aging Gracefully Make Up Class* 12:30 p.m. Afternoon Bridge 1 p.m. Art Class*	9 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. Tax Preparation* 9:30 a.m. Brunch & Frist Art Museum Day Trip* 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	10 10:30 a.m. Open Art Studio	11
12	13 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. Armchair Travel 1 p.m. ArtTrunk Project* 2:30 p.m. SAIL Fitness	14 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 10:15 a.m. Paula Deen's & Opry Mills Day Trip* 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. Great Trials of World History DVD	15 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 p.m. National Weather Service Presentation*	16 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. Tax Preparation* 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	17 10:30 a.m. Open Art Studio 11 a.m. Meet & Eat 1:30 p.m. Showtime at Martin	18
19	20 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	21 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. Great Trials of World History DVD	22 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 1 p.m. TN SHIP Presentation*	23 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. Tax Preparation* 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	24 10:30 a.m. Open Art Studio	25
26	27 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:15 a.m. Advisory Council 12 p.m. H&F Canasta* 1 p.m. Music for Seniors presents Jeff Parsons 2:30 p.m. SAIL Fitness	28 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. CCMC & Marina's Day Trip* 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. Great Trials of World History DVD	29 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	30 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. Tax Preparation* 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	31 8:45 a.m. Falcon's Rest Murder Mystery Party Day Trip* 10:30 a.m. Open Art Studio	

FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually

Bridge Wednesdays, March 1, 8, 15 & 22, 9 a.m. - 12 p.m. Join your friends for a fun game or two of Bridge.

Card Crusaders Wednesdays, March 1, 8, 15 & 22 and Mondays, March 6, 13, 20 & 27, 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, March 1 & 15, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Exercise with Jenny Wednesdays, March 1, 8, 15 & 22 and Mondays, March 6, 13, 20 & 27, 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, March 1, 8, 15 & 22, 12:30 - 3:30 p.m. Join your friends and learn how to play the wonderful game of Bridge.

Art Class Wednesdays, March 1, 8, 15 & 22, 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, March 1, 1:30 p.m. Join us as we watch *Mamma Mia 2: Here We Go Again!* In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

Wine Down Wednesday Wednesday, March 1, 4 - 5:15 p.m. Sip back and relax with friends! Bring your own hors d'oeuvres and wine.

Early Bird Walking Club Thursdays, March 2, 9, 16, 23 & 30, 7 - 8 a.m. Join other early risers to get some steps in with friends while walking around the loop at Tower Park.

Tax Preparation Thursdays, March 2, 9, 16, 23 & 30, 9 a.m. - 2 p.m. FiftyForward Martin Center will once again be offering free tax preparation for those 50 and over through the AARP Tax Aide program. AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. **Appointments will be held on Thursdays only, February 9 – April 13, 2023, 9 a.m. – 2 p.m. Please call the center at 615-376-0102 to register for an appointment.**



Canasta Thursdays, March 2, 9, 16, 23 & 30, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

Stretch & Flex Thursdays, March 2, 9, 16, 23 & 30, 10 - 10:30 a.m. Join Dot and stretch your way to greater strength and flexibility!



Denotes member-led program

Yarn Art Group Thursdays, March 2, 9, 16, 23 & 30, 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, March 2, 9, 16, 23 & 30, 12:30 - 3 p.m. and Fridays, March 3, 10, 17, 24 & 31 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, March 2, 9, 16, 23 & 30 and Mondays, March 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.

TRIP- Cock of the Walk Day Trip Friday, March 3, Departing at 10:30 a.m. Hop on the bus and take a trip to Cock of the Walk Restaurant. This restaurant specializes in fried catfish, hushpuppies, fried pickles, and more! Registration is required. **Space is limited to 12 members. Cost: \$10.00 + lunch**

Showtime at Martin Friday, March 3 & 17, 1:30 - 3:30 p.m. Join friends to relax, chat and watch a movie.

All of Us Enrollment Assistance Monday, March 6, 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 Monday, March 6, 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, March 6, 13, 20 & 27, 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, March 6 & 20, 1 - 2:00 p.m. Join local community partners for a few games of BINGO and a chance to win prizes.

Scrabble Tuesdays, March 7, 14, 21 & 28, 9:30 a.m. - 12 p.m. Join friends for a hardy game of scrabble.

Billiards Thursdays, March 2, 9, 16 & 23 and Tuesdays, March 7, 14, 21 & 28, 10 a.m. - 12 p.m. Billiards room.

Yoga with Melissa Tuesdays, March 7, 14, 21 & 28, 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, March 7, 14, 21 & 28, 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.

FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually



Line Dancing Tuesdays, March 7, 14, 21 & 28, 1 - 2 p.m. Join Bonnie Wood as she brings her skills to the Martin Center for some fun and fitness. This class is for more experienced line dancers.

Aging Gracefully Make Up Tips and Tricks Wednesday, March 8, 11 a.m. Aging gracefully is something we always hear, but how do we practice it? As we grow older our skin care, make up, and fashion ideals also grow. Have you had a hard time recently deciding what color foundation you should wear, what kind of eye products you should use, or just have questions on how to feel good in your own skin again? Join us to learn answers to all of the above questions plus some! In a safe space, we can gather and bring back the memory of feeling good again!

Trip- Brunch and the Frist Art Museum Day Trip Thursday, March 9, Departing at 9:30 a.m. Let's head to the Nashville and have a delicious brunch at The Nashville Jam Co. followed by a visit to the Frist Art Museum. We'll receive a guided tour of their newest exhibit: *The Body Electric*. This major exhibition is devoted to one of today's leading artists, Jeffery Gibson, whose multidisciplinary practice combines aspects of traditional Indigenous art and culture with a modernist visual vocabulary. **Registration is required. Space is limited to 12 people. Cost: \$10.00 + brunch**



Bluebird Café Virtual Senior Show Monday, March 13, 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, March 13, 1 p.m. Get those passports ready! Come travel the world with your friends, all from the comfort of the Martin Center. This month we will visit Dublin and Belfast!

Frist ArtTrunk Project Monday, March 13, 1 p.m. Frist ArtTrunk projects consists of a project focused on an artist currently on exhibit at the Frist. The Spring 2023 Art Exhibition is devoted to one of today's leading artists, Jeffery Gibson, whose multidisciplinary practice combines aspects of traditional Indigenous art and culture with a modernist visual vocabulary. **Registration is required.**

Lunch at Paula Deen's & Shopping at Opry Mills Mall Day Trip Tuesday, March 14, Departing at 10:15 a.m. Hey, Y'all! It's time to enjoy some good food with your friends at Paula Deen's Family Kitchen. After this tasty meal we'll take couple of hours to explore Opry Mills Mall. **Registration is required. Space is limited to 12 people. Cost: \$10.00 + lunch**

National Weather Service Presentation Wednesday, March 15, 1 p.m. Join us for an informative presentation about the National Weather Service, weather radios, tornado climatology, weather radars, and more! **Registration is required.**

Meet & Eat Lunch Friday, March 17, 11 a.m. Drive yourself and meet at Mediterranean Cuisine in Brentwood for some fun, food, and friends. **Registration is required.**

Monthly Birthday Party Monday, March 20, 12:15 p.m. Join us to celebrate March birthdays! **Registration is required.**



Denotes member-led program



Book Group Tuesday, March 21, 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 *Commonwealth* by Ann Patchett.

TN SHIP Presentation Wednesday, March 22, 1 p.m. Did you know you can change your Medicare Advantage Plan until the end of March? Are you aware of how to avoid Medicare penalties and scams? Come hear about Medicare from a trained GNRC SHIP Medicare counselor. The Greater Nashville Regional Council State Health Insurance Information Assistance Program counselors are unbiased experts on Medicare who never receive a commission. Join us for trustworthy Medicare information and answers.

Advisory Council Meeting Monday, March 27, 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.

Music for Seniors Presents Jeff Parsons Monday, March 27, 1 p.m. Jeff Parsons has been playing music all his life. He began piano lessons at age 6, and by 16 he was playing rock, pop and R&B in local bands. Jeff regularly performs an extensive song list crafted from many of his own personal rock, pop and R&B favorites from the 50's, 60's and 70's.

Center for Chinese Music and Culture & Marina's on the Square Day Trip Tuesday, March 28, Departing at 10 a.m. Enjoy an informative tour of the Center for Chinese Music and Culture (CCMC). The CCMC's mission is to engage regional, national, and global communities about rich and diverse musical and cultural traditions from China. After this unique experience we will visit Marian's on the Square and enjoy Italian food and pizza! **Registration is required. Space is limited to 12 people. Cost: \$15.00 + lunch**



Historical Book Group Wednesday, March 29, 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 the first 31 chapters of *BiBi: My Story* by Benjamin Netanyahu.

Falcon's Rest Murder Mystery Show & Lunch Day Trip Friday, March 31, Departing at 8:45 a.m. Join us for an interactive "whodunit" that assigns you real characters from 1897 and turns you loose to ad-lib to your hearts' content. Needless to say, it never comes out exactly the same way twice. "Murder at the Mansion," takes place during a delicious meal served in Falcon Rest's Victorian Carriage House banquet hall. Lunch includes: herb chicken breast, strawberry-pretzel salad, roasted potatoes, Southern green beans, double chocolate cake, rolls and beverages. **Registration is required. Space is limited to 12 members. Cost: \$55.00**