

April 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	3 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11 a.m. <i>All of Us</i> Enrollment Assistance 11 a.m. FiftyForward LGBT Peer Group Meet & Greet 11:30 a.m. Potluck Lunch* 12 p.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	4 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	5 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 12:30 p.m. Afternoon Bridge 1 p.m. Art Class* 1:30 p.m. Musical Movie Matinee 4 p.m. Wine Down Wednesday	6 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. Lunch & the Capitol Theater Day Trip* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	7 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin	8
9	10 9 a.m. Card Crusaders 9:15 a.m. Bluebird Café 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	11 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 10:30 a.m. 100 Things to do in Nashville Before You Die* 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. Great Trials of World History DVD	12 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*	13 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	14 8:30 a.m. Goodlettsville Heritage Day and Lunch Day Trip* 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio	15
16	17 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11 a.m. Farewell Celebration for Barbara* 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	18 8:30 a.m. Lunch & Cumberland County Playhouse Day Trip* 9 a.m. - 3:30 p.m. AromaTouch Technique Sessions* 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	19 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Jenny 11 a.m. Volunteer Appreciation Lunch* 12:30 p.m. Afternoon Bridge 1 p.m. Art Class*	20 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 p.m. Stress Awareness Presentation* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	21 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio 11 a.m. Meet & Eat* 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 Meeting 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 10:30 a.m. Chateau West Day Trip* 12 p.m. Beg. Line Dancing 1 p.m. Line Dancing 2 p.m. Great Trials of World History DVD	26 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 Club	27 7 a.m. Early Bird Walking Club 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. Yarn Art	28 10 a.m. - 2 p.m. Health & Wellness Fair	29
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Card Crusaders Mondays, April 3, 10, 17 & 24 and Wednesdays, 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.

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

All of Us Enrollment Assistance Monday, April 3, 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.

FiftyForward LGBT Peer Group Meet & Greet Monday, April 3, 11 a.m. Stop by and meet members of FiftyForward's LGBT Peer Group as well as Ashley Hunter, FiftyForward's J.L. Turner Center Director, and LGBT Peer Group Facilitator. FiftyForward's LGBT Peer Group provides a space for LGBT older adults to socialize, share ideas, and develop a sense of community. Come to learn about the purpose of the group and the types of meetups that are held monthly.

Potluck Lunch Monday, April 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, April 3, 10, 17 & 24, 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, April 3 & 17, 1 - 2:00 p.m. Join local community partners for a few games of BINGO and a chance to win prizes.

SAIL Fitness Mondays, April 3, 10, 17 & 24 and Thursdays, April 6, 13 & 20, 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.

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

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

 **Beginner Line Dancing Tuesdays, April 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.



Denotes member-led program



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

The Great Trials of World History and the Lessons They Teach Us DVD Tuesdays, April 4, 11, 18 & 25, 2 p.m. There are trials that don't simply end with their verdict. There are trials that have a power that reverberates throughout history. Many have shaped and transformed the very social, political, and legal traditions we take for granted today. It's trials like these that are deserving of the description "great." Some of them advanced great causes. Some of them raised profound questions. Some of them turned defendants into martyrs. Some of them not only decided the fate of defendants, but also changed the hearts or minds of the public. And some of them went horribly wrong.

Bridge Wednesdays, April 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, April 5 & 19, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

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

Art Class Wednesdays, April 5, 12, 19 & 26, 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, April 5, 1:30 p.m. Join us as we watch *Phantom of the Opera*. From his hideout beneath a 19th century Paris opera house, the brooding Phantom schemes to get closer to vocalist Christine. The Phantom, wearing a mask to hide a congenital disfigurement, strong-arms management into giving the budding starlet key roles, but Christine instead falls for arts benefactor Raoul. Terrified at the notion of her absence, the Phantom enacts a plan to keep Christine by his side, while Raoul tries to foil the scheme.

Wine Down Wednesday Wednesday, April 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, April 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.


Tax Preparation Thursdays, April 6 & 13, 9 a.m. - 2 p.m. **Appointments are full, currently on wait-list only.** 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.**

FiftyForward Martin Center PROGRAM INFORMATION



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Canasta Thursdays, April 6, 13, 13 & 20, 9:30 a.m. - 3 p.m. Join your best game-playing friends for some fun with canasta.

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

Yarn Art Group Thursdays, April 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.


DAY TRIP- Lunch and The Capitol Theater Thursday, April 6, 10:30 a.m.- 4:00 p.m. It's time to visit Lebanon and enjoy lunch at Los Compadres! After lunch we'll visit Capitol Theater for a special showing of the movie *Fried Green Tomatoes*. **Registration is required. Space is limited to 12 members. Cost: \$15.00 + Lunch**

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

 **Current Events and Coffee Fridays, April 7, 14 & 21** Discuss current events while enjoying a cup of coffee.

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

DAY TRIP- Bluebird Café Monday, April 10, 9:15 - 11:30 a.m. Let's visit the famous Bluebird Café for their monthly live music senior show. Coffee and donuts will be provided. **Registration is required. Limited to 19 members. Cost: \$10.00**

 **Armchair Travel Monday, April 10, 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 explore the Alps!

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

100 Things to do in Nashville Before You Die Tuesday, April 11, 10:30 a.m. Are you new to the area and would like to know more about Nashville? Maybe you're a longtime resident but never explored our great city? Author, Tom Adkinson will share a special presentation on the newest publication of his book, *100 Things to do in Nashville Before You Die*. **Registration is required.**

DAY TRIP- Goodlettsville Heritage Day and Lunch Friday, April 14, 8:30 a.m. - 2:30 p.m. At Heritage Day, members will have the opportunity to experience life on the frontier and witness skilled demonstrators and artists. You will have a chance to SEE, FEEL, and TOUCH different historical trade skills such as blacksmithing, leatherworking, woodworking, working with fibers and cooking. After Heritage Day, members will enjoy lunch at The Rice Box. **Registration is required. Space is limited to 12 members. Cost: \$15.00 + Lunch**



Denotes member-led program


Farewell Celebration for Barbara Monday, April 17, 11 a.m. Please join us in wishing Barbara well as she moves from the Martin Center Director position to a part time position at FiftyForward at the end of April. We'll enjoy some treats together and have a chance to thank Barbara for all she has done at the Martin Center and to wish her the very best. **Registration is required.**

Monthly Birthday Party Monday, April 17, 12:15 p.m. Join us to celebrate April birthdays! **Registration is required.**

DAY TRIP- Lunch and the Cumberland County Playhouse Tuesday, April 18, 8:30 a.m. - 5:30 p.m. Enjoy a pleasant drive to Cookeville, TN and have lunch at The Pour House. After lunch we will enjoy a live performance of *And Then There Were None* by Agatha Christie. Ten strangers are summoned to a remote island. All that the guests have in common is a wicked past they're unwilling to reveal and a secret that will seal their fate. For each has been marked for murder. As the weather turns and the group is cut off from the mainland, the bloodbath begins and one by one they are brutally murdered in accordance with the lines of a sinister nursery rhyme. One of Christie's most suspenseful tales and a masterpiece of dramatic construction, its growing sense of dread and unflinching tension will keep you guessing to the very end. **Registration is required. Space is limited to 12 members. Cost: \$45.00 + Lunch**

AromaTouch Technique Sessions Tuesday, April 18, 9 a.m. - 3:30 p.m. 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: \$35.00**

Volunteer Appreciation Lunch Wednesday, April 19, 11 a.m. The Martin Center Staff would like to take a moment to recognize all that our wonderful volunteers do for us. **Registration is required.**

 **Book Group Tuesday, April 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 *It All Comes Back to You* by Beth Duke.

Stress Awareness Presentation Thursday, April 20, 12 p.m. We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Join us as Iris Medical Group shares information about stress and ways we can help reduce stressful feelings. **Lunch will not be provided. Please bring a lunch. Registration is required.**

Meet & Eat Lunch Friday, April 21, 11 a.m. Drive yourself and meet at Ground in Franklin for some fun, food, and friends. **Registration is required. Address: 330 Mayfield Dr, D4, Franklin, TN 37067**

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Advisory Council Meeting Monday, April 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.

DAY TRIP- Chateau West Tuesday, April 25, 10:30 a.m. - 2:00 p.m. The elegance of Bordeaux, France in the heart of Nashville. Discover Nashville's finest in French/American food, with the elegance of a Bordeaux Chateau West. The tradition of Southern France have stumbled across the heartbeat of American South at Chateau West, where intimate placement and unpretentious cuisine charmingly fulfill the Francophile in all of us. **Registration is required. Space is limited to 12 members. Cost: \$10.00 + Lunch**



Historical Book Group Wednesday, April 26, 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 are the last 31 chapters of BiBi: My Story by Benjamin Netanyahu.

Health & Wellness Fair Friday, April 28, 10 a.m. - 2 p.m. Join us for the FiftyForward Health and Wellness Fair. Vendors include medical groups, insurance companies, financial advisors, and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch!