

# June 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 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. Knit Wits 12:30 p.m. Open Art Studio 1 p.m. Intro to Digital Culture* 2:30 p.m. SAIL Fitness	2 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin	3
4	5 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. SAIL Fitness	6 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Intro to Digital Culture* 1 p.m. Line Dancing 2 p.m. Self-Defense Strategies DVD	7 9 a.m. Bridge 9 a.m. Card Crusaders 9 a.m. DAY TRIP- Nash Creamery Tour* 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Jenny 12:30 p.m. Afternoon Bridge 1 p.m. VA Presentation with Senior Helpers 1:30 p.m. Musical Movie Matinee 4 p.m. Wine Down Wednesday	8 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. Knit Wits 12:30 p.m. Open Art Studio 1 p.m. Intro to Digital Culture* 2:30 p.m. SAIL Fitness	9 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio	10
11	12 9 a.m. Card Crusaders 10:30 a.m. FiftyForward Memory Cafe 11 a.m. Nashville Opera 12 p.m. H&F Canasta* 1 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	13 9:30 a.m. DAY TRIP- College Grove Health and Wellness Fair* 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Intro to Digital Culture* 1 p.m. Line Dancing 2 p.m. Self-Defense Strategies DVD	14 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Men's Health Presentation with Iris Medical Group* 10 a.m. Exercise w/ Jenny 11 a.m. Deloitte Tech Assistance 12:30 p.m. Afternoon Bridge 1 p.m. Art Class*	15 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. Knit Wits 12:30 p.m. Open Art Studio 1 p.m. Intro to Digital Culture* 2:30 p.m. SAIL Fitness	16 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio 11 a.m. Meet & Eat* 11:30 a.m. DAY TRIP- Wildhorse Saloon* 1:30 p.m. Showtime at Martin	17
18	19 FiftyForward Centers & Offices CLOSED for Juneteenth	20 8:45 a.m. DAY TRIP- Nissan Plant Tour* 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. Intro to Digital Culture* 1 p.m. Line Dancing 2 p.m. Self-Defense Strategies DVD	21 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. Author Visit 12:30 p.m. Afternoon Bridge 1 p.m. Art Class*	22 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. Knit Wits 11:30 a.m. Potluck Lunch* 12:30 p.m. Open Art Studio 1 p.m. Intro to Digital Culture* 2:30 p.m. SAIL Fitness	23 10 a.m. Current Events and Coffee 10:30 a.m. DAY TRIP- Blue Moon Waterfront Grille* 10:30 a.m. Open Art Studio 4:30 p.m. Pride Party at FiftyForward Knowles	24
25	26 9 a.m. Card Crusaders 10 a.m. Exercise w/ Jenny 11:15 a.m. Advisory Council Meeting 12 p.m. H&F Canasta* 12:15 p.m. Monthly Birthday Party* 1 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	27 10 a.m. Billiards 10 a.m. Yoga with Melissa 12 p.m. Beg. Line Dancing 1 p.m. Intro to Digital Culture* 1 p.m. Line Dancing 2 p.m. Self-Defense Strategies DVD	28 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	29 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. Knit Wits 12:30 p.m. Open Art Studio 1 p.m. Intro to Digital Culture* 2:30 p.m. SAIL Fitness	30 10 a.m. Current Events and Coffee 10:30 a.m. Open Art Studio	

## FiftyForward Martin Center PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**Early Bird Walking Club Thursdays, June 1, 8, 15, 22 & 29, 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, June 1, 8, 15, 22 & 29, 9:30 a.m. - 3 p.m.** Join your best game-playing friends for some fun with canasta.

**Billiards Thursdays, June 1, 8, 15, 22 & 29 and Tuesdays, June 6, 13, 20 & 27, 10 a.m. - 12 p.m.** Billiards room.

**Stretch & Flex Thursdays, June 1, 8, 15, 22 & 29, 10 - 10:30 a.m.** Join Daniel and stretch your way to greater strength and flexibility!

**Kit Wits Thursdays, June 1, 8, 15, 22 & 29, 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, June 1, 8, 15, 22 & 29, 12:30 - 3 p.m. and Fridays, June 2, 9, 16, 23 & 30, 10:30 a.m. - 1 p.m.** Artists of all media types (except oils) are welcome to meet for an opportunity to work on their current projects.

**Introduction to Digital Culture Thursdays, June 1, 8, 15, 22 & 29 and Tuesdays, June 6, 13, 20 & 27, 1 p.m.** By the end of this 5-week course by Senior Planet from AARP, you'll use the internet to contact your lawmakers, learn about health-related topics, connect with others, and more. iPads will be provided for in-class use, and upon completion of the ten sessions, participants will receive an iPad. **Prerequisites:** Participants must be familiar enough with an iPad to use it independently in class and have an email address. This is not a course for people unfamiliar with the iPad. Participants should have a Gmail address. **Registration is required. Space is limited to 8 members. Class is full.**

**SAIL Fitness Thursdays, June 1, 8, 15, 22 & 29 and Mondays, June 5, 12 & 26, 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. **Some SAIL classes will be lead by a recording of Barbara Hunt.**

**Current Events and Coffee Fridays, June 2, 9, 16, 23 & 30, 10 a.m.** Discuss current events while enjoying a cup of coffee.

**Showtime at Martin Friday, June 2 & 16, 1:30 - 3:30 p.m.** Join friends to relax, chat and watch a movie.

**Card Crusaders Mondays, June 5, 12 & 26 and Wednesdays, June 7, 14, 21 & 28, 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, June 5 & 26 and Wednesdays, June 7, 14, 21 & 28, 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.


**Hand & Foot Canasta Mondays, June 5, 12 & 26, 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, June 5, 1 - 2:00 p.m.** Join local community partners for a few games of BINGO and a chance to win prizes.

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

**Yoga with Melissa Tuesdays, June 6, 13, 20 & 27, 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, June 6, 13, 20 & 27, 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, June 6, 13, 20 & 27 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.

**Understanding and Applying Self-Defense Strategies DVD Tuesdays, June 6, 13, 20 & 27, 2 p.m.** Most of us don't think about self-defense until it's too late, perhaps assuming we will be able to muddle through a defense of ourselves if the need ever arose—or perhaps believing self-defense is impossible without years of intricate drills and many hours of physical training. The truth, however, is that anyone, regardless of age, size, or background, can learn to improve their safety, avoid or de-escalate threatening situations, or even escape a conflict altogether. Taught by acclaimed self-defense instructor, Krav Maga expert, and psychotherapist Dr. Tammy Yard-McCracken, these 24 interactive lessons will give you an arsenal of physical and mental strategies to prepare you to defend yourself and your loved ones.

**Bridge Wednesdays, June 7, 14, 21 & 28, 9 a.m. - 12 p.m.** Join your friends for a fun game or two of Bridge.

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**DAY TRIP- Nash Creamery Tour Wednesday, June 7, 9 a.m.** Visit Nash Family Creamery and Step beyond the creamery as they tell you more of the story behind their working dairy farm! These educational farm tours are designed to share the beauty, hard work, and science that goes into nurturing cows and making dairy products. Experience firsthand the housing barn, milk barn, and cheese production facility – and even meet a furry friend or two along the way! **Registration is required. Space is limited to 13 members. Cost: \$20.00**

**Mexican Train Dominoes Wednesday, June 7 & 21, 9:30 a.m.** Have fun playing the wonderful game of Mexican Train Dominoes!

**Afternoon Bridge Wednesdays, June 7, 14, 21 & 28, 12:30 - 3:30 p.m.** Join your friends and learn how to play the wonderful game of Bridge.

**Art Class Wednesdays, June 14, 21 & 28, 1-3 p.m.** Bring your creative side and unlock your passion for art. **Registration is required. Supplies provided. Cost: \$15.00**

**VA Presentation with Senior Helpers Wednesday, June 7, 1 p.m.** Join Senior Helpers and Veterans First as they share information about resources that are available to veterans.

**Musical Movie Matinee Wednesday, June 7, 1:30 p.m.** Join us as we watch the 2018 version of *A Star is Born*. Seasoned musician Jackson Maine discovers and falls in love with struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

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

**FiftyForward Memory Café Monday, June 12, 10:30 a.m.** Memory Cafés are warm, welcoming places for individuals with dementia and their caregivers to have regular, enjoyable social interaction with others in similar circumstances. Join us for light refreshments followed by a Nashville Opera concert. **Please register by June 8th by calling 615-742-4690 .**

**Nashville Opera Monday, June 12, 11 a.m.** The Nashville Opera is visiting the Martin Center! Join us for a special performance of beautiful live music performed by some of Nashville's best classically trained singers. It will include some of the "greatest hits" from opera, operetta, and some musical theatre as well.



**Armchair Travel Monday, June 12 & 26, 1 p.m.** Get those passports ready! Come travel the world with your friends, all from the comfort of the Martin Center. On June

12th we'll have a special guest tell us all about his time in Germany and on June 26th we will explore The Inner Hebrides.

**Day Trip- College Grove Health and Wellness Fair Tuesday, June 13, 9:30 a.m.** Join us for a FREE trip to FiftyForward College Grove for their Health and Wellness Fair in collaboration with FiftyForward *All of Us*. Visit the *All of Us* Journey, a touring exhibit that offers interactive information about *All of Us*, meet our vendors and learn about their services, participate in a Day 7 wellness session, and enjoy a free lunch. **Registration is required. Space is limited to 13 members. Cost: FREE**

**Men's Health Breakfast Presentation Wednesday, June 14, 10 a.m.** Did you know that June is National Men's Health Month? Iris Medical will give a special breakfast presentation about the importance of men's health. **Registration is required.**

**Deloitte Tech Day Wednesday, June 14, 11 a.m.** Do you have questions about your cell phone or maybe you want to learn how to use Facebook? Bring your technology questions to the center and the volunteers from Deloitte will answer them!

**Meet & Eat Lunch Friday, June 16, 11 a.m.** Drive yourself and meet at Huckleberry Brewing Company in Franklin for some fun, food, and friends. **Registration is required. Address: 600 A Frazier Dr #135, Franklin, TN 37067**

**DAY TRIP- Wildhorse Saloon Friday, June 16, 11:30 a.m.** It's time to head downtown and show off those dance moves! We'll be joined by FiftyForward Bordeaux, and College Grove. **Registration is required. Space is limited to 14 members. Cost: \$10.00 + lunch (optional)**

**DAY TRIP- Nissan Plant Tour & Lunch Tuesday, June 20, 8:45 a.m.** Enjoy a guided tour of the Nissan of Smyrna Vehicle Assembly Plant! This tour will last approx. an hour and a half. After the tour, we will enjoy lunch at Margarita House in Smyrna. Please note: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus. **Registration is required. Space is limited to 24 members. Cost: \$15.00 + lunch**

**Book Group Tuesday, June 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 *Past Forgetting: My Love Affair with Dwight D. Eisenhower* by Kay Summersby Morgan.

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**Author Visit Wednesday, June 21, 11 a.m.** Join author, Christy Lynch, as she discusses her new book *Explore Your Life: A Journey to Discover, Live, and Write Your Legacy!* If you're curious about your past, frozen in the present, or not sure where you want to go next, then this book is for you. Shape your life story as you write it. Discover new perspectives and insights. Get a clearer direction on the intriguing opportunities right in front of you, and choose your next quest.

**Potluck Lunch Thursday, June 22, 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.**

**DAY TRIP- Blue Moon Waterfront Grille Friday, June 23, 10:30 a.m.** Let's head to Blue Moon Waterfront Grille and have a delicious lunch on the Cumberland River. You'll enjoy their laid-back, island attitude, seafood inspired menu, and an atmosphere that is second to none! We'll be joined by FiftyForward Bordeaux. **Registration is required. Space is limited to 23 members. Cost: \$10.00 + lunch**

**Pride Party at FiftyForward Knowles Friday, June 23 from 4:30 p.m. - 7:30 p.m.** Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! To register for this event, call the FiftyForward Knowles Center at 615-743-3400. **This is not a day trip. Members will need to arrange their own transportation.**

**Advisory Council Meeting Monday, June 26, 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, June 26, 12:15 p.m.** Join us to celebrate monthly birthdays! **Registration is required.**

**Historical Book Group Wednesday, June 28, 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 *Playing the Enemy: Nelson Mandela and the Game that Made a Nation* by John Carlin.