

September 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 8:30 a.m. - 11:30 a.m. Congressional Constituent Services Mobile Office 10 a.m. Conversation and Coffee 10:00 a.m. - 12 p.m. Fitness Friday 10:30 a.m. Open Art Studio 1:30 p.m. Showtime at Martin	2
3	4 FiftyForward Centers & Offices CLOSED for Labor Day	5 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. Learning Spanish DVD	6 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Melissa 12:30 p.m. Afternoon Bridge 1:30 p.m. Musical Movie Matinee 4 p.m. Wine Down Wednesday	7 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. A Stitch in Time 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	8 9:45 a.m. - 2:30 p.m. DAY TRIP: TN Agricultural Museum* 10 a.m. Conversation and Coffee 10:00 a.m. - 12 p.m. Fitness Friday 10:30 a.m. Open Art Studio	9
10	11 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. Armchair Travel Across America! 2:30 p.m. SAIL Fitness	12 7:45 a.m. - 3:30 p.m. DAY TRIP: U.S. Space & Rocket Center* 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. Learning Spanish DVD	13 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 10 a.m. Walk with a Doc Nashville Chapter 11 a.m. - 1:45 p.m. DAY TRIP: Sock Hop Social at J.L. Turner* 12:30 p.m. Afternoon Bridge	14 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. A Stitch in Time 11 a.m. "One in a Million" with the All of Us Research Program 11:30 a.m. Tailgate Potluck Lunch* 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	15 10 a.m. Conversation and Coffee 10:00 a.m. - 12 p.m. Fitness Friday 10:30 a.m. Open Art Studio 11:30 a.m. Meet and Eat at Big Bad Breakfast* 1:30 p.m. Showtime at Martin	16
17	18 9 a.m. Card Crusaders 9:30 a.m. - 2 p.m. DAY TRIP: Nashville Zoo* 10 a.m. Exercise w/ Jenny 12 p.m. H&F Canasta* 12:30 p.m. FiftyForward Memory Café* 1 p.m. Team Spirit BINGO 2:30 p.m. SAIL Fitness	19 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. Learning Spanish DVD	20 9 a.m. Bridge 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Exercise w/ Melissa 12:30 p.m. Afternoon Bridge 1 p.m. Crochet 101*	21 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. A Stitch in Time 12:30 p.m. Open Art Studio 1 p.m. Membership Portal Training* 2:30 p.m. SAIL Fitness	22 9:30 a.m. - 3 p.m. DAY TRIP: Sewanee, TN* 10 a.m. Conversation and Coffee 10:00 a.m. - 12 p.m. Fitness Friday 10:30 a.m. Open Art Studio	23
24	25 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 p.m. Digital Artmaking* 1 p.m. Armchair Travel 2:30 p.m. SAIL Fitness	26 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. Learning Spanish DVD	27 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12 p.m. Lunch & Learn with Elder Law of Nashville* 12:30 p.m. Afternoon Bridge 2 p.m. Historical Book Group	28 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 9:30 a.m. - 3 p.m. DAY TRIP: DelMonaco Winery and Vineyards* 10 a.m. Billiards 10 a.m. Stretch and Flex 10 a.m. A Stitch in Time 12:30 p.m. Open Art Studio 2:30 p.m. SAIL Fitness	29 10 a.m. Conversation and Coffee 10:00 a.m. - 12 p.m. Fitness Friday 10:30 a.m. Open Art Studio	30

FiftyForward Martin Center PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



Denotes member-led program

TEAM SPIRIT MONTH: This month we are showing off our team spirit! Wear a team jersey or colors and show your spirit! Teams can be local or professional.

RECURRING CLASSES, ACTIVITIES, & GROUPS:

Afternoon Bridge Wednesdays, 12:30 - 3:30 p.m. Join your friends and learn how to play with the social Bridge Group.



Beginner Line Dancing Tuesdays, 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. Dancing in life makes everything feel better!

Billiards Tuesdays and Thursdays, 10 a.m. - 12 p.m. Billiards room.

Bridge Wednesdays, 9 a.m. - 12 p.m. Join your friends for a fun game or two in this experienced Bridge Group.

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

Card Crusaders Mondays and Wednesdays, 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.

Congressional Constituent Services Mobile Office Friday, September 1, 8:30 – 11:30 a.m. US Congressional District TN05 will have a field representative at our location the first Friday of each month. This is your opportunity to meet with a caseworker to ask a question or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). Please email Helena.Oneal@mail.house.gov to set up an appointment (preferred) or drop in to the office hours.

Conversation and Coffee Fridays, 10 a.m. Enjoy pleasant conversation and a cup of coffee with other Martin members. Bring a "Show and Tell" item. This can be a hobby, a meaningful gift or a item you have that has a story that goes with it.

Early Bird Walking Club Thursdays, 7 - 8 a.m. Join other early risers to get some steps in with friends while walking around the loop at Tower Park. Bring a Guest!

Exercise with Jenny and Melissa Mondays and Wednesdays, 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. This \$5 payment should be made with a FAN Card.

Fitness Friday Fridays, 10 a.m. - 12 p.m. Are you interested in starting or continuing your fitness journey? Every Friday you can join Liz and Sharie at the Williamson County Indoor Sports Complex (next to the Martin Center) and exercise together. We'll be there to answer equipment questions, workout with you, and provide encouragement! First time visitors will receive a tour of the facility. This is not a structured class so come when you can and leave when you need to. **Registration is appreciated but not required. Members who have a Williamson County Parks Pass will not need to pay a fee. Anyone else 55+ will be charged \$2.00 to use the facility.**

Hand & Foot Canasta Mondays, 12 p.m. - 2:30 p.m. Stop by for an exciting game of Hand & Foot Canasta. All levels of experience are welcome! **If you are interested in learning, please register in advance to begin your learning experience.**

Learning Spanish DVD Tuesdays, 2 p.m. In this highly effective course, we're pleased to present an approach that turns the tables on the problems so many people face in learning a new language. Experience the fastest and most direct way to get up and running with a beautiful and highly useful language.



Line Dancing Tuesdays, 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.

Open Art Studio Thursdays, 12:30 - 3 p.m. and Fridays, 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. Join in on lively conversation and art!

SAIL Fitness Mondays and Thursdays, 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.**

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



A Stitch in Time Thursdays, 10 a.m. - 12 p.m. Calling all knitters, crocheters, quilters, and yarn lovers! You're invited to meet in the Common Area to work on your current projects and engage in wonderful conversations. If you would like to learn or have a refresher on knitting or crocheting, this group will help you learn!

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RECURRING CLASSES, ACTIVITIES, & GROUPS:

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

Yoga with Melissa Tuesdays, 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. This \$5 payment should be made with a FAN Card.

SPECIAL PROGRAMS & EVENTS:

Showtime at Martin Friday, September 1 & 15, 1:30 - 3:30 p.m. Join friends to relax, eat popcorn, make new friends and enjoy a movie. On September 2nd we'll enjoy *Indiana Jones and the Raiders of the Lost Ark*. On September 16th we'll watch the 1998 romantic comedy, *You've Got Mail*.

Mexican Train Dominoes Wednesday, September 6 & 20, 9:30 a.m. Have fun playing the wonderful game of Mexican Train Dominoes!

Musical Movie Matinee Wednesday, September 6, 1:30 p.m. Join us as we watch Julie Andrews lights up the screen as Maria, a spirited young Austrian woman who leaves the convent to become a governess for Captain von Trapp's (Christopher Plummer) seven unruly children. Her charm and songs soon win the hearts of the children - and their father. But when Nazi Germany unites with Austria, Maria is forced to attempt a daring escape with her new family.

Wine Down Wednesday Wednesday, September 6, 4 - 5:15 p.m. Sip back and relax with friends around the Martin Center Fireplace. Bring your own hors d'oeuvres and wine. Bring a guest!

Monthly Birthday Party Monday, September 11, 12:15 p.m. Let's Eat Cake! Join us to celebrate monthly birthdays! **Registration is required.**

Armchair Travel Across America! Monday, September 11 & 25, 1 p.m. Come travel the world with your friends, all from the comfort of the Martin Center. We'll listen as Don Coatney tells us about his time traveling across the country while on his way live in Alaska! On September 25 we will enjoy Travel Time! This is an opportunity for members to bring a travel story or memory and tell us about your experience!



Denotes member-led program

Walk with a Doc Nashville Chapter Wednesday, September 13, 10 a.m. Monthly, join the FiftyForward *All of Us* team at Centennial Park for *Walk with a Doc* with Dr. Amy Price Neff of Windstream Integrative Medicine. These one-hour walks meet every 2nd Wednesday of the month at 10 a.m. at the Centennial Park Events Shelter (where the Big Band Dances are held). Dr. Price Neff begins each walk with a 5-minute "health talk," then we all walk around Centennial Park together. The trail is a flat, 1.2 mile loop. No RSVP required! This is not a day trip. Members will need to arrange their own transportation.

"One in a Million" with the All of Us Research Program Thursday, September 14, 11 a.m. Would you like to help change the future of healthcare? Come say hello to the FiftyForward *All of Us* team to learn more about the *All of Us* Research Program from the National Institutes of Health. This unique research program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Sign up in Membership Works to make a private appointment to enroll, or just drop by for a casual conversation. For more information on the *All of Us* Research Program, please visit our website at www.joinallofus.org/fiftyforward.

Tailgate Potluck Lunch Thursday, September 14, 11:30 a.m. Celebrate the start of football season by wearing your team colors and enjoy a delicious meal with friends at the Martin Center! Your contribution of a dish is very much appreciated and needed. If you forget, or at the last minute would like a meal you can pay \$10 to participate if you do not bring a dish. **Registration is required.**

Meet & Eat Friday, September 15, 11:30 a.m. Join us for a delicious brunch at Big Bad Breakfast in Franklin. **Registration is required. Address: 1201 Liberty Pike Suite 101, Franklin, TN 37067**

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SPECIAL PROGRAMS & EVENTS:

[FiftyForward Memory Café](#) Monday, September 18, 12:30 p.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 fun game of BINGO! **Will you be an Ambassador and tell those you know that would benefit from this comforting and support time together? Please register by calling 615-742-4690.**

[Team Spirit BINGO](#) Monday, September 18, 1 p.m. Join us for some friendly competition and root beer floats during our Team Spirit themed bingo! Whether you are a bingo pro or have never played before, this is a game night for everyone!

 **[Book Group](#) Wednesday, September 19, 3 p.m.** Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers at Book Group! This month's book selection is *A Walk in the Woods* by Bill Bryson.

[Crochet 101](#) Wednesday, September 20, 1:00 p.m. Have you ever wanted to learn how to crochet but don't know where to begin? Join Michelle and learn the basics of crochet. Supplies provided. **Registration is required.**

[Membership Portal Training](#) Thursday, September 21, 1 p.m. Join Steve Bianchi, the FiftyForward membership specialist, and learn all about our membership portal. Our membership portal will allow you to access our video library, sign up for programs and day trips, and explore what other FiftyForward centers are doing. **Registration is required. Space is limited to 8 members.**

[Advisory Council Meeting](#) Monday, September 25, 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.


[Digital Artmaking](#) Monday, September 25, 12 - 1:30 p.m. Explore your creativity, learn a new skill, and create art with an iPad in this FREE digital Art Making workshop at the Martin Center, presented in partnership with the Frist Art Museum. **This is a 8 week program. Space is limited. Please contact Liz Smith at 615-376-4331 to register for this series.**

[Lunch and Learn with Elder Law of Nashville](#) Wednesday, September 27, 12 p.m. - 1 p.m. Barbara



Denotes member-led program

Moss focuses her practice on the legal needs of seniors and those in need of long term care. Get the answers to the questions that matter most to you, including: How to Manage Healthcare, Income, Housing, Benefits, and Chronic Conditions in Retirement. **Lunch will be provided! Registration is required.**

 **[Historical Book Group](#) Wednesday, September 27, 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 *One Bullet Away: The Making of a Marine Officer* by Nathaniel Fick.

DAY TRIPS:

[TN Agricultural Museum Day Trip](#) Friday, September 8
Members should arrive by 9:30 a.m.
Bus Departs at 9:45 a.m. and returns at approx. 2:30 p.m.

Cost: \$10.00 + Lunch
We will meet FiftyForward College Grove at the museum. Located on the spacious grounds of the Ellington Agricultural Center, the Tennessee Agricultural Museum has an extensive collection of home and farm artifacts from the 19th and early 20th centuries. You can also view log cabins, a kitchen/herb garden, and a perennial garden. After this educational visit, we will enjoy lunch at Sichuan Hot Pot & Asian Cuisine. **Registration is required. Space is limited to 24 members.**

[U.S. Space & Rocket Center Day Trip](#) Tuesday, September 12
Members should arrive by 7:30 a.m.
Bus departs at 7:45 a.m. and returns at approx. 3:30 p.m.

Cost: \$45.00 + Lunch
The U.S. Space & Rocket Center in Huntsville, AL, is a Smithsonian Affiliate and serves as a NASA visitor center, with the largest collection of rockets and space memorabilia on display. This is the most comprehensive U.S. manned spaceflight hardware museum in the world! Take a break from exploring this fascinating site to enjoy lunch at the Mars Café. **Registration is required. Space is limited to 24 members.**

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DAY TRIPS:

Sock Hop Social at J.L. Turner

Wednesday, September 13

Members should arrive by 10:45 a.m.

Bus departs at 11:00 a.m. and returns at approx. 1:45 p.m.

Cost: \$20.00

Break out those poodle skirts and leather jackets! It's time to dance the afternoon away with live music by Les Kerr. **Refreshments provided. Registration is required. Space is limited to 12 members.**

Nashville Zoo Day Trip

Monday, September 18

Members should arrive by 9:15 a.m.

Bus departs at 9:30 a.m. and returns at approx. 2 p.m.

Cost: \$30.00 + Lunch

We will meet with FiftyForward College Grove and J.L. Turner at the zoo. The Nashville Zoo at Grassmere is a zoological garden and historic plantation farmhouse located 6 miles southeast of Downtown Nashville. The Zoo just announce that the new Komodo Dragon habitat is officially open to the public. This remarkable exhibit now claims the title of the largest Komodo Dragon habitat in the Americas! After exploring the zoo we will enjoy delicious Mexican food at Plaza Mariachi.

Registration is required. Space is limited to 12 members.

Sewanee, TN Day Trip

Friday, September 22

Members should arrive by 9:15 a.m.

Bus departs at 9:30 a.m. and returns at approx. 3:00 p.m.

Cost: \$15.00 + Lunch

Let's drive through The University of The South and visit the All Saint's Chapel and the War Memorial Cross while enjoying in breathtaking views. This is a more causal day trip, allowing members to enjoy a leisurely drive with the beautiful fall colors. Lunch will be at the McClurg Dining Hall, full of locally-sourced ingredients, familiar favorites, and international dishes! **Registration is required. Space is limited to 24 members.**

DelMonaco Winery and Vineyards

Thursday, September 28

Members should arrive by 9:15 a.m.

Bus departs at 9:30 a.m. and will return at approx. 3 p.m.

Cost: \$15.00 + Lunch

Enjoy a trip to Baxter, TN for a tour of DelMonaco Winery. Take a walk through this manicured vineyard and enjoy a tasting of their award winning wines fermented on the premises of our Tuscan style winery. There is an optional scavenger hunt, with a prize at the end! Lunch will be at The Bistro, their on-site restaurant. **Registration is required. Space is limited to 24 members.**