

February 2024 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. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Total Body Fitness	2 Wear Red Day! 9 a.m. DAY TRIP– Paula Deen's & Madam Tussauds* 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 1 p.m. Art Made Easy* 2:30 p.m. Martin Melody Makers	3
4	5 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 11 a.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. Total Body Fitness	6 8:30 a.m. - 11:30 a.m. Congressional Constituent Services Mobile Office 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Mahjong* 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	7 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. Creative Crafts* 1:30 p.m. Belly Dancing 2 p.m. Valentine's Day Wine Down Wednesday	8 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. AARP Tax Preparations (Appointment Only) 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Total Body Fitness	9 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 1 p.m. Art Made Easy* 2:30 p.m. Martin Melody Makers	10
11	12 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 11 a.m. H&F Canasta* 1 p.m. Armchair Travel to Hawaii 2:30 p.m. Total Body Fitness	13 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	14 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 10 a.m. Walk with a Doc Nashville Chapter 12 p.m. "One in a Million" with the All of Us Research Program 12 p.m. Potluck Lunch* 12:30 p.m. Afternoon Bridge 1 p.m. Creative Crafts* 1:30 p.m. Belly Dancing	15 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. AARP Tax Preparations (Appointment Only) 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Total Body Fitness 5 p.m. Cocktails and Conversation*	16 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat* 1 p.m. Art Made Easy* 2:30 p.m. Martin Melody Makers	17
18	19 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 11 a.m. H&F Canasta* 12:30 p.m. FiftyForward Memory Café* 1 p.m. Valentine's Day BINGO 2:30 p.m. Total Body Fitness	20 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Book Group 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Mahjong* 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	21 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. Creative Crafts* 1:30 p.m. Belly Dancing	22 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. AARP Tax Preparations (Appointment Only) 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Total Body Fitness	23 9:30 a.m. DAY TRIP– The Lost Paddy & Lane Motor Museum * 10 a.m. Café Marteen Brunch* 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 1 p.m. Art Made Easy* 2:30 p.m. Martin Melody Makers	24
25	26 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 11 a.m. H&F Canasta* 11:15 a.m. Advisory Council Meeting 2:30 p.m. Total Body Fitness	27 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 10:30 a.m. DAY TRIP– Monell's & Colt's Chocolates* 11 a.m. SAIL Fitness 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	28 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Afternoon Bridge 1 p.m. Creative Crafts* 1:30 p.m. Belly Dancing 2 p.m. Historical Book Group	29 7 a.m. Early Bird Walking Club 9 a.m. - 2 p.m. AARP Tax Preparations (Appointment Only) 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Total Body Fitness		

FiftyForward Martin Center PROGRAM INFORMATION



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Denotes member-led program

Theme in February: Valentines-A Month of Love and Friendship! February is also Heart Health Month. Wear Red on February 2nd for National Wear Red Day. Enjoy wearing red/pink/purple and fun heart-themed clothes!

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.

Art Made Easy Fridays, 1 p.m. Join other craft lovers for an afternoon of relaxing art! This is a place to create memorable works in a variety of mediums.

****NEW** Belly Dancing Wednesdays, 1:30 p.m.** Join Sarina and learn how to belly dance! Did you know that belly dance offers a range of physical benefits, promoting flexibility, core strength, and improved posture. It engages various muscle groups, enhancing overall fitness. Mentally, it fosters mindfulness and body awareness, serving as a unique form of expression. Additionally, the inclusive and supportive community surrounding belly dance provides socialization opportunities, fostering connections and a sense of belonging at any age.

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.

Cardio Drumming Mondays, 10:00 a.m. Join Lynn Leaf for this popular fitness activity that combines music and drumming to stay fit and have fun! Cardio Drumming has been shown to improve heart health and coordination, reduce stress and anxiety, and increase strength and endurance. This class is a low-impact class that people of all fitness levels can do! \$5 per person if you do not have the insurance benefit. This \$5 payment should be made with a FAN Card. Supplies provided. Intensity: High

Congressional Constituent Services Mobile Office
First Tuesday of Each Month, 8:30 – 11:30 a.m. US Congressional District TN05 will have a field representative at our location the first Tuesday 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 during 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 an item you have that has a story that goes with it.



Creative Crafts Wednesdays, 1 - 3 p.m. Come to the Martin Center and enjoy crafting with other FiftyForward members! You can participate in the presented craft or bring your own and work on it while connecting with friends. This group will give you the ability to work on these projects together or continue with a project that you like, even when new projects are introduced. **Registration is required and all supplies are provided.**

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 Melissa 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. Intensity: Medium



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.

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RECURRING CLASSES, ACTIVITIES, & GROUPS:



Line Dancing Tuesdays, 1 - 2:30 p.m. Join Helen Settles as she brings her skills to the Martin Center for some fun and fitness. This class is open to all skill levels, from beginner to experienced!

****NEW** Martin Melody Makers Tuesdays and Fridays, 2:30 p.m.** What are the benefits of singing? It relieves stress, stimulates our immune system, increases our pain threshold, may improve snoring, improves lung function, develops a sense of belonging, enhances memory, helps with grief and improves our moods and strengthens our vocal cords. Best of all it is fun! Your instructor will be Leah Piedmont, who has Bachelors in Music with a Concentration in Music Therapy. Invite a friend!

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 Tuesday and Thursdays, 11 a.m. - 12 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. Intensity: High

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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Total Body Fitness Mondays and Thursdays, 2:30 - 3:30 p.m. Join Barbara and Liz as we lead you through a complete body workout benefiting your cardiovascular system as well as strength training. As we age, we can all benefit from continued fitness training to increase muscle tone, flexibility, endurance, and overall well-being. Join us as we help you discover how exercising can improve your life. 1 hour class includes components of aerobics and strength training. Intensity: Medium

****NEW** Yoga with Melissa Tuesdays and Thursdays, 10 - 10:45 a.m.** Yoga for all! Join Melissa as she teaches Silver Sneakers Yoga. Yoga combines physical health with mental health. \$5 per person if you do not have the insurance benefit. This \$5 payment should be made with a FAN Card. Intensity: Low

SPECIAL PROGRAMS & EVENTS:

American Heart Association Wear Red Day Friday February 2 Let's wear red to raise awareness about cardiovascular disease and help save lives.



BINGO Monday, February 5, 1 p.m. Whether you are a bingo pro or have never played before, this is a game right for everyone!

****NEW** Mahjong Tuesday, February 6 & 20, 12:30 p.m. - 2:30 p.m.** One of our members has agreed to build a group that will enjoy this widely embraced game that is both stimulating and fun. Initially, she will mentor those players who are familiar with the American game (having played some over the years) and then later (instead of just later maybe: as the group gets more established to teach, "newbie's" will be welcome. The idea is to get experienced players who will be able to help you play as you learn.

Classes will be limited to twelve players familiar with the game. Registration for the class is required which will be held on that 1st and 3rd Tuesday's from 12:30 – 2:30 CST at the Center.

Requirements: A 2023 Card will be needed which can be purchased for \$14 or \$15 (depending on the size you want) through thenationalmahjonggleague.org. **New to Mahjong? Watch for classes starting in March.**

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

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SPECIAL PROGRAMS & EVENTS:

Valentine's Day Wine Down Wednesday Wednesday, February 7, 2 - 3:30 p.m. Celebrate Valentine's Day by visiting with friends around the fireplace or bring a friend! Please bring a bottle of wine and a sharable snack or hors d'oeuvres.

AARP Tax Preparations Thursdays, February 8, 15, 22 & 29, 9 a.m. - 2 p.m. thru April 11, 2024.

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 8 – April 11, 2024, 9 a.m. – 2 p.m. Please call the center at 615-376-0102 to register for an appointment.**

Armchair Travel to Hawaii! Monday, February 12, 1:00 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 in Hawaii!

Walk with a Doc Nashville Chapter Wednesday, February 14, 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 Wednesday, February 14, 12 p.m. Would you like to help change the future of healthcare? Come



Denotes member-led program

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.

Valentine's Day Potluck Lunch Wednesday, February 14, 12 p.m. Celebrate the month of love and friendship by enjoying a delicious meal with a new friend 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.**

Cocktails and Conversation Thursday, February 15, 5 - 7 p.m. Join us on the Third Thursday of each month from 5:00-7:00 p.m.. Come meet new people or catch up with friends. Be sure to bring your favorite beverage and appetizer/dessert. **Cost: \$5.00**

Meet & Eat Friday, February 16, 11:30 a.m. Join us for a delicious brunch at Amerigo Italian Restaurant in Brentwood. **Registration is required. Address:** 1656 Westgate Cir, Brentwood, TN 37027

FiftyForward Memory Café Monday, February 19, 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.**

Valentine's Day BINGO Monday, February 19, 1 p.m. Join us for some friendly competition and a Valentine's Day themed BINGO! Whether you are a bingo pro or have new to the game, everyone is sure to have fun!



Book Group Tuesday, February 20, 10 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 Change* by Kirsten Miller.

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SPECIAL PROGRAMS & EVENTS:

Café Marteen Valentine's Brunch Friday, February 23, 10 a.m. - 12 p.m., Food served from 10 - 11:30 a.m. Have you heard about the NEWEST and MOST EXCULSIVE café in Brentwood? That's right, the Martin Center will now periodically serve a special café style meal. Celebrate love and friendship with a special brunch that includes a breakfast casserole, fruit, biscuits, an array of pastries and beverages. **Registration is required and space is limited. Registration ends 2/16 on Cost: \$10.00**

Advisory Council Meeting Monday, February 26, 11:15 a.m. - 12:15 p.m. The advisory council is a volunteer group that gives advice and support to the Martin Center Staff.

Historical Book Group Wednesday, February 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 *The Burning of the White House: James and Dolly Madison and the War of 1812* by Jane Hampton Cook.

DAY TRIPS:

Paula Deen's and Madame Tussauds

Friday, February 2

Members should arrive by 10:15 a.m.

Bus departs at 10:30 a.m. and returns at approx. 3:00 p.m.

Cost: \$35.00 + Lunch

This is a joint trip with FiftyForward College Grove

First we will enjoy a delicious lunch at Paula Deen's followed by a trip to Madame Tussauds Nashville, the world's greatest wax museum! This museum celebrates legendary music icons in Music City. This attraction focused solely on the lyrical legends that have shaped the musical landscape of America. **Registration is required. Space is limited to 12 members.**

Lane Motor Museum and The Lost Paddy

Friday, February 23

Members should arrive by 9:45 a.m.

The bus departs at 10 a.m. and returns at approx. 2:30 p.m.

Cost: \$25.00 + Lunch

Lets hope on the bus and visit Lane Motor Museum, home to the largest European automotive collection in the U.S., the vehicles date from the early 1900s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, prototypes, one-of-a-kind vehicles and motorcycles. After exploring this museum, we will head to The Lost Paddy and enjoy lunch at an Irish Pub! **Registration is required. Space is limited to 24 members.**

Monell's and Colt's Chocolate Visit

Tuesday, February 27

Members should arrive by 10:00 a.m.

The bus departs at 10:15 a.m. and returns at approx. 2:00 p.m.

Cost: \$20.00 + Lunch + Chocolates (optional)

Meat and Three, that's just the start. At Monell's you'll feast on plates of Southern classics and comfort foods, piled high on serving plates and shared family-style with your neighbors. Enter as strangers, leave as friends! After lunch, we will visit Colt's Chocolates. Founded in 1984, Colts Chocolate Company came from humble beginnings in Nashville, Tennessee. Original owner Mackenzie Colt put her hand to the creation of amazing desserts and chocolates. Her sweet treats soon became highly coveted by friends, family, famous musicians, and celebrities. Enjoy a true taste of Nashville with an assortment of delicious chocolates and southern desserts. **Registration is required. Space is limited to 24 members.**