

# April 2024 FiftyForward Martin Center 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
	<b>1</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming <b>12 p.m. H&amp;F Canasta*</b> 1 p.m. BINGO 2:30 p.m. Chair Pilates	<b>2</b> 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 p.m. Mahjong 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	<b>3</b> 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 2 p.m. Baton Brigade 2 p.m. Wine and Non-wine Beverage Happy Hour	<b>4</b> 7 a.m. Early Bird Walking Club <b>9 a.m. - 2 p.m. AARP Tax Preparations (All Appointments Filled)</b> 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. Martin Melody Makers 2:30 p.m. Chair Pilates	<b>5</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio <b>10:30 a.m. DAY TRIP- Sorelles &amp; TN Tulip Festival*</b> 12 p.m. Mahjong <b>1 p.m. Art Made Easy*</b>	<b>6</b>
7	<b>8</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming <b>12 p.m. H&amp;F Canasta*</b> <b>12 p.m. Solar Eclipse Party*</b> 2:30 p.m. Chair Pilates	<b>9</b> 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12 p.m. Mahjong 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	<b>10</b> 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 10 a.m. Walk with a Doc Nashville Chapter 12:30 p.m. Afternoon Bridge 2 p.m. Baton Brigade	<b>11</b> 7 a.m. Early Bird Walking Club <b>9 a.m. - 2 p.m. AARP Tax Preparations (Appointment Only)</b> 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa <b>10:30 a.m. DAY TRIP- Loveless Café &amp; Gardening and Composting 101*</b> 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Martin Melody Makers 2:30 p.m. Chair Pilates	<b>12</b> <b>9:15 a.m. DAY TRIP- Nashville Symphony Dress Rehearsal*</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 12 p.m. Mahjong <b>1 p.m. Art Made Easy*</b>	<b>13</b>
14	<b>15</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming <b>12 p.m. Volunteer Appreciation Mad Hatter Tea Party*</b> <b>12 p.m. H&amp;F Canasta*</b> 2:30 p.m. Chair Pilates	<b>16</b> <b>9:30 a.m. DAY TRIP- Mint Gaming Hall at Kentucky Downs*</b> 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 p.m. Mahjong 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	<b>17</b> 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 2 p.m. Baton Brigade	<b>18</b> 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. Martin Melody Makers 2:30 p.m. Chair Pilates <b>5 p.m. Cocktails and Conversation*</b>	<b>19</b> 10 a.m. Health and Wellness Fair at FiftyForward Martin Center 10 a.m. Conversation and Coffee 10 a.m. Open Art Studio 10:30 a.m. Open Art Studio 12 p.m. Mahjong <b>1 p.m. Art Made Easy*</b>	<b>20</b>
21	<b>22</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming <b>12 p.m. H&amp;F Canasta*</b> 1 p.m. Armchair Travel to Brazil 2:30 p.m. Chair Pilates	<b>23</b> 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 12 p.m. Mahjong 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers	<b>24</b> 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12 p.m. "One in a Million" with the All of Us Research Program <b>12 p.m. Potluck Lunch*</b> 12:30 p.m. Afternoon Bridge 2 p.m. Baton Brigade 2 p.m. Historical Book Group	<b>25</b> 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. Martin Melody Makers 2:30 p.m. Chair Pilates	<b>26</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio <b>11:30 a.m. Meet &amp; Eat*</b> 12 p.m. Mahjong <b>1 p.m. Art Made Easy*</b>	<b>27</b>
28	<b>29</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming <b>12 p.m. H&amp;F Canasta*</b> 2:30 p.m. Chair Pilates	<b>30</b> 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa <b>10:30 a.m. DAY TRIP- Safari's &amp; Monthaven Johnny Cash Exhibit*</b> 11 a.m. SAIL Fitness 12 p.m. Mahjong 1 p.m. Line Dancing 2:30 p.m. Martin Melody Makers				

## 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

**Theme in April: Flower Power– Let's celebrate the flowers of Spring, the power of love and leading peaceful lives. Wear floral clothes and other accessories throughout the month.**

### **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.

**Armchair Travel to Brazil Fourth Monday of Each Month, 1:00 p.m.** Do you know which country produces the most coffee? That's right, this month we will learn all about Brazil! Listen and learn as Don Coatney tells us all about the country with the largest Carnival celebration in the world.

**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\*\* Baton Brigade Wednesdays, 2:00 – 3:30 p.m.** Join Jan Taylor and Barbara Young, both experienced baton twirlers, and learn how to twirl a baton! Did you know that baton twirling helps develop hand eye coordination, dexterity, and even improves memory! Baton twirling is making a comeback as the latest and greatest sensation. Don't miss out on all the fun! Supplies provided and all skill levels welcome.

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

**BINGO Monday, First Monday of Each Month, 1 p.m.** Whether you are a bingo pro or have never played before, this is a game right for everyone!



**Book Group Third Tuesday of Each Month, 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 *A Payer for Owen Meany* by John Irving.

**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. Lynn Leaf is certified as a Balance Specialist, a Functional Aging Specialist, Aquatic Fitness, Group Exercise, and Personal Training. Intensity: High

**\*\*NEW\*\* Chair Pilates Mondays and Thursdays, 2:30 – 3:30 p.m.** Come try the newest exercise class at Martin Center, Chair Pilates! Chair Pilates is an exercise that will work your entire body, contributing to your quality of life by enabling you to do everyday activities with more ease. It will take the place of Total Body Fitness because it is Total Body Fitness! If you have any arthritis, want to strengthen your joints, or work on your posture and bone density then Chair Pilates is perfect for you! This class is taught by Elizabeth Tatum. Elizabeth is certified in Pilates, Yoga, Group Exercise, Fall Prevention, Strength and Balance, and CardioFit. Cost:\$5.00 per person if you do not have the insurance benefit



**Cocktails and Conversation Third Thursday of Each Month, 5 - 7 p.m.** Join us on the Third Thursday of each month from 5:00 - 7:00 p.m. to meet new people or catch up with friends. This month, we will enjoy a special treat with a chocolate and wine tasting! Registration is required and members will be asked to bring either chocolate or wine. Cost: \$5.00

**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.

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### **RECURRING CLASSES, ACTIVITIES, & GROUPS:**



**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.



**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. Melissa is certified in SilverSneakers Yoga and Group Exercise. She also holds a Bachelors Degree in Exercise Science and Athletic Training! 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. and 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.

**Happy Happy Hour First Wednesday of Each Month, 2 - 3:30 p.m.** Bring Wine OR non-wine beverage to enjoy a Happy Hour atmosphere with friends and new acquaintances. Bring a sharable snack, hors d'oeuvres or appetizer. Williamson County Geriatric Council donates delicious Happy Hour Food as well!



### **Historical Book Group Last Wednesday of Each Month, 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 *Moscow 1812: Napoleon's Fatal March* by Adam Zamoyski



**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 for open to all skill levels, from beginner to experienced!

### **Mahjong Tuesdays and Fridays, 12:00 p.m. - 2:30**

**p.m.** Interested in learning Mahjong but don't have a card? Come learn what it's all about and how to get started with the first part of the game.

A 2024 Card is recommended and can be purchased for \$14 or \$15 (depending on the size you want) through <https://www.nationalmahjonggleague.org/store>

### **Martin Melody Makers Tuesdays and Thursdays,**

**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!

### **Meet & Eat Last Friday of Each Month, 11:30 a.m.**

Join us for a delicious brunch at Maple Street Biscuit Company in Brentwood. **Registration is required.**  
**Address:** 203 Franklin Rd #120, Brentwood, TN 37027

**Mexican Train Dominoes First and Third Monday of Each Month, 9:30 a.m.** Have fun playing the wonderful game of Mexican Train Dominoes!

### **Potluck Lunch Last Wednesday of the Month, 12 p.m.**

**Flower Power Month!** Wear flowered apparel or spring colors! Please bring a dish to pass as this is very needed and appreciated. Forgot to bring a dish you can pay \$10 to participate. **Potluck Community Conversation: 12:00 pm—12:45 pm. Center updates: 12:45 pm—1:00 pm. Come early to socialize!**  
**Registration is required.**

### **"One in a Million" with the All of Us Research Program Last Wednesday of the Month, 12 p.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](http://www.joinallofus.org/fiftyforward).

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**Theme in April: Flower Power– Let's celebrate the flowers of Spring, the power of love and leading peaceful lives. Wear floral clothes and other accessories throughout the month.**

**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!

**Walk with a Doc Nashville Chapter Second**

**Wednesday of Each Month, 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.

**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. Melissa is certified in SilverSneakers Yoga and Group Exercise. She also holds a Bachelors Degree in Exercise Science and Athletic Training! \$5 per person if you do not have the insurance benefit. This \$5 payment should be made with a FAN Card. Intensity: Low



Denotes member-led program

### **SPECIAL PROGRAMS & EVENTS:**

**AARP Tax Preparations Thursdays, ALL TAX APPOINTMENTS ARE FULL.**

**Solar Eclipse Party Monday, April 8, 12 p.m.—2 p.m.** On Monday, April 8, 2024 there is a Total Solar Eclipse! A twice in a lifetime opportunity to see totality blackout for the Sun and the Moon, a fun reason to celebrate! We'll also enjoy some out of this world refreshments! **We have a limited number of solar glasses. Please RSVP by April 4.**

**Volunteer Appreciation Mad Hatter Tea Party**

**Monday, April 15, 12 p.m. – 1 p.m.** Wear a Hat and Bring your Favorite Tea Cup (not required)! FiftyForward appreciates everything that our wonderful volunteers do for our centers and in an effort to express our gratitude, the Martin Center is hosting a Mad Hatter Tea Party! Martin Center volunteers are invited to wear your favorite hat and come enjoy some delicious treats provided by The Key, a senior care service. Someone will even win the Golden Tea Cup! Registration is required. Please RSVP by April 10.

**Spring Health and Wellness Fair Friday, April 19, 10 a.m. - 12 p.m.** Join us for the FiftyForward Spring Health and Wellness Fair at the Martin Center, sponsored by the *All of Us* Research Program. Visit with a wide range of Health and Wellness vendors, receive health screenings, and learn more about the resources to help us stay healthy! Lunch provided by FiftyForward to the first 100 attendees. This is free and open to the public!

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**Theme in April: Celebrate the arrival of Spring by wearing bright colors and trying a new activity!**

### DAY TRIPS:

#### Sorelles Italian & Pizzeria and Tennessee Tulip Festival

**Friday, April 5**

**Members should arrive by 10:15 a.m.**

**Bus departs at 10:30 a.m. and returns at approx. 2:30 p.m.**

**Cost: \$30.00 + Lunch**

**Registration is required and space is limited to 24 members**

**This is a joint trip with FiftyForward College Grove.**

Hop on the bus and take in the beautiful drive to Eagleville, TN where we will enjoy a delicious lunch at Sorelles Italian & Pizzeria. After lunch, we will visit Lucky Ladd Farms and experience the Tennessee Tulip Festival. Farmer Ladd and his crew have meticulously planted more than 700,000 tulip bulbs, showcasing over 100 different varieties of tulips. As the **largest pick-your-own tulip farm in Tennessee and even the entire Southeastern United States**, Lucky Ladd Farms offers an unparalleled tulip picking and field viewing experience. Members are invited to pick a bouquet of 12 tulips to bring home. Bring your camera, this is sure to be memorable!

#### Loveless Café & Gardening and Composting 101

**Thursday, April 11**

**Members should arrive by 10:15 a.m.**

**Bus departs at 10:30 a.m. and returns at approx. 2:00 p.m.**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 12 members**

**This is a joint trip with FiftyForward College Grove.**

Join us as we enjoy lunch at the Legendary Loveless Café! Delight your taste buds with down-home dishes & a country vibe, and explore the eclectic on-site shops. After lunch, take a trip to the beautiful Warner Park Nature Center and listen as they share tips about how to get your garden started, what and when to plant, and how to start a backyard compost. Beginners and experienced gardeners welcome. It's time to start planning your summer garden!

#### Nashville Symphony Dress Rehearsal- Dawson, Price, and Gershwin's America

**Friday, April 12**

**Members should arrive by 9:00 a.m.**

**Bus departs at 9:15 a.m. and returns at approx. 1:30 p.m.**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 24 members**

Join us for a special trip to the Nashville Symphony for a

dress rehearsal of **Florence Price**, arr. **Still Dances in the Canebreaks**, **George Gershwin's** Piano Concerto in F and **Rhapsody in Blue**, and **William Dawson's** *Negro Folk Symphony*. Gershwin's orchestral music defined the American sound, and Jean-Yves Thibaudet joins for the centennial celebration of *Rhapsody in Blue* plus his Piano Concerto in F. Gershwin is complemented by Florence Price and William Dawson, whose compositions stemmed from the Black American Experience. At its 1934 Carnegie Hall premiere, Dawson's *Negro Folk Symphony*, based on spirituals and emphatically symphonic, brought audiences to their feet. And Price's *Dances in the Canebreaks* is drawn from Black folk songs and dances of the 1920s and '30s. During intermission we will leave and visit the Cookery, a mellow café with an Australian inspired menu of salads & sandwiches.

#### Mint Gaming Hall at Kentucky Downs

**Tuesday, April 16**

**Members should arrive by 9:15 a.m.**

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

**Cost: \$20.00 + Lunch**

**Registration is required and space is limited to 24 members**

Come one, come all and test your luck at The Mint Gaming Hall at Kentucky Downs! The Mint Gaming Hall is home to over 1,000 games, a center bar, a frozen drinks oasis bar, entertainment, and more! Be sure to take a break from these exciting games to enjoy a tasty lunch at the Corner Café.

#### Safari's Brick Oven and Grill and Monthaven Johnny Cash Exhibit

**Tuesday, April 30**

**Members should arrive by 10:15 a.m.**

**Bus Departs at 10:30 a.m. and returns at approx. 3:30 p.m.**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 12 members**

**This is a joint trip with FiftyForward Madison Station.**

Fun, exciting and delicious- a meal at Safari's Brick Oven and Grille is one you'll never forget. From the great food to the unique atmosphere, visiting Safari's is more than just going out to eat, it's an experience! After Safari's, take a trip to Monthaven Arts and Cultural Center as they celebrate Johnny Cash's best-known performances by presenting the exhibition *1968: A Folsom Redemption*. The 31 photos in this exhibit cover a critical juncture in the career of Johnny Cash, one of the 20th century's most beloved performers.