

# May 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. 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>2</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. Chair Pilates	<b>3</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 12 p.m. Mahjong 1 p.m. Art Made Easy*	<b>4</b>
5	<b>6</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 12 p.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. Chair Pilates	<b>7</b> 8:30 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	<b>8</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 p.m. "One in a Million" with the <i>All of Us</i> Research Program 12 p.m. Potluck Lunch* 12:30 p.m. Afternoon Bridge 2 p.m. Baton Brigade	<b>9</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 10:30 a.m. DAY TRIP- Safari's & Monthaven Johnny Cash Exhibit* 11 a.m. SAIL Fitness 12:30 p.m. Open Art Studio 2:30 p.m. Chair Pilates	<b>10</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 12 p.m. Mahjong 1 p.m. Art Made Easy*	<b>11</b>
12	<b>13</b> <b>CREATIVE CONNECTIONS WEEK</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 12 p.m. H&F Canasta* 1 p.m. Armchair Travel to New Zealand 2:30 p.m. Chair Pilates	<b>14</b> <b>CREATIVE CONNECTIONS WEEK</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 4 - 7 p.m. Creative Connections Open House Reception	<b>15</b> <b>CREATIVE CONNECTIONS WEEK</b> 9 a.m. Bridge 9:30 a.m. Cooking Demo with Chef Mindy Merrell* 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 12:30 p.m. Afternoon Bridge 12:30 p.m. Martin Melody Makers 2 p.m. Baton Brigade	<b>16</b> <b>CREATIVE CONNECTIONS WEEK</b> 7 a.m. Early Bird Walking Club 9 a.m. DAY TRIP- Historic Granville, TN* 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. Chair Pilates 5 p.m. Cocktails and Conversation*	<b>17</b> <b>CREATIVE CONNECTIONS WEEK</b> 10 a.m. Conversation and Coffee 11:30 a.m. DAY TRIP- Sweetmilk and Music for Seniors Concert* 10:30 a.m. Open Art Studio 12 p.m. Mahjong 1 p.m. Art Made Easy*	<b>18</b>
19	<b>20</b> 9 a.m. Card Crusaders 10 a.m. Cardio Drumming 11:15 a.m. Advisory Council 12 p.m. H&F Canasta* 1 p.m. BINGO 2:30 p.m. Chair Pilates	<b>21</b> 8:45 a.m. DAY TRIP- Top of the Rock* 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	<b>22</b> 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Afternoon Bridge 2 p.m. Baton Brigade	<b>23</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. Chair Pilates	<b>24</b> 9:15 a.m. DAY TRIP- Chocolate 101 and Demos* 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 9:30 a.m. Mexican Train Dominoes 12 p.m. Mahjong 1 p.m. Art Made Easy*	<b>25</b>
26	<b>27</b> <b>FiftyForward Centers &amp; Offices Closed for Memorial Day</b>	<b>28</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	<b>29</b> 9 a.m. Bridge 9 a.m. Card Crusaders 10 a.m. Exercise w/ Melissa 12:30 p.m. Afternoon Bridge 2 p.m. Baton Brigade 2 p.m. Historical Book Group	<b>30</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. Chair Pilates	<b>31</b> 10 a.m. Conversation and Coffee 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat* 12 p.m. Mahjong 1 p.m. Art Made Easy*	

## 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 May: Red, White & Blue-Celebrating Older American's Month & Memorial Day. Wear Patriotic Clothes, and accessories. Let's honor those who paid the ultimate price for our nation's freedom and honor older Americans!**

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


#### **Advisory Council Meeting Monday, May 20, 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.

**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 New Zealand Monday, May 13, 1:00 p.m.** Do you know which country is home to the indigenous Maori people? That's right, this month we will learn all about New Zealand! Listen and learn as Don Coatney tells us all about the country that has more sheep than people!

**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.

 **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, May 6 & 20, 1 p.m.** Whether you are a bingo pro or have never played before, this is a game right for everyone!

 **Book Group Tuesday, May 21, 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 *Trust* by Hernan Diaz.


**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

**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 Thursday, May 16, 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 to share. Registration is required. Cost: \$5.00

**Congressional Constituent Services Mobile Office Tuesday, May 7, 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](mailto: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 Wednesday, May 1, 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 Wednesday, May 29, 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 *1932: FDR, Hoover, and the Dawn of a New America* by Scott Martelle.

 **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!



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**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.nationalmahjongleague.org/store>

**Martin Melody Makers Wednesday, May 15, 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 and come sing the Songs of Summer! These are year round hits, but are so popular in the summertime.

**Meet & Eat Friday, May 31, 11:30 a.m.** Join us for a delicious brunch at Another Broken Egg Cafe in Brentwood. **Registration is required. Address:** 4936 Thoroughbred Ln, Brentwood, TN 37027

**Mexican Train Dominoes First and Third Wednesday of Each Month and May 24, 9:30 a.m.** Have fun playing the wonderful game of Mexican Train Dominoes!

**Potluck Lunch Wednesday, May 8, 12 p.m.** Be sure to wear Red, White, and Blue to celebrate Older Americans Month! 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 Wednesday, May 8, 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/](http://www.joinallofus.org/)

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**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!

**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

### **SPECIAL EVENT for Older Americans Month!**

#### **Creative Connections Week Art Show and Sale**

**Monday May 13th from 12:00 Noon Thru Friday May 17, 12:00 noon. Reception: Tuesday 5/14 from 4pm—7 pm with Refreshment and Live Music.**

**May is Older American's Month and** FiftyForward Martin Center wants to invite you to be our guest at a Creative Connections Week beginning Monday, 5/13 at 12:00 noon through Friday May 17<sup>th</sup> at 12:00 noon. This event will include an art show and sale in partnership



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with the Nolensville Art Guild as well as an invitation to visit our scheduled center programs as our guests throughout the week during our regular business hours 8:30- 3:30 daily! There were will a free reception on Tuesday 5/14 from 4 - 7 pm with Art for Sale, Activities, refreshments, and Live Music. We hope you join us!

**Cooking Demo with Chef Mindy Merrell Wednesday, May 15, 9:30 a.m. - 10:30 a.m.** Join us during Creative Connections Week and enjoy a special cooking demonstration with Chef, Mindy Merrell. Chef Mindy is famous for her biscuits, has been featured on The Food Network, and was announced the winner in an episode of the program Chopped. This event is in partnership with Brentwood Chamber of Commerce. **Registration is required as space is limited. Registration ends on Friday, 5/13. Cost: \$10.00**

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### DAY TRIPS:

#### Safari's Brick Oven and Grill and Monthaven Arts and Cultural Center

Thursday, May 9

Cost: \$15.00 + Lunch

Members should arrive by 10:15 a.m.

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

Registration is required and space is limited to 24 members

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.

#### Historic Granville, TN

Thursday, May 16

Cost: \$55.00

Members should arrive by 8:45 a.m.

Bus departs at 9 a.m. and returns at approx. 4:30 p.m.

Registration is required. Space is limited to 24 people.

On the banks of the Cumberland River is a hidden gem, known as Tennessee's Mayberry Town, called Historic Granville. Step back in time to about 1865 and begin our tour with lunch and an introduction at the T.B. Sutton General Store. Then let the strolling begin! You'll enjoy a guided tour through the streets and visit the museums and attractions in this storybook town including; the Pioneer Village, the I Love Lucy Museum, the Farm Museum, The Old Bank and more. Our tour includes access to all historic buildings and museums.

#### Sweetmilk and Music for Seniors Concert

Friday, May 17

Cost: \$15.00 + Lunch



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Members should arrive by 11:15 a.m.

Bus departs at:11:30 a.m. and returns at approx. 4 p.m.

Registration is required. Space is limited to 24 people.

Enjoy lunch at Sweetmilk followed by a trip to FiftyForward Donelson Station for a live performance by The Dream Catchers! **The Dream Catchers** plays lively hits of great American music, from the past century. This talented group performs the greatest songs of various genres including swing, pop, rock, country, Broadway, and jazz for your ultimate listening entertainment. Hear classics from a wide selection of artists including , Duke Ellington, Cole Porter, Frank Sinatra, Frank Loesser, Patti Page, Burt Bacharach, Alison Krauss, Jimmy Buffet, Carole King, Carly Simon, Dan Fogelberg, Ray Charles, and many more.

#### Top of the Rock

Tuesday, May 21

Cost: \$25.00 + Lunch

Members should arrive by 8:30 a.m.

Bus departs at 8:45 a.m. and returns at approx. 3 p.m.

Space is limited to 24 members. Registration is required.

Top of the Rock Restaurant offers great food in an absolutely amazing setting. Built in a gated community on a cliff top, overlooking the Tennessee River, this spot provides miles of views of the Sequatchie Valley

#### Chocolate 101 and Demos'

Friday, May 24

Cost: \$35.00 + Lunch

Members should arrive by 9:00 a.m.

Bus departs at 9:15 a.m. and returns at approx. 2:30 p.m.

Registration is required and space is limited to 24 members

Enjoy a trip to Lebanon and stop at Derci's Chocolate to walk through 5 artisan chocolate tastings, learn the basics of Chocolate's history & how it's made all with their expert Chocolatier, Dr. Eric Durtschi. After this wonderful chocolate tasting, we will enjoy a delicious lunch at Demos'. Demos' has served authentic family recipes for four generations!