

October 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.

S	Mon	Tue	Wed	Thu	Fri	Sa
	<p>Wear Fall Colors Costume Party At Potluck on 9/9/24 12:00 noon</p> 	<p>1 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>2 9 a.m. DAY TRIP: FF Fall Health & Wellness Fair at Donelson Station* 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge-Afternoon 2 p.m. Indoor Walking Club 2:30 p.m. Serenity in Motion Exercise— 5 week Series 4 p.m. Oktoberfest Members and New Members Mix and Mingle-Wine, Soda, Snacks*</p>	<p>3 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 w/ Melissa 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>4 9 a.m. DAY TRIP: Lunch + Breeden's Orchard* 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. Golden Bachelorette Watch Party* 12 p.m. Mah Jongg</p>	5
6	<p>7 9 a.m. Card Crusaders 12 p.m. Canasta-Hand & Foot* 1 p.m. BINGO 1 p.m. Art Classes by Olga Alexeeva* 2 p.m. Euchre</p>	<p>8 8:30 a.m. DAY TRIP: Lyon Family Farms + Lunch* 9:30 a.m. Scrabble 10 a.m. SHIP Medicare Support Sessions with Nancy 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>9 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 12 p.m. Potluck-- Annual Oktoberfest & Costume Party-Lunch* 12:30 p.m. Bridge- Afternoon 2 p.m. Indoor Walking Club 2:30 p.m. Serenity in Motion Exercise— 5 week Series</p>	<p>10 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 w/ Melissa 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>11 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. Golden Bachelorette Watch Party* 12 p.m. Mah Jongg</p>	12
13	<p>14 8:30 am DAY TRIP: Bluebird Senior Concert* 9 a.m. Card Crusaders 12 p.m. Canasta-Hand & Foot* 1 p.m. Trivia 1 p.m. Art Classes by Olga Alexeeva* 2 p.m. Euchre</p>	<p>15 9:30 a.m. Scrabble 10 a.m. DAY TRIP: Mystery Lunch* 10 a.m. Billiards 10 a.m. Book Group 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>16 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 9:30 a.m. Mexican Train Dominoes 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge-Afternoon 1 p.m. Tea and Technology* 2 p.m. Indoor Walking Club 2:30 p.m. Serenity in Motion Exercise— 5 week Series</p>	<p>17 Color the Day PINK! Breast Cancer Awareness 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—Melissa 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne 5 p.m. Cocktails and Conversation*</p>	<p>18 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. Golden Bachelorette Watch Party* 11:30 a.m. Meet & Eat: Wild Ginger* 12 p.m. Mah Jongg</p>	19
20	<p>21 9 a.m. Card Crusaders 12 p.m. Canasta-Hand & Foot* 1 p.m. BINGO-Happy Birthday 1 p.m. Art Classes by Olga Alexeeva* 2 p.m. Euchre</p>	<p>22 9:30 a.m. Scrabble 10 a.m. DAY TRIP: Uncle Nearest Distillery + Lunch* 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 1 p.m. Tornado Disaster Training— Specific to the Martin Center Bldg. 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>23 8:30-John Maxwell's Live2Lead—Leadership Conference 9 am—3pm with the Brentwood Up A Chamber of Commerce* 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 12:30 p.m. Bridge-Afternoon 2 p.m. Indoor Walking Club 2:30 p.m. Serenity in Motion Exercise— 5 week Series</p>	<p>24 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: Int'l Food Tour— Bavarian Bierhaus* 11 a.m. SAIL Fitness w/ Melissa 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p>25 9 a.m. Medicare Annual Enrollment Sessions* 9:30 a.m. Mexican Train Dominoes 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. Golden Bachelorette Watch Party* 12 p.m. Mah Jongg</p>	26
27	<p>28 9 a.m. Card Crusaders 11:15 a.m. Advisory Council Meeting 12 p.m. Canasta-Hand & Foot* 1 p.m. Trivia 1 p.m. Art Classes by Olga Alexeeva* 2 p.m. Euchre</p>	<p>29 9:30 a.m. Scrabble 9:30 a.m. DAY TRIP: Loveless Café + Autumn Scenic Drive* 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne 4 p.m. Happy Hour Meetup at Sportsman's Grille in Brentwood</p>	<p>30 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge-Afternoon 2 p.m. Book Group-Historical Books 2 p.m. Indoor Walking Club 2:30 p.m. Serenity in Motion Exercise— 5 week Series</p>	<p>31 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 w/ Melissa 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne</p>		

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“ML” Denotes member-led program

October 2024 Theme: Oktoberfest
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Art

Art Classes by Olga Alexeeva Mondays, 1:00 p.m. - 3:00 p.m. Please register by the Friday before each class. Cost: \$35 per class for members and \$40 per class for guests (all supplies included). Olga's passion is to teach those who think they cannot paint to become an artist. You will go home with a finished painting that you created in each class. Great for gifts or a small space in your home. These classes are open to the public and guests are welcome. Age appropriate for 21 and older.

Card Crusaders Mondays and Wednesdays, 9:00 a.m. - 3:00 p.m. The Card Crusaders are welcome to work on their projects inside the Card Crusader room. Currently taking names for a waitlist.

Open Art Studio Thursdays, 12:30 - 3:00 p.m. and Fridays, 10:30 a.m. - 1:00 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!

ML A Stitch in Time Thursdays, 10:00 a.m. - 12:00 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!

Community

Advisory Council Meeting Monday, October 28, 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.

SHIP Medicare Support Sessions Tuesday, October 8, 10:00 a.m.– 2:00 p.m. 2nd Tuesday of each month. (State Health Insurance Assistance Program (SHIP) Representative: Nancy Parker. This is an unbiased and informed resource. Schedule an appointment or feel free to drop by & ask a question! Do you have any

questions or concerns about your Medicare? Or are you new to Medicare? Changing your plan? Your family members, friends, and the public is welcome.

Exercise

Active Strength Exercise with Ruth Anne Tuesdays and Thursdays, 2:30 - 3:30 p.m. Instructor: Ruth Anne Smith, certified instructor in Group Exercise that believes you can laugh & enjoy exercising. This class provides with a full body strength workout using various equipment such as hand weights, bands, exercise balls and even your own body weight. Chairs are used for support. Skill Level: Beginner, Intermediate **Cost: \$5 per person if you do not have the insurance benefit.**

Exercise Machines Any day, 8:30 a.m. - 3:30 p.m. Boost your workout with our elliptical and recumbent bike! Enjoy a full-body cardio session or a comfy, low-impact ride. Come try them out today!

Full Body Strength with Melissa Wednesdays, 10:00 - 11:00 a.m. Instructor: Melissa Clinton, certified instructor in SilverSneakers and holds a Bachelors Degree in Exercise Science. Full Body Strength is similar to Pilates. There will be strength training with a focus on balance and stretching using small hand weights, resistance bands, and mini exercise balls to rebuild muscle as you age. Skill Level: Beginner, Intermediate **\$5 per person or insurance benefit.**

SAIL Fitness with Melissa Tuesday and Thursdays, 11:00 a.m. - 12:00 p.m. Instructor: Melissa Clinton, certified in SilverSneakers, Yoga, and holds a Bachelors Degree in Exercise Science. The SAIL (Stay Active and Independent for Life) class is a 12-week evidence-based strength, balance and fitness program for adults 65 and older. Skill Level: Beginner, Intermediate, Advanced.

Serenity in Motion—Exercise Wednesdays 2:30 pm to 3:30 pm. 5 Week Series- Instructor: Blanca Walker certified in a variety of exercise modalities The Serenity in Motion class is designed to promote relaxation, balance, and inner peace through gentle, flowing movements. This class combines mindful breathing with slow, focused movements that can help you relax and sleep better. The result of this exercise is to foster stress relief, improve flexibility, enhance mental clarity and create a time of rejuvenation. Chairs are available for assistance in balance. All fitness levels.

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Exercise

ML Walking—Early Bird Walking Club Thursdays, 7:00 - 8:00 a.m. Join other early risers to get some steps in with friends while walking around the loop at Tower Park. Bring a Guest!

Walking—Indoor-Monday—Friday 8:30 am -3:30 pm Walking Club Wednesdays, 2:00 p.m. You will receive a walking map plus signs are posted to indicate our indoor walking track. Just 8 laps around our beautiful center equals a mile—easy to track, and fun to do! Come walk, chat, and enjoy staying fit together. This is a perfect way to get your steps in no matter what the weather is outside! Drop by and walk or come early or stay later than your regular program and burn calories, tone muscle and improve your heart health!

Yoga with Melissa Tuesdays and Thursdays, 10:00 - 10:45 a.m. Instructor: Melissa Clinton, certified in SilverSneakers, Yoga, and holds a Bachelors Degree in Exercise Science. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate.

\$5 per person if you do not have the insurance benefit.

Games

Billiards Tuesdays and Thursdays, 10:00 a.m. - 12:00 p.m. (for any group play) You will find a blend of camaraderie and fun in our billiards group. All skill levels invited. Billiard Tables are available all week so stop by and brush up your skills at any time! The pool tables are always available for members to enjoy.

Bingo- Monday, October 7, 1:00 p.m. Great prizes and enjoyable snacks provided. Monday Sponsor this month: **Canterfield of Franklin**

Bingo- Happy Birthday BINGO Monday, October 21, 1:00 p.m. Let's Celebrate October birthdays! Whether you have a birthday this month or not, feel free to join us with both BINGO PRIZES and BIRTHDAY CAKE!
Sponsor by Morning Pointe at Brentwood.

Bridge- Morning Wednesdays, 9:00 a.m. - 12:00 p.m. Join your friends for a fun game or two in this experienced Bridge Group.

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

Canasta- Thursdays, 9:30 a.m. - 3:00 p.m. Join your best game-playing friends for some fun with canasta—Pennies From Heaven.

Canasta- Hand & Foot Mondays, 12:00 p.m. - 2:30 p.m. All levels of experience are welcome! If you are interested in learning, please register in advance to begin your learning experience.

Euchre Mondays, 2:00 - 3:00 p.m. Beginners will be taught and those experienced can play right away. Euchre is a fun card game full of strategy and teamwork. With a distinctive deck and fast-paced play, it's all about winning tricks and outmaneuvering your opponents.

Mah Jongg Tuesdays and Fridays, 12:00 p.m. - 2:30 p.m. Played in the American Mah Jongg style those experienced in any Mah Jongg styles are welcome and can jump in and play and those learning can observe and learn step by step. Our experienced players will help you get a Mah Jongg card. FYI: A 2024 Card is recommended and can be purchased for \$14 or \$15 (through <https://www.nationalmahjonggleague.org/store>).

Mexican Train Dominoes Wednesdays, October 2 & 16, Friday, October 25, 9:30 a.m. All Aboard for Mexican Train Dominoes! Whether you are a seasoned player or new to the game, Mexican Train Dominoes offers endless excitement for everyone.

Scrabble Tuesdays, 9:30 a.m. - 12:00 p.m. Attention wordsmiths and language enthusiasts! It's time to dust off your dictionaries and sharpen your wits as we dive into the timeless classic game of Scrabble.

Trivia Mondays, October 14 & October 28, 1:00 - 2:00 p.m. Step into the world of knowledge and fun with our Trivia! Gather around, everyone is welcome to join in the excitement. Get ready to showcase your smarts! Winning teams each week will receive a medal. Learn interesting facts, increase your knowledge base and WOW your friends with fun tidbits of information.

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Social

ML Book Group 3rd Tuesday of each month, October 15, 10:00 a.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *The First Ladies* by Benedict & Murray.

ML Book Group-Historical Books Last Wednesday of each Month, October 30, 2:00 p.m. ATTENTION HISTORY LOVERS! Would you like to read and meet with other history lovers to discuss books? Come join! This month's selection is *Truman (Parts 3-6)* by David McCullough.

ML Cocktails and Conversation Thursday, October 17, 5:00 - 7:00 p.m. Please register by October 14. Join us on the Third Thursday from 5:00 - 7:00 p.m. to meet new people or catch up with friends. Be sure to bring your favorite beverage and appetizer/dessert.

Cost: \$5

ML Coffee and Conversation Fridays, 10:00 a.m. Enjoy pleasant conversation and a cup of coffee or a preferred beverage 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.

Happy Hour Meetup Tuesday, October 29, 4:00 - 5:15 p.m Sportsman's Grill, 1640 Westgate Circle, Brentwood, TN 37027. **Please register by Friday, 10/25/24 if possible (though Walk-ins are welcome!)** . There will be a 20% tip added to each bill. Sportsman's Grill has a beautiful lodge feel and great food.

ML Line Dancing Thursdays, 1:00 - 2:15 p.m.
Instructor: Helen Settles Beginners, intermediate or line dancing pros Line Dancing Class. This class is a truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stomp'n' beats.

Meet & Eat Friday, October 18, 11:30 a.m. Please register. Join us at Wild Ginger, the perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal a warm, welcoming atmosphere.
Address: 101 Market Exchange Ct, Franklin, TN 37067

Members and New Members Mix and Mingle- Oktoberfest Theme Wednesday, October 2, 4:00 - 5:15 p.m. Please register. Join us for a Member Mix and Mingle with a special invitation to new members that have joined in the last year. **Bring wine to drink and share if possible** OR a non-wine beverage. Be sure to bring a sharable snack. Williamson County Geriatric Council donates delicious Happy Hour Food as well!

Potluck-Annual Oktoberfest and Costume Party! Wednesday, October 9, 12:00 p.m. Please Register. **Please bring a generous dish to pass as this is very needed and appreciated, if not you can pay \$10 to participate.** Wear a Costume (not required but enjoyed) or fall colors. We will have a costume competition! **Potluck Community Conversation: 12:00 pm—12:45 pm. Center updates: 12:45 pm—1:00 pm.** If you need to leave early, please quietly and discreetly exit through the double doors into the center hallway. We will need some volunteers to help clean up after it is over. **Sponsor by Canterfield of Franklin.**

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Special Programs

[Color the Day Pink!](#) Breast Cancer Awareness Day Thursday, October 17 – All Day. We will send hope, love and support for the more than 2 million women around the world who are diagnosed with this disease each year. Wear PINK, get your picture taken and be a part of this global campaign of the importance of early detection and improvement of treatment.

[Golden Bachelorette Watch Party](#) Fridays, 10:30 a.m. Please Register. Let's make Fridays golden! Join us every Friday at 10:30 a.m. for a fun-filled watch party we follow the twists and turns of *The Golden Bachelorette*. You will be able to vote each Friday for your favorite bachelor! Sip, snack, and chat as we cheer on the search for love in this fabulous show! Wear something gold (it is not required, but enjoyed).

[John Maxwell's Live2Lead– Leadership Conference with Brentwood Up A Chamber of Commerce](#) Wednesday, October 23, 9:00 am -3:00 pm Lunch Provided– Please register as spaces are limited. The aim of John Maxwell's Live2Lead Leadership Conference is to bring relevant leadership teaching from world-class leaders to those who want to strength their leadership skills in the community. The seminar includes diverse perspectives and real-world applications. Brentwood Up is sponsoring a limited number of members to attend. Your commitment upon registering is to stay and complete the training for the entire seminar.

[Medicare Annual Enrollment Sessions](#) Friday, October 25, 9:00 a.m.-1:00 p.m. GNRC will offer in-person counseling at Martin Center. An appointment must be made in advance. Each appointment is 40 minutes and only one individual can be counseled at a time. There is a form you will need to have completed before the day of your appointment. This form can be sent to you on email or you can get it by coming by the center. If for any reason you need to cancel, please let us know as far in advance as possible so others can be

schedule in that time slot. This is open to members and the public.

[Tea and Technology](#) Wednesday, October 16, 1:00 – 2:00 p.m., Please register by Monday, October 14. Tennessee Steam Festival Event, SureIT Presenter: Sue Richards. Cyber security at a Tea party? Yes! Cyber Security training can be boring but with this time of learning to your last scone you can identify hackers seeking financial gain by stealing your information. Bring your cell phone, wear tea party attire and sip tea and become cyber security aware.

[Tornado Disaster Training - Specific to the Martin Center Building](#) Tuesday, October 22, 1 pm This is a our annual storm prep class covering what we do in the event of a tornado here at the Martin Center. Staff is retrained each year and members can attend as well.

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Registering and Payments for your Trips-As we move forward payments and registrations will be made by the member via our new portal either at home or at the kiosk located at the Martin Center. Payments must be made at the time of registration to successfully hold your spot and sign up for day trips and events that have a cost. This new portal can be accessed from the convenience of your home by visiting: <https://fiftyforward.org/member/>

DAY TRIPS:

Fifty Forward Fall Health and Wellness Fair at Donelson Station

Date: Wednesday, October 2

Cost: FREE + Lunch

Registration is required and space is limited to 13 members.

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

Bus Departs at 9:30 a.m. & returns to approx. at 2:30 p.m.

Join us for an educational day focusing on health and wellness at the fall FiftyForward Health & Wellness Fair hosted at Donelson Station. This wellness expo will be hosting over 30 vendors, exhibits and demonstrations. While there, members can **purchase a boxed lunch** from the Donelson Café.

Lunch + Breeden's Orchard

Date: Friday, October 4

Cost: \$25 + Lunch

Registration is required & ends on Thurs, Sept. 26.

Space is limited to 24 members.

Members should arrive by: 10:45 a.m.

Bus Departs at: 11:15 a.m. & returns to approx. at 3:00 p.m.

Join us for a delightful day trip starting with a tasty lunch at The Seafood Palace. Afterward, enjoy a guided tour of Breeden's Orchard, where you'll learn about the care of peach and apple trees. Conclude your visit with a custom sampling experience at the store, featuring homemade goodies, value-added products, and honey wine!

Lyon Family Farms + Lunch

Date: Tuesday, October 8

Cost: \$40 + Lunch

Registration is required & ends on Tues, Oct. 2

Space is limited to 24 members.

Members should arrive by: 8:30 a.m.

Bus Departs at: 9:00 a.m. & returns to approx. at 3:30 p.m.

Let's embrace the full Autumn spirit at Lyon Family Farms! This place is filled with pumpkin patches, corn mazes, flower patches, hay rides, and endless things to do. There is even some delicious in-house food members can purchase for lunch.

Bluebird Senior Concert

Date: Monday, October 14

Cost: \$15

Registration is required and space is limited to 13 members.

Members should arrive by: 8:30 a.m.

Bus Departs at 9:00 a.m. & returns to approx. at 11:30 p.m.

Experience a memorable morning at Nashville's Iconic Bluebird Café with performances from a singer-songwriter that has written for many of Music City's greatest artists. You will be amazed at stories behind the songs! Getting to attend a performance at the Legendary Bluebird café will be enjoyable and uplifting. You will enjoy coffee and donuts as you listen to this live performance.

Mystery Lunch

Date: Tuesday, October 15

Cost: \$15 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by: 10:00 a.m.

Bus Departs at: 10:30 a.m. & returns to approx. at 1:00 p.m.

Where are you going! You will find out when you get there! How fun! Enjoy the anticipation of great food, great company and the thrill of a surprise venue. Can you guess?

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Uncle Nearest Distillery + Lunch

Date: Tuesday, October 22

Cost: \$60 + Lunch

Registration is required & ends on Mon, Oct. 7.

Space is limited to 24 members.

Members should arrive by: 10:00 a.m.

Bus Departs at 10:30 a.m. & returns to approx. at 4:00 p.m.

Join us as we explore the spirit of Nearest Green Distillery! Please bring your ID, otherwise you won't be able to tour. During this guided tour, you will have the opportunity to walk through various sites throughout the distillery as well as taste some whiskey samples (including one that is sold exclusively). Weather permitting, we recommend members wear supportive footwear since the walk around the property is a little more than a half mile. We will continue our festivities and eat lunch at their in-house restaurant Barrel House BBQ!

International Food Tour—Bavarian Bierhaus

Date: Thursday, October 24

Cost: \$15 + Lunch

Registration is required and space is limited to 24 members.

Members should arrive by: 10:30 a.m.

Bus Departs at 11:00 a.m. & returns to approx. at 1:00 p.m.

Embark on our new world tour of food flavors right in Tennessee! “Guten Tag!” We will start the tour at the Bavarian Bierhaus for authentic German delights—brats, beer, schnitzels, pretzels, and Oktoberfest cheer. Dive into global cuisines without leaving the state!

Loveless Café + Autumn Scenic Drive

Date: Tuesday, October 29

Cost: \$15 + Lunch

Registration is required and space is limited to 24 members.

Members should arrive by: 9:30 a.m.

Bus Departs at 10:00 a.m. & returns to approx. at 1:30 p.m.

Kick off your autumn day with a delicious brunch at Loveless Cafe, where you can enjoy classic Southern dishes. Then, hit the Natchez Trace Parkway for a scenic drive that showcases the stunning fall colors. As you cruise along, you'll see beautiful trees in shades of red and orange, peaceful landscapes, and charming views around every bend. It's a perfect day to soak in the beauty of the season.

TRIP GUIDELINES

Minimum number—Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance --- Trips on the 24 passenger bus must have a minimum of 15 attendees otherwise they have to be cancelled. Trips on a 12 passenger bus must have 6 attendees otherwise they will be cancelled.

Departure Time - Trips will leave at the stated departure time, so it is best if you arrive at least 30 minutes prior to departure.

Cancellations and No Shows - A refund will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the following month.