

# November 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		For more Information Call: 615-376-0102-Ext. 2			1 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. <b>Golden Bachelorette Watch Party*</b> 12 p.m. Mah Jongg	2
3	4 9 a.m. Card Crusaders 11 a.m. <b>Art Classes by Olga Alexeeva*</b> 12 p.m. <b>Canasta-Hand &amp; Foot*</b> 1 p.m. BINGO-Happy Birthday! 2 p.m. Euchre	5 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	6 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 10 a.m. <b>DAY TRIP: Riverview Restaurant and Marina* Fallage Viewing</b> 12:30 p.m. Bridge-Afternoon 4 p.m. <b>Friendsgiving Members and New Members Mix and Mingle-Wine, Soda, Snacks*</b>	7 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 9:45 a.m. <b>DAY TRIP: Music4Seniors Veterans Day Concert*</b> 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	8 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. <b>Golden Bachelorette Watch Party*</b> 12 p.m. Mah Jongg	9
10	11 9 a.m. Card Crusaders 11 a.m. <b>Art Classes by Olga Alexeeva*</b> 12 p.m. <b>Canasta-Hand &amp; Foot*</b> 1 p.m. Trivia 2 p.m. Euchre	12 9:30 a.m. Scrabble 10 a.m. <b>SHIP Medicare Support Sessions with Nancy*</b> 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 10:30 a.m. <b>DAY TRIP Shopping Series: Green Hills Mall + Lunch*</b> 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne 4:30 p.m. <b>Holiday Supper Club*</b>	13 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 11:30 am <b>Potluck Part 1: Program Nashville State Community College X Ugly Sweater Contest Party*</b> 12 p.m. <b>Potluck Part 2: Lunch - Thanksgiving/ Friendsgiving Lunch*</b> 12:30 p.m. Bridge-Afternoon	14 7 a.m. Early Bird Walking Club 8 a.m. <b>DAY TRIP: WWI Military Museum and Dutch Maid Bakery Tour*</b> 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 10 a.m. <b>WWII Memorabilia Exhibit at Martin Center</b> 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	15 10 a.m. Coffee and Conversation 10:30 a.m. Open Art Studio 10:30 a.m. <b>Season Finale Golden Bachelorette Watch Party*</b> 12 p.m. Mah Jongg	16
17	18 9 a.m. Card Crusaders 11 a.m. <b>Art Classes by Olga Alexeeva*</b> 12 p.m. <b>Canasta-Hand &amp; Foot*</b> 1 p.m. BINGO 2 p.m. Euchre	19 9:30 a.m. Scrabble 10 a.m. Book Group 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 10:45 a.m. <b>DAY TRIP: Mystery Lunch*</b> 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 1 p.m. <b>Technology Training: Intro to Social Media*</b> 2:30 p.m. Active Strength Exercise with Ruth Anne	20 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	21 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 9:30 a.m. <b>DAY TRIP Shopping Series: Ms. Lucille's Early Holiday Shopping Spree + Lunch*</b> 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 5 p.m. <b>Cocktails and Conversations*</b>	22 10 a.m. Coffee and Conversation 10:45 a.m. <b>DAY TRIP: International World Tour*</b> 10:30 a.m. Open Art Studio 11:30 a.m. <b>Meet &amp; Eat: Better Days Diner*</b> 12 p.m. Mah Jongg	23
24	25 9 a.m. Card Crusaders 11 a.m. <b>Art Classes by Olga Alexeeva*</b> 11:15 a.m. Advisory Council Meeting 12 p.m. <b>Canasta-Hand &amp; Foot*</b> 1 p.m. Trivia 2 p.m. Euchre	26 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	27 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	28 <b>FiftyForward Centers &amp; Offices CLOSED</b>	29 <b>FiftyForward Centers &amp; Offices CLOSED</b>	30



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### Friendsgiving/Thanksgiving

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## Art

### Art Classes by Olga Alexeeva Mondays, 11:00 a.m. -

**1:00 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.** Over a decade ago a couple of widows started this card making mission with the purpose in mind to help the Martin center with a few necessities and bring joy to others. Names are currently be taken for those that would like to make a commitment to the Card Crusader mission. Training available for beginners. Experienced card designers are welcome to learn more.

### 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, November 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.

**SHIP Medicare Support Sessions Tuesday, November 12, 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.

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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**  
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)** The pool tables are available all week for members to enjoy. 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!

**Bingo- Happy Birthday BINGO Monday, November 4, 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 Assure Source.**

**Bingo- Monday, November 18, 1:00 p.m.** Great prizes and enjoyable snacks provided. Monday Sponsor this month: **Comfort Keepers.**

**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. - 3:00 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, November 6 & 20, 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, November 11 & 25, 1:00 - 2:00 p.m.** Step into the world of knowledge and fun with our Trivial! 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, November 19, 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 Diamond Eye* by K Quinn.

**ML Book Group-Historical Books Last Wednesday of each Month, November 27, 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 *Walk Through Fire: The Train Disaster that Changed America* by Yasmine S. Ali. M.D.

**ML Cocktails and Conversation Thursday, November 21, 5:00 - 7:00 p.m.** Please register by November 18. 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.

**Holiday Supper Club Meetup at Cheddar's Scratch Kitchen, 1654 Westgate Circle, Brentwood, TN 37027.** The second Tuesday of the month, November 12, 4:30 p.m.—6:30 pm. Please register by Friday, 11/08/14. Wear Fall Colors and clothes (not required but fun!) Let's celebrate the season of Thankfulness together! **Holiday Supper Club Note:** We're excited to share that for November and December, we'll be offering a special Holiday Supper Club in place of our usual Happy Hour Meetup. **Since the 4th Tuesday falls during the busy holiday season, we've moved our gatherings to the 2nd Tuesday of each month** for November and December to accommodate everyone's holiday plans. We will resume our regular Happy Hour Meetups in 2025. As always, walk-ins are welcome! No gratuity will be added to the bill but please be generous to the waitstaff.

**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-stompin' beats.

**Meet & Eat Friday, November 22, 11:30 a.m.** Please register. Join us at Better Days Diner, the perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal a warm, welcoming atmosphere. **Address: 7240 Nolensville Rd. Nolensville, TN 37135.**

**Members and New Members Mix and Mingle—Friendsgiving Theme Wednesday, November 6, 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. We invite **all members** to attend each month. **Bring wine to drink and share if possible** OR a non-wine beverage. Be sure to bring a sharable snack.

**Potluck Part 1: Thanksgiving/Friendsgiving Program Wednesday, November 13, 11:30 AM- An Ugly Christmas Sweater Parade with Nashville State Community College** this fun holiday program is brought us by Nashville State students. The students will show off their fun holiday sweaters in a parade of fun! A panel of judges will determine the winner of this Ugly Christmas Sweater Contest! The prizes for the contest are generously donated by our own Card Crusaders! **If you choose to only come to the Potluck Lunch, bring your dish to pass directly to the kitchen instead of the multipurpose room.** If you come in late for this program, please quietly slip into the multipurpose room and enjoy the fun!

**Potluck Part 2: Thanksgiving/Friendsgiving Lunch Wednesday, November 13, Lunch at 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 fall colors and outfits! (not required, but fun). Sponsor by Canterfield of Franklin. **If you choose to only come to the Potluck Lunch, bring your dish to pass directly to the kitchen instead of the multipurpose room.**





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#### Special Programs

#### Golden Bachelorette Watch Party Fridays, November 1, 8, & 15, 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).

#### Potluck Program BEFORE we gather to enjoy a Friendsgiving/Thanksgiving Meal together. Program: An Ugly Christmas Sweater Parade with Nashville State Community College

**Wednesday, November 13, 11 a.m.** Enjoy a special holiday treat while mingling with Nashville State students. Then the Students will show off their fun holiday sweaters in a parade of fun! A panel of judges will determine the winner of this Christmas Sweater Contest! The prizes for the contest are generously donated by our own Card Crusaders! **Don't miss out on the holiday cheer—register today!**

#### Honoring Our Heroes: WWII Memorabilia Exhibit **Thursday, November 14, 10 a.m. - 2:30 p.m.** Enjoy a piece of “War Cake” that was made during this era! FiftyForward Martin Center in recognition and honor to our Veterans this month is proud to present a special exhibit showcasing over **15 tables of World War II memorabilia**. From uniforms, guns, and medals to personal letters and photos, each item tells a powerful story of sacrifice, resilience, and courage. **Take your pictures** with these great displays as we pay tribute to the sacrifice and the bravery of all our Veterans in all wars and the world theatre. Free and open to the public.

#### Technology Training: Intro to Social Media **Tuesday, November 19, 1:00 p.m. Please Register. Facilitator: Steve Bianchi. Course by: Senior Planet.** Social media platforms have transformed the way we communicate and share content, making it easier than ever to connect with friends, family, and communities online. In this presentation, we will provide a general introduction to the world of social media, covering how these platforms work and their impact on modern communication. You'll also learn about some of the most popular social media sites, including Facebook, X (formerly known as Twitter), and TikTok, exploring their features, uses, and how they foster different types of online interactions. Whether you're new to social media or looking to expand your knowledge, this session will offer valuable insights into navigating these digital spaces.



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<http://fiftyforward.org/member/>

## Holiday Shopping Series Day Trips

**Enjoy a unique holiday shopping experience on a chauffeured driven bus, you will then be escorted to the entrance of each store. Afterwards, unwind with a delightful lunch to complete your day.**

### Shopping Experience 1: Green Hills Mall – Nashville's Premier Shopping Location, Dining and Lifestyle Destination + Lunch

**Date: Tuesday, November 12**

**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 3:00 p.m.**

Enjoy purchasing holiday gifts or a holiday outfit at this outing. You are welcome to have lunch at any of the delicious on-site restaurants whenever you are ready. There are a variety of restaurants inside the mall and some around the parking lot of the mall. Whether you're buying gifts or treating yourself, this trip promises to be filled with fun, friends, and festive cheer!

### Shopping Experience 2: Ms. Lucille's Market Place– An Eclectic Array of Shops + Lunch

**Date: Thursday, November 21**

**Cost: \$20 + 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 3:30 p.m.**

Ready to make your holiday shopping a breeze? Join us for an exciting day trip filled with fun, friends, and fabulous finds! We'll head to Miss Lucille's Marketplace, where you'll uncover one-of-a-kind treasures, vintage goodies, and delightful surprises. Whether you're crossing off your gift list or just browsing, these trips are all about enjoying the season and making memories. And, members are welcome to each lunch at the delicious on-site cafe whenever you are ready.

### Shopping Experience 3: The Christmas Place + Lunch-Enjoy the latest Holiday Designs! The Christmas Place is celebrating 30 years and has gown into the South's largest Holiday Village!

**Date: Thursday, December 5**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 13 members.**

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

**Bus departs at 10:00 a.m. & returns to approx. at 3:00 p.m.**

First, we'll enjoy a delicious lunch at Fukutoku Hibachi, where a delightful meal and lively atmosphere await. There will be an 18% gratuity included on each bill. Then, get ready for a festive holiday experience at The Christmas Place! We hope you feel the joy of the season as you stroll through the aisles. Whether you simply soak in the holiday spirit or find that special treasure, this trip promises to be a fun and memorable outing!

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### DAY TRIPS:

#### Riverview Restaurant and Marina

**Date: Wednesday, November 6**

**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 a.m. & returns to approx. at 2:30 p.m.**

Nestled along the scenic river, Riverview Restaurant and Marina offers breathtaking views of the beautiful autumn foliage all while enjoying a cozy meal indoors. Their menu features a wide variety of fresh, delicious dishes that cater to all tastes, from seafood lovers to those craving hearty comfort food. Riverview is the perfect spot to unwind, savor great food, and enjoy a variety of boats cruising down the river. Join us for a memorable meal in a relaxed and welcoming setting!

#### Music for Seniors Veterans Concert at FiftyForward Madison Station

**Date: Thursday, November 7**

**Cost: Day Trip Free for Veterans and Spouses – Your only cost is Lunch!**

**Cost: \$15 + Lunch for Non-Veterans**

**Registration is required and space is limited to 13 members.**

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

**Bus departs at 9:45 a.m. & returns to approx. at 3:30 p.m.**

Join us for a meaningful day trip to Madison, where we'll enjoy a heartfelt Veterans Day Concert honoring those who have served. On the way, we'll stop for a cozy brunch at Another Broken Egg Café, indulging in great food and good company before heading to the concert. It's a perfect blend of reflection, community, and a touch of adventure!

#### Sam H. Werner WWI Military Museum + Dutch Maid Bakery and Café

**Date: Thursday, November 14**

**Cost: \$45 (lunch is included)**

**Registration is required and space is limited to 13 members.**

**Members should arrive by: 7:30 a.m.**

**Bus departs at 8:00 a.m. & returns to approx. at 3:30 p.m.**

Join us for a meaningful day trip near Tracy City, where history, gratitude, and delicious treats come together. Begin with a 1.5-hour guided tour of the Sam H. Werner War Museum, where you'll explore an impressive collection of military vehicles and artifacts from World War I to the present, while honoring the brave veterans who served our nation. Then, head to Dutch Maid Bakery & Café, Tennessee's oldest family-owned bakery, for a interesting 30-minute tour and a tasty lunch. Don't miss their renowned Christmas Stollen, Russian Christmas Cake, and Apple Dumplings. It's a day to celebrate history, pay tribute to our heroes, and savor local flavors!

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### **Mystery Lunch**

**Date: Tuesday, November 19**

**Cost: \$15 + Lunch**

**Registration is required and space is limited to 13 members.**

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

**Bus departs at 10:45 a.m. & returns to approx. at 2:00 p.m.**

Are you ready for a delicious mystery? Join us on a fun-filled day trip to a secret lunch destination! Here are your clues:

- Our restaurant stop is famous for Southern hospitality and crispy, golden fried goodness.
- It's a spot known for its champion status when it comes to comfort food—especially chicken.
- This gem is located just a short drive away.

### **International Food Tour—The Cookery**

**Date: Friday, November 22**

**Cost: \$15 + Lunch**

**Registration is required and space is limited to 13 members.**

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

**Bus departs at 10:45 a.m. & returns to approx. at 2:00 p.m.**

G'day, mates Join us for a delightful day trip to The Cookery, a blend of American and Australian cuisine right here in Nashville! Enjoy delicious Down Under-inspired dishes while catching up with friends in a cozy, welcoming atmosphere. From savory pies to classic Aussie desserts, there's something on the menu to make your taste buds

dance! So, grab your appetite and sense of adventure as we head out for great food, fun company, and a memorable dining experience. Let's go "on holiday" without leaving town!