

December 2024 FiftyForward Martin Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk * require advance registration.** Please register at fiftyforward.org/member/.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 12 p.m. Canasta-Hand & Foot* 1 p.m. BINGO-Happy Birthday!	3 8:30 am Congressional Constituent Mobile Services 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. DAY TRIP- 5 Chefs Holiday Luncheon* 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 4:00 pm FiftyForward is Having a Party and Auction- Location: 174 Rains Ave., Nashville, TN	4 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 1:30 p.m. Holiday Technology Training: Online Holiday Shopping* 3 p.m. Holiday Cookies and Caroles with Music by Elmer Tunes* 4 p.m. Members and New Members Mix and Mingle-Winter Holiday Theme-Wine, Soda, Snacks*	5 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. DAY TRIP- The Christmas Store + Lunch* 10 a.m. Nashville PBS Aging Matters – Special Coffee and Conversation Series* 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	6 10 a.m. Coffee and Conversation 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg
9 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 12 p.m. Canasta-Hand & Foot* 1 p.m. Trivia	10 9:30 a.m. Scrabble 10 a.m. SHIP Medicare Support Sessions with Nancy* 10 a.m. Billiards 10 a.m. DAY TRIP- Belmont Mansion Christmas Tour + Lunch* 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	11 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 12 p.m. Potluck—Annual Winter Holiday Lunch* 12:30 p.m. Bridge- Afternoon	12 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 10:45 a.m. DAY TRIP- General Jackson Holiday Cruise* 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	13 10 a.m. Coffee and Conversation 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg 12 p.m. Mexican Train Dominoes Party
16 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 11:15 a.m. Advisory Council Meeting 12 p.m. Canasta-Hand & Foot* 1 p.m. BINGO	17 CRAZY SOCK DAY 9:30 a.m. Scrabble 10 a.m. Book Group 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 10:30 a.m. DAY TRIP- Mystery Lunch* 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne	18 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	19 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- International Food Tour: Taste of Persia* 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. Cocktails and Conversations*	20 10 a.m. Coffee and Conversation 10 a.m. Euchre 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat: Big Bad Breakfast* 12 p.m. Mah Jongg
23 Winter	24 Holiday	25 All	26 Centers	27 Closed
30 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 12 p.m. Canasta-Hand & Foot*	31 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	1 2025 New Year's Day CLOSED	2 All Centers OPEN	3 All Centers OPEN



December 2024 FiftyForward Martin Center Programs

December 2024 Theme:

Celebrate the Holiday Season... All Month!

**Wear your holiday outfits throughout the month,
Casual, elegant and fun!**

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!

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

Open to the Public

Congressional Constituent Services Mobile

Office First Tuesday of Each Month, 8:30 – 11:30

a.m. The Congressional District TN 05 will have a caseworker at the Martin Center. 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 Kristen.topping@mail.house.gov to set up an appointment. Open to the Public

Nashville PBS Aging Matters – Special Coffee and Conversation Series-When the Gig is Up

Thursday, December 5, 10:00 am. A short documentary followed by conversation and light refreshments. This documentary is about financial concerns faced by people whose nontraditional careers do not include retirement plans or other benefits. This includes freelancers, self-employed individuals and musicians. Listen to their compelling stories and learn how others found valuable information and supportive services. **Open to the public.**

Online Shopping- Technology Training

Wednesday, December 4, 1:30 p.m. Learn Tips and Tricks to shop online during the holiday. This class will provide a general introduction to shopping online using the popular website Amazon.com. How do I have my gift shipped to another address, learn to have your gifts wrapped by Amazon, yes you can add a note with your gift, learn how a gift can be returned by the person you sent it to and most of all shop in your pajamas! **–Open to the Public**



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SHIP Medicare Support Sessions Tuesday, December 10, 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? Open to the public.

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 Bachelor's 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 Tuesdays and Thursdays, 11:00 a.m. - 12:00 p.m. Instructor: Melissa Clinton, certified in SilverSneakers, Yoga, and holds a Bachelor's 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.

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.**



December 2024 FiftyForward Martin Center Programs

FiftyForward News

Advisory Council Meeting Monday, December 16, 11:15 a.m. - 12:15 p.m. The advisory board is a member volunteer group of ambassadors for programs, events and services offered by the Martin Center. They go the extra mile to invite others, attend events and bring resources to increase membership and programming.

FiftyForward Is Having a Party and Auction- Tuesday, December 3, 4:30 – 7:00 pm. at FiftyForward Patricia Hart Building, 174 Rains Ave., Nashville, TN 37023 Cost: \$68 For Tickets Contact: Gerald Brown, 615-743-3412 or gbrown@fiftyforward.org. The year 2024 marks 68 years of service to the Middle Tennessee community. Join us on December 3rd for Giving Tuesday to help us celebrate the impact we have on older adults. We will spotlight our programs, offer a host of items for a live auction, libations and many more!!

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, December 2, 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, December 16, 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 Fridays, 10:00 a.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 Wednesday, December 4, 9:30 a.m. at the center. 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.



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Mexican Train Dominoes Party Friday,
December 13, 12:00 noon. Holiday lunch will be provided. Hosted by Karen Anderson at her home. RSVP to Karen at: 615-504-7027 and Karen will give you her address. Member will provide their own transportation.

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 Monday, December 9, 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.

Social

Book Group 3rd Tuesday of each month,
December 17, 10:00 a.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *Comfort and Joy: A Fable* by Kristie Hannah.

Book Group-Historical Books Last Wednesday of each Month, December 18, 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 *Silent Night: The Story of the World War 1 Christmas Truce* by Stanley Weintraub.

Cocktails and Conversation Thursday,
December 19, 5:00 p.m. - 7:00 p.m. Please register by December 16. 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**

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 Cookies and Caroles with Music by Elmer Tunes! Wednesday, December 4, 3:00 p.m. Please register. Bring a plate of cookies to share. Take home a variety of cookies to munch on throughout the holiday season. Over 200 cookies to choose from!

Crazy Sock Day Tuesday, December 17, ALL DAY Add to the holiday joy at FiftyForward Martin Center by wearing your craziest pair of socks! Break out those funky patterns, bright colors, and wacky designs – the crazier, the better. For everyone sporting their crazy socks, we'll be drawing names for a limited number of prizes, which will be under the Martin Center Christmas Tree!

Holiday Members and New Members Mix and Mingle– Winter Holiday Theme Wednesday, December 4, 4:00 - 5:15 p.m. Please register. All members are invited to attend every month to have a time of friendship and fun. A great way for NEW Member to connect with other members. **Bring wine to drink and share** OR a non-wine beverage. Be sure to bring a sharable snack. RSVP using our membership portal or call 615-376-0102 and press 2. Walk-ins and guests are always welcome.



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Holiday Potluck Lunch and Performance by The Gift of Song Wednesday, December 11, 12:00 p.m. Please Register. The Gift of Song provides school aged children, a safe space and a community where they can develop the social, self-discipline and communication skills required to succeed in school, work and life. This group helps kids receive training they otherwise could not afford. Your contribution of a dish is very much appreciated and needed. If you cannot bring a dish you can pay \$10 to participate. **Registration is required. Sponsor by Canterfield of Franklin.**

Line Dancing Thursdays, 1:00 p.m.- 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, December 20, 11:30 a.m.
Please register. Join us at Big Bad Breakfast the perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal a warm, welcoming atmosphere. **Address: 1201 Liberty Pike Suite 101, Franklin, TN 37067.**

Only activities that require registration are visible on the member portal. Please refer to this calendar to see ALL activities each month.

DAY TRIPS

Registering and Payments for Trips:

Payments and registrations are made via our new portal, which can be accessed online or at the kiosk located at the Center. Payments must be made at the time of registration to hold your spot for day trips and events that have a cost. The portal can be accessed at <https://fiftyforward.org/member/>

5 Chefs Holiday Luncheon

Date: Tuesday, December 3

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 at approx. 3:30 pm

Get in the holiday spirit with a festive day trip to 5 Chefs in Portland, TN! Known for its homestyle cooking and cozy holiday decor, 5 Chefs is the perfect spot to enjoy a seasonal meal and do a bit of Christmas shopping. After our delicious lunch, we'll browse their delightful gift shop, filled with unique holiday items and stocking stuffers sure to bring cheer in us to savor holiday flavors and find a little Christmas magic with friends!

The Christmas Store + Lunch

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 at approx. 3:00 p.m.

First, we'll enjoy a delicious lunch at Fukutoku Hibachi, where a delightful meal and lively atmosphere await. 18% gratuity is included on each bill. Then, get ready for a festive holiday experience at The Christmas Store! Explore the latest holiday decorations and 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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Belmont Christmas Tour + Lunch

Date: Tuesday, December 10

Cost: \$40 + Lunch

Registration is required and space is limited to 24 members.

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

Bus departs at 9:30 a.m. & returns at approx. 3:30 pm

Discover the largest house built in Tennessee prior to the Civil War. Constructed between 1850 and 1860, Belmont Mansion was the home of Adelia and Joseph Acklen. Enjoy a tour led by one of the museum's knowledgeable guides. Along the way you will hear the compelling story of all the people who lived and worked here. The mansion will also be decorated for Christmas so the tour will include more about Christmas and New Year's Victorian holiday practices, some of which are still around today. After this wonderful tour, enjoy a delicious lunch at The Row Kitchen and Pub. Enjoy the true taste of Nashville with southern cuisine! This is where Brooks & Dunn was introduced and where Earl Bud Lee sold the rights to the legendary song "Friends in Low Places" for a bar tab!

General Jackson Holiday Cruise

Date: December 12

Cost: 85.00 (Lunch Included)

Registration is required and space is limited to 37 members.

Registration ends on December 4

Members should arrive by 10:15 a.m.

Bus Departs at 10:45 a.m. and returns at approx. 3:30 p.m.

Celebrate a Tennessee Christmas aboard the General Jackson Showboat! Enjoy a festive show with a talented country showband performing holiday classics by Reba, Alan Jackson, Elvis, and Rascal Flatts, all set against the scenic Cumberland River. The performance blends gospel, bluegrass, and rhythm & blues with dazzling sets and costumes.

Alongside the show, savor a holiday meal featuring winter greens, herb-brined roasted chicken, Gruyere dauphinoise potatoes, honey-glazed root veggies, buttered rolls, and a peppermint cheesecake finale. It's a heartwarming, toe-tapping Tennessee holiday celebration!

Join us for an afternoon filled with joyous music, delicious food, and the unmistakable holiday cheer of a Tennessee Christmas!

Mystery Lunch

Date: Tuesday, December 17

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 at approx. 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:

- It was built to mark a long-imagined collaboration between two brothers that own two restaurants in this same area.
- This restaurant stop is famous for some comforting Italian dishes with subtle nods to the family's Greek roots.

International Food Tour: Taste of Persia

Date: Thursday, December 19

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 at approx. 2:00 p.m.

Welcome to Taste of Persia, a family-owned Persian food restaurant dedicated to bringing the rich flavors and traditions of Iran to your plate. Their passion for Persian cuisine creates an authentic and unforgettable dining experience. With recipes passed down through generations and a commitment to using the finest ingredients, they take pride in offering a menu that captures the essence of Persian gastronomy. From aromatic stews to succulent kebabs and fragrant rice dishes, each bite is a celebration of the vibrant flavors and culinary artistry that define Persian cuisine. Join us at Taste of Persia and embark on a culinary journey that will transport you to the heart of Iran.

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.

Staff Support — Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.** Most trips require a fair amount of walking. If you are unsure, please call **615-743-3487** for more information.

Payment — Trips must be paid for at the time of registration, in order to hold your seat. **Note:** **Non-members pay an additional \$5 per person.**

Departure Time — Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

Cancellations and No Shows — A refund will be issued if a cancellation is given more than 24 hours prior to 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 two or more trips within a month will result in being placed on a waiting list the following month.

Exceptions — Exceptions may be considered by center staff in extreme situations.