

January 2025 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
		1 New Year's Day CENTER CLOSED	2 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	3 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg
6 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 12 p.m. Canasta-Hand & Foot* 1 p.m. Birthday BINGO	7 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 1 p.m. Technology Training: Intro to AI* 2:30 p.m. Active Strength Exercise with Ruth Anne	8 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/Melissa 12 p.m. Potluck—Happy New Years Lunch* 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes	9 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	10 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg
13 9 a.m. Card Crusaders 11 a.m. Art Classes by Olga Alexeeva* 12 p.m. Canasta-Hand & Foot*	14 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	15 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 10:15 a.m. DAY TRIP: Capitol Hill Tour + Lunch* 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes	16 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 5 p.m. Cocktails and Conversations*	17 CENTER CLOSED DUE TO STAFF MEETING
20 MLK Day CENTER CLOSED	21 9:30 a.m. Scrabble 10 a.m. Book Group 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 10:15 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	22 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge- Afternoon 1 p.m. Mexican Train Dominoes	23 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 11:00 a.m. DAY TRIP: Int'l Food Tour: Wilco Fusion Grill* 12:30 p.m. Open Art Studio 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne	24 10 a.m. Euchre 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat: Sopapilla's 12 p.m. Mah Jongg
27 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*	28 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	29 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 9 a.m. DAY TRIP-Oak Grove Casino* 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes 2 p.m. Book Group-Historical Books	30 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	31 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg

FiftyForward Martin Center
Vision for 2025
Healthy, Happy and Hopeful!

January 2025 Theme:

We are ringing in the New Year all month long!
Wear your glitz and glamor, make a resolution,
meet new people, and enjoy 2025!

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. **Open to the Public.**

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 being 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.**

Intro to AI - Technology Training Tuesday, January 7, 1:00 p.m. Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI (Artificial Intelligence) is being used today, what its current limitations are, and how it will shape the future! – **Open to the Public.**

SHIP Medicare Support Sessions Tuesday, January 14, 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; signs are posted showing our indoor walking track. Just 8 laps around our beautiful center equals a mile, 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 Bachelor's 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.**

FiftyForward News

Advisory Council Meeting Monday, January 27,

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.

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!

Birthday Bingo - Monday, January 6, 1:00 p.m.

Great prizes and enjoyable snacks provided. Monday Sponsor this month: **Centerwell**

Games

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 Wednesdays 1:00 p.m. **New!** 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.

Social

Book Group 3rd Tuesday of each month, January 21, 10:00 a.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *Project Hail Mary* by Andy Weir.

Book Group-Historical Books Last Wednesday of each Month, January 29, 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 *A Higher Call* by Adam Makos.

Cocktails and Conversation Thursday, January 16, 5:00 p.m. - 7:00 p.m. Please register by **January 13.** 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**

New Year's Potluck Lunch Wednesday, January 8, 12:00 p.m. Please Register. Celebrate the New Year of 2025 by enjoying a delicious meal and friendship! 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 Comfort Keepers.**

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.

Social

Meet & Eat Friday, January 24, 11:30 a.m. Please register. Join us at [Sopapilla's](#) the perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal a warm, welcoming atmosphere. **Address: 1109 Davenport Blvd, Franklin, TN 37069.**

Third Space at FiftyForward Martin Center
Monday through Friday, 8:30 AM – 3:30 PM

What is a Third Space? It's a welcoming place where you can make social connections—a space similar to coffee shops, libraries, or any safe and enjoyable spot where conversations thrive.

At the Martin Center, we invite you to enjoy our very own Third Space! Work on our community jigsaw puzzle, bring along a portable hobby, take care of tasks like paying bills, or practice your billiards skills. You can also use our exercise bike or elliptical, savor a cup of coffee on your own or with friends, or linger by the patio doors to watch the bird feeder in action.

Our fireplace area provides a cozy spot to gather, and several other rooms are available whenever a program isn't already scheduled.

Did you know? Those who live the longest and enjoy life to the fullest often seek out “Third Spaces” within their communities.

This is YOUR PLACE TO BELONG! We can't wait to see you here!

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/>

Capitol Hill Tour (Downtown Nashville) + Lunch at Amerigo Italian Restaurant

Date: Wednesday, January 15

Cost: \$15.00 + Lunch

Registration is required and space is limited to 24 members. *Please note special security requirements when visiting Capitol Hill. *

Members should arrive by: 9:45 a.m.

The bus departs at 10:15 a.m. & returns at approx. 3:00 p.m.

Experience a 45-minute guided tour of the Tennessee State Capitol in downtown Nashville, exploring its historic significance and beautiful architecture. You will go through a security checkpoint at any entrance, so please account for extra time to get through security. Backpacks and/or luggage are discouraged in the Capitol due to security protocols. Members will be asked to remove all metal items from each member, undergo a bag search, and go through a metal detector. NO backpacks allowed and NO flash photography. Following the tour, we'll enjoy a delightful lunch at Amerigo Italian Restaurant in the West End. Each table will have a gratuity fee of 18%. In this relaxing environment, Amerigo's menu has some classic Italian dishes such as lasagna, fettuccine alfredo, chicken parmesan, etc. They also have sandwiches, soups, wraps, and salads for a lighter option.

Mystery Lunch

Date: Tuesday, January 21

Cost: \$15.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by: 9:45 a.m.

Bus departs at 10:15 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:

- This restaurant reflects a commitment to kindness, positivity, and fun.
- A unique twist to a beloved southern food.

International Food Tour: Wilco Fusion Grill

Date: Thursday, January 23

Cost: \$10.00 + Lunch

Registration is required and space is limited to 13 members.

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

Bus departs at 11:00 a.m. & returns at approx. 2:30 p.m.

Our 100% fusion menu brings burgers, tacos, Mexican dishes, kebabs, salads, and of course our favorite Latin Fusion dishes, arepas, empanadas, plantain sliders and so much more! Our 100% fusion menu brings burgers, tacos, Mexican dishes, kebabs, salads, and of course our favorite Latin Fusion dishes, arepas, empanadas, plantain sliders and so much more! This Fusion food is a food experience that combines ingredients, flavors, and techniques from multiple culinary traditions.

Oak Grove Casino with FiftyForward J.L. Turner

Date: Wednesday, January 29

Cost: \$20.00 + Lunch + Personal Purchases

Registration is required. Space is limited to 12 members. Registration ends on January 24th.

Arrive Martin Center: 8:30 a.m.

Bus departs Martin Center: 9:00 a.m.

Pick up J L Turner members: 9:30 am

Return to Martin Center: 4:15 pm

Enjoy an exciting day trip to **Oak Grove Casino**. located just across the Kentucky border. This state-of-the-art entertainment destination features:

- **Over 1,300 gaming machines** offering everything from classic favorites to new interactive games.
- **Delicious dining options** including quick bites, casual meals, and upscale dining experiences.
- **Live entertainment and events** to keep the energy high and spirits lifted.

Whether you're a first-timer or a seasoned gamer, there's something for everyone to enjoy. Come for the games, stay for the fun, and make memories and meet new friends from FiftyForward J.L. Turner. This is one adventure you won't want to miss!

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.