

# February 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/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 9 a.m. - 2 p.m. <b>AARP Tax Prep*</b> 9 a.m. Card Crusaders <b>12 p.m. Canasta-Hand &amp; Foot*</b> 1 p.m. Happy Birthday-BINGO</p>	<p><b>4</b> 8:30 a.m. <b>Congressional Constituent Services Mobile Office</b> 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><b>5</b> 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 <b>4 p.m. Members Mix and Mingle-Wine, Soda, Snacks*</b></p>	<p><b>6</b> 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 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><b>7</b> 10 a.m. Euchre 10:30 a.m. Open Art Studio <b>11 a.m. DAY TRIP- International Food Tour: Kokomo Trading Company*</b> 12 p.m. Mah Jongg</p>
<p><b>10</b> 9 a.m. Card Crusaders <b>12 p.m. Canasta-Hand &amp; Foot*</b> 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>	<p><b>11</b> 9:30 a.m. Scrabble <b>10 a.m. DAY TRIP- Oaklands Mansion and Lunch at Jeff's Family Friendly Restaurant*</b> <b>10 a.m. SHIP Medicare Support Sessions with Nancy*</b> 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><b>12</b> 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa <b>12 p.m. Valentine's Potluck Lunch*</b> 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes <b>1 p.m.- Online RX Drug Resources- Technology Training*</b></p>	<p><b>13</b> 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 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><b>14</b> 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg <b>5:00 p.m. Valentine's Piano Bar &amp; Dinner Music by Elmer Tunes*</b></p>
<p><b>17</b> 9 a.m. - 2 p.m. <b>AARP Tax Prep*</b> 9 a.m. Card Crusaders 10 a.m. BINGO-Time Change <b>12 p.m. Canasta-Hand &amp; Foot*</b> 12:30 p.m. Cardio Drumming w/ Ruth Ann</p>	<p><b>18</b> 9:30 a.m. Scrabble 10 a.m. Book Group 10 a.m. Billiards 10 a.m. Yoga w/ Melissa <b>10:45 a.m. DAY TRIP- Mystery Lunch*</b> 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 1:30 pm 2025 Medicare Advantage Plan Seminar* 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p><b>19</b> 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</p>	<p><b>20 Wear Red Day- American Heart Assoc.</b> 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12:30 p.m. Open Art 1 p.m. Line Dancing 2:30 p.m. Active Strength Exercise with Ruth Anne <b>5 p.m. Cocktails and Conversations*</b></p>	<p><b>21</b> 10 a.m. Euchre 10:30 a.m. Open Art Studio <b>10:45 a.m. DAY TRIP- Jack Cawthon's BBQ and Marathon Village*</b> 12 p.m. Mah Jongg</p>
<p><b>24</b> 9 a.m. - 2 p.m. <b>AARP Tax Prep*</b> 9 a.m. Card Crusaders 11:15 a.m. Advisory Council Meeting <b>12 p.m. Canasta-Hand &amp; Foot*</b> 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>	<p><b>25</b> 9:30 a.m. Scrabble 10 a.m. Billiards 10 a.m. Yoga w/ Melissa 11:30 a.m. Dixie Doll-ers Doll Presentation 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 2:30 p.m. Active Strength Exercise with Ruth Anne</p>	<p><b>26</b> 9 a.m. Bridge-Morning 9 a.m. Card Crusaders <b>9:30 a.m. Frothy Monkey Coffee Cupping and Lunch at Mas Amigos Mexican Kitchen*</b> 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</p>	<p><b>27</b> 7 a.m. Early Bird Walking Club 9:30 a.m. Canasta 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness 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><b>28</b> <b>9 a.m. DAY TRIP- Nashville Symphony and Lunch at Rafferty's*</b> 10 a.m. Euchre 10:30 a.m. Open Art Studio <b>11:30 a.m. Meet &amp; Eat: Korean Chill Spot*</b> 12 p.m. Mah Jongg</p>

**FiftyForward Martin Center**

**Vision for 2025**

**Healthy, Happy and Hopeful!**

**February 2025 Theme:**

**It is all Heart, Flowers and Words of Affirmation as we celebrate Valentine's Month. Wear Hearts, Valentine's Colors and Accessories!**

**Art**

**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**

**AARP Tax Preparation Registration began**

**Tuesday, January 21. Call between 8:30 am – 3:30 pm to schedule an appointment.** Tax Prep dates will be Mondays, 9 a.m. -2 p.m. February 3 thru April 14. Tax Appointments are 90 minutes long. Paperwork must be completed before your scheduled appointment. AARP Tax Prep is free and open to the public. If you would prefer Virtual tax assistance connect with AARP on:

<https://taxaideqa.aarp.org/hc/en-us>

**Please call the center at 615-376-0102 to register for an appointment.**

**Congressional Constituent Services Mobile**

**Office Tuesday, February 4, 8:30 – 11:30 a.m.** The first Tuesday of each month the Congressional District TN 05 will have a caseworker at the Martin Center. This is your opportunity to meet with a caseworker to ask questions or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). **Open to the Public.**

**Online RX Drug Resources - Technology**

**Training Wednesday, February 12, 1:00 p.m.** This lecture offers an overview of useful online drug resources. You'll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medications, as well as other health topics. You'll also learn about GoodRX, FamilyWize, and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts and coupons. **Registration is encouraged. Open to the Public.**



## February 2025 FiftyForward Martin Center Programs

**SHIP Medicare Support Sessions Tuesday, February 11, 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.****

**Medicare Presentation Tuesday, February 18, 1:30 p.m. Registration is Required.** It's a new year, and Medicare costs have changed. Come to a presentation by a GNRC TN SHIP counselor about how Medicare works, what's happening in 2025, and how to change your 2025 Medicare Advantage Plan if it's not working for you. Q & A after the presentation for non-personal questions. *For personalized counseling anywhere in Tennessee contact 1-877-801-0044.* **Open to the Public.**

**The Dixie Doll-ers Doll Club Presentation Tuesday, February 25, 11:30 am.** Join us for a delightful presentation showcasing dolls inspired by beloved opera characters. A guest speaker will guide us through this enchanting world, sharing the stories behind these unique creations. You'll also have the opportunity to view a beautiful display of dolls, where the talented creators will explain the operas that inspired their designs. This event is open to both members and the public, offering a chance to experience the passion, joy, and friendship that this remarkable group is eager to share.

### 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 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.**

**Cardio Drumming with Ruth Anne Mondays, 12:30 p.m.** Join Ruth Ann, a certified Instructor of Group Exercise for a fun, high-energy fitness class that combines music and drumming to improve heart health, coordination, and more. This low-impact class is suitable for all fitness levels. Supplies provided. Intensity: High **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.**



## February 2025 FiftyForward Martin Center Programs

### **Mindful Movements with Ron Mondays, 2:00**

**p.m.** Your instructor is Ron Lee, who holds certifications with Yoga Alliance, Mindfulness-Based Stress Reduction, and Meditation, this class integrates qigong, tai chi, yoga, and stretching. The exercises can be performed either seated in a chair or standing. The primary goals of the class are relaxation and improved flexibility through graceful movements, designed specifically for beginners to intermediate levels. This class incorporates some history and principles of the movements, enhancing the overall experience and providing deeper meaning. **Cost: FREE**

### **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. **Cost: FREE**

### **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!

### **Walk Rain or Shine – Indoors! Monday - Friday**

**8:30 am -3:30 pm** A walking map is available, and signs are posted to guide you along our indoor walking track. Just 8 laps around our beautiful center equals one mile. Drop by to walk, come early, or stay later than your regular program to burn calories and improve your heart health. Walking is fun!

### **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, February 24,**

**11:15 a.m. - 12:15 p.m.** The advisory board is a 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 for individuals to play!

#### **Birthday Bingo Monday, February 3, 1:00 p.m.**

Great prizes and Birthday Cake! **Beginning 2/17 both monthly Bingos will be at 10:00 am.**

#### **Bingo- Monday, February 17, 10:00 a.m. Note**

**Time Change.** Great prizes and enjoyable snacks.

#### **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.



## February 2025 FiftyForward Martin Center Programs

**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.** 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

**Valentine's Piano Bar Friday, February 14, 5:00 pm - 8:30 pm. Cost: \$10** Registration is required. Music by Elmer Tunes, **Dinner:** A Potato Bar with toppings and a Lovely Valentine's Dessert. When you enjoy the lively tunes of a piano bar player, remember that tipping is a great way to show your appreciation for their talent. So, as the music moves you, share a little extra love with the performer—your generosity truly makes a difference! **Invite a Friend. Open to the Public.**

**Book Group 3rd Tuesday of each month, February 18, 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 Magnolia Palace*

by Fiona Davis.

**Wear Red Day Thursday, February 20, ALL DAY** Join us in celebrating the American Heart Association's Bold Hearts theme and their remarkable 100 years of life-saving work by wearing **RED**. Stop by to have your photo taken, tell us how you are working on your heart health and help spread the message of improving heart health worldwide.

**Book Group-Historical Books Last Wednesday of each Month, February 26, 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 *Over the Edge: Magellan's Terrifying Circumnavigation of the Globe* by Laurence Bergreen.

**Cocktails and Conversation Thursday, February 20, 5:00 p.m. - 7:00 p.m. Please register by February 17.** 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**

**Valentine's Potluck Wednesday, February 12, 12:00 Noon. Our entree will be Baked Spaghetti.** Wear your festive Valentine's colors, hearts, and fun accessories! Your contribution of a dish is greatly appreciated and needed. If you're unable to bring a side dish, you can still join the fun by contributing \$10. Please call the center at 615-376-0102 to register your attendance and let us know what side dish you'll be bringing. Note: You can sign up on the Signup Genius sent out in our Monthly Great Ways to Gather. Registration is required. Sponsored by Brookdale, Franklin, TN.

**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.



## February 2025 FiftyForward Martin Center Programs

### **Meet & Eat Friday, February 21, 11:30 a.m.**

**Please register.** Join us at the **Korean Chill Spot** the perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal a warm, welcoming atmosphere. **Address: 330 Franklin Rd #908, Brentwood, TN 37027.**

### **Members Mix and Mingle Wednesday, February 5, 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,

### **Third Space at FiftyForward Martin Center**

#### **Monday through Friday, 8:30 AM – 3:30 PM**

A Third Space is a welcoming place for social connections, like coffee shops or libraries. At the Martin Center, members can enjoy their own Third Space with activities like community puzzles, hobbies, bill paying, or billiards. The cozy fireplace area and additional rooms are available for members to enjoy when not in use for programs. Please enjoy your FiftyForward Martin Third Space!

**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/>

### **International Food Tour: Kokomo Trading Company, Franklin, TN**

**Date: Friday, February 7**

**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 a.m. & returns at approx. 1:45 p.m.**

Join us for a tropical culinary adventure at Kokomo Trading Company in Franklin! This vibrant Caribbean-inspired restaurant brings the flavors of the islands to life with bold spices, fresh ingredients, and creative dishes. Kokomo Trading Company offers an unforgettable taste of the Caribbean in a welcoming and lively atmosphere.

### **Oaklands Mansion and Lunch at Jeff's Family Friendly Restaurant, Murfreesboro, TN**

**Date: Tuesday, February 11**

**Cost: \$25.00 + Lunch**

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

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

**Bus departs at 10 a.m. & returns at approx. 4 p.m.**

Step back in time with a guided tour of Oaklands Mansion, a beautifully preserved antebellum home in Murfreesboro that tells the story of Tennessee's rich history. After the tour, we'll dine at Jeff's Family Friendly Restaurant, a local gem celebrated on *Tennessee Crossroads* for its welcoming atmosphere and delicious, home-cooked meals.



## February 2025 FiftyForward Martin Center Programs

### Mystery Lunch

**Date: Tuesday, February 18**

**Cost: \$15.00 + 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 at approx. 2:30 p.m.**

Join us for a delectable day of intrigue as we whisk you away to a mystery dining destination! Here's are clues to tantalize your taste buds:

- The Founder named this restaurant after a woman he met at a party during WWII
- It's famous for their bakery items, including muffins and croissants baked daily.

### Jack Cawthon's BBQ and Shopping at Marathon Village, Nashville, TN

**Date: Friday, February 21**

**Cost: \$15.00 + 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 at approx. 4:15 p.m.**

Savor the flavors of authentic Tennessee barbecue at Jack Cawthon's BBQ, a Nashville institution known for its tender smoked meats and classic Southern sides. After lunch, explore the historic Marathon Village, a hub of unique shops, local artisans, and charming boutiques. From handcrafted goods to specialty items, there's something for everyone at this iconic Nashville destination.

### Frothy Monkey Coffee Cupping and Lunch at Mas Amigos Mexican Kitchen, Nashville, TN

**Date: Wednesday, February 26**

**Cost: \$45.00 + Lunch**

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

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

**Bus departs at 9:30 a.m. & returns at approx. 2 p.m.**

Join us at the Frothy Monkey Roastery for a 1-hour experience where you will get to taste their current

coffee offerings, learn about the growing, purchasing, and roasting of coffee, and learn how to taste coffee like a professional. Every member will receive a 12 oz. retail bag of their signature house blend 12South. After our coffee adventure, members will enjoy a tasty lunch at Mas Amigos Mexican Kitchen. Known for its warm hospitality and authentic Mexican cuisine, Mas Amigos serves up flavorful dishes sure to satisfy your cravings in a festive and welcoming atmosphere.

### Nashville Symphony and Lunch at Rafferty's, Nashville, TN

**Date: Friday, February 28**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 24 members.**

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

**Bus departs at 9:00 a.m. & returns at approx. 3 p.m.**

Experience the beauty of live classical music as the Nashville Symphony performs Tchaikovsky's iconic Fifth Symphony, a masterpiece filled with sweeping melodies and emotional depth. After the concert, we'll head to Rafferty's for a delicious lunch featuring their signature comfort food and warm hospitality.

**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.