

March 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
<p>3 9 a.m. - 2 p.m. AARP Tax Prep* All Appts. Filled 9 a.m. Card Crusaders 10 a.m. Happy Birthday-BINGO 12 p.m. Advanced Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>	<p>4 8:30 a.m. Congressional Constituent Services Mobile Office 10 a.m. Billiards- Group 9:30 a.m. Scrabble 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>5 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 2:00 pm Gardening Resources Online Technology Training 4 p.m. Members Mix and Mingle-Wine, Soda, Snacks*</p>	<p>6 7 a.m. Early Bird Walking Club 10 a.m. Billiards 10 a.m. A Stitch in Time 10 a.m. Yoga w/ Melissa 10:15 a.m. DAY TRIP: International Food Tour: McNamara's Irish Pub and Restaurant* 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>7 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg</p>
<p>10 9 a.m. - 2 p.m. AARP Tax Prep* All Appts. Filled 9 a.m. Card Crusaders 12 p.m. Advanced Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 1 p.m. Trivia Pursuit 2 p.m. Mindful Movements w/ Ron</p>	<p>11 10 a.m. Billiards Group 9:30 a.m. Scrabble 10 a.m. SHIP Medicare Support Sessions with Nancy* 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>12 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/Melissa. 12:00 p.m. St. Patrick's Potluck* 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes</p>	<p>13 7 a.m. Early Bird Walking Club 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>14 9:45 a.m. DAY TRIP: Frist Art Museum* 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg</p>
<p>17 St. Patrick's Day 9 a.m. - 2 p.m. AARP Tax Prep* All Appts. Filled 9 a.m. Card Crusaders 10 a.m. BINGO 12 p.m. Advanced Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>	<p>18 10 a.m. Billiards Group 9:30 a.m. Scrabble 10 a.m. Book Group 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</p>	<p>19 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 10:15 a.m. DAY TRIP- Lunch & Line Dancing at FiftyForward JL Turner * 12:30 p.m. Bridge-Afternoon 1 p.m. Empower and Thrive Wellness Panel* 1 p.m. Mexican Train Dominoes</p>	<p>20 7 a.m. Early Bird Walking Club 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 5 p.m. Cocktails and Conversations*</p>	<p>21 9:45 a.m. DAY TRIP- Nashville Flea Market* 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg 6:00 pm Meetup: Elmer's Tunes Music at Kings Bowl</p>
<p>24 9 a.m. - 2 p.m. AARP Tax Prep* All Appts. Filled 9 a.m. Card Crusaders 11:15 a.m. Advisory Council Meeting 12p.m. Advanced Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 1 p.m. Trivia Pursuit 2 p.m. Mindful Movements w/ Ron</p>	<p>25 10 a.m. Billiards Group 9:30 a.m. Scrabble 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>26 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 2 p.m. Book Group-Historical Books</p>	<p>27 7 a.m. Early Bird Walking Club 10 a.m. DAY TRIP- Nissan Plant Tour* 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>28 10 a.m. Euchre 10:30 a.m. Open Art Studio 11:30 a.m. Meet & Eat: The Honeysuckle 12 p.m. Mah Jongg</p>
<p>31 9 a.m. - 2 p.m. AARP Tax Prep* All Appts. Filled 9 a.m. Card Crusaders 12 p.m. Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>				

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

March 2025 Theme:

St. Patrick's Celebration All Month! In celebrating St. Patrick's lets wear Irish Green, Shamrocks, carrying the message of forgiveness to a person, group or situation as St. Patrick did when he returned to Ireland after being treated poorly by his former captors.

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 is 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 Filled. All tax appointments have been filled. AARP Tax Preparers will assist those who have registered through April 14, 2025. AARP Tax Prep is a free annual service available to both members and the public. For AARP virtual tax assistance go to this link:

<https://taxaideqa.aarp.org/hc/en-us> **Open to the Public.**

Congressional Constituent Services Mobile Office Tuesday, March 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.**

Empower and Thrive Wellness Panel 3rd Wednesday of the Month, March 19, 1:00 pm – 2:30 pm Please Register. A panel discussion of experts that will explore the National aging in Place Council's 5 Pillars of Aging. The first Pillar discussed will be Health and Wellness. The panel will include Holistic and Alternative Health Expert, Hillary Clark, Owner of Into the Woods Retreat Center, Expert, PJ Olsen, in restoring strength and energy with simple moves to relieve muscle pain, create mobility and relieve tension with expert information that will re-vision aging with education, better solutions by experts and collaboration of resource and Beth Baker Living Beyond, a Senior Home Coach, Occupational Therapist Realtor. **Open to the Public.**

Gardening Resources Online -Technology Class

Wednesday, March 5, 2:00 pm. Gardening Tech at-a-Glance. Registration Required. Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. We'll go over some popular apps and explain their common features that will help you with everything from designing your garden to identifying plants and caring for them. You'll also learn about smart outdoor irrigation systems and sensors, as well as indoor gardening devices. **Open to the Public**

LGBTQ+ Monthly Event-March 16, 2-5pm at Homegrown Taproom in Donelson. Please join us for St Patrick's Day Festivities at this month's LGBTQ+ peer group event. Enjoy the delicious food and brews of this locally owned restaurant and we look forward to seeing you there. Questions? Email Kelly at kdonovan@fiftyforward.org **Open to the Public**

SHIP Medicare Support Sessions Tuesday, March 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.**

Exercise

Active Strength Exercise with Ruth Anne Tuesdays and Thursdays, 2:30 - 3:30 p.m.

Instructor: Ruth Anne Smith, Group Exercise Certified. Work on your full body strength using hand weights, bands, exercise balls and 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.**

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**



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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 – Safe and 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. Along the way, you'll find exercise stations equipped with an exercise bike, an elliptical, and free weights and bands for those who want to add extra movement to their walk. Just eight laps around our beautiful center equal one mile! Drop by anytime—arrive early or stay after your regular program—to burn calories, boost your heart health, and enjoy the fun of walking!

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 insurance benefit.**

FiftyForward News

Advisory Council Meeting Monday, March 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.

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, March 3, 10:00 a.m.
Great prizes and Birthday Cake!

Bingo- Monday, March 17, 10:00 a.m. 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- Advanced- 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>).



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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.

Trivia Pursuit IS BACK! March 10 and March 24, 1:00 pm EVERY 2nd and 4th Monday.

Play Trivia Pursuit like they do on cruises. Do you enjoy putting your knowledge to the test and having fun with friends? Whether you are a Trivia Whiz or just want to sharpen your knowledge join this twice a month Trivia fun for laughter and meeting new friends

Social

Book Group 3rd Tuesday of each month, March 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 Secret Life of Sunflowers* by M Molnar.

Book Group-Historical Books Last Wednesday of each Month, March 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 *Brave Companions: Portraits in History* by David McCullough.

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

St. Patrick's Celebration Potluck Wednesday, March 12, 12:00 Noon. **Arrive 11:30 – 11:45 am to bring your dish for the kitchen to organize and have conversation with others.** Luck, laughter, and plenty of delicious food await at our St. Patrick's Day Potluck! Registration is required so, please call the center at 615-376-0102, Your contribution of a dish even if you need to buy it makes for enough food for everyone. Let us know what dish you will bring! Come dressed in Irish green, adorned with shamrocks, or add your own touch of Irish charm as we gather for lunch. If bringing or buying a dish isn't an option, you may join the fun with a \$10 contribution.

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, March 28, 11:30 a.m. Please register. Join us at The Honeysuckle, a perfect place to connect with new friends, catch up with old ones, and enjoy a delightful meal, a warm, welcoming atmosphere. **Address: 1770 Galleria Blvd, Franklin, TN 37067.**

Members Mix and Mingle Wednesday, March 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 shareable snack. RSVP using our membership portal or call 615-376-0102.

Music Meetup Friday, March 21, 6:00 – 9 p.m.

Please register so a table can be saved for us all to sit together. **Open to Guests!** Elmer's Tunes will perform his piano bar magic at King's Bowl, 1910 Galleria Blvd., Franklin, TN. **Free Parking.** Cost: No Cover Charge. Enjoy meeting up at the Kings Bowl Whiskey Room just outside the Galleria Mall. This is a fun casual evening where you can order great food and drinks while enjoying songs that are our classic favorites with the Martin Center gang.

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!

April Preview of New Programs-
Sign up Now!

Ukelele Classes Beginner Ukulele Course kicks off **Tuesdays, April 1st – May 6th, from 12:30 – 2:00 PM! Registration Required.** Lessons are Free! **No ukulele? No problem!** We've got loaner ukuleles you can use in class and take home to practice. This 6-session series is designed for beginners, but open to all players. Each lesson is built on the previous one, so we encourage you to attend all sessions. **Reserve your spot now to save your place! Limited Space.** Call the front desk at **615-376-0102** to sign up. **Open to the public—bring a friend and let's make music together!**

Billiards Class- Ladies Beginner Thursdays, 9 – 10 a.m. Join our Ladies Beginner Billiards Class at FiftyForward Martin! This class is perfect for those who've never picked up a cue or want to brush up on the basics in a relaxed, supportive environment. Gain confidence, learn game rules and techniques, and meet new friends while you play. All skill levels welcome- come and give it a shot!

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/>

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.

International Food Tour: McNamara's Irish Pub and Restaurant, Donelson

Date: Thursday, March 6

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 p.m.

Take a trip to the Emerald Isle without leaving Nashville! As part of our International Food Tour, we'll visit McNamara's Irish Pub to enjoy an authentic Irish dining experience. From classic dishes like bangers and mash to the lively ambiance of traditional Irish hospitality, this outing is sure to be a treat. Come ready to embrace the spirit of Ireland!

The Frist Art Museum, Downtown Nashville

Date: Friday, March 14

Cost: \$15.00 + Lunch

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. and returns at approx. 2 p.m.

Farm to Table Exhibit: Art, Food, and Identity in the Age of Impressionism explores how art, food, and identity shaped late 19th-century France. Featuring about 50 works by artists like Claude Monet and Camille Pissarro, the exhibit showcases farmers, markets, and diners, highlighting the connections between urban and rural life and changes in gender, labor, and class. After looking at all the beautiful artwork, members will enjoy lunch at the Café Cheeserie, a bistro featuring popular scratch-made sandwiches, seasonal soups and salads, and more!



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Mystery Lunch

Date: Tuesday, March 18

Cost: \$10.00 + 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 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:

- You might spot a creature that looks like it belongs in a swamp.
- After this delicious lunch, members will have the chance to do a little shopping!

Lunch and Line Dancing Round Up at FiftyForward J.L. Turner

Date: Wednesday, March 19

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. 3:30 p.m.

All aboard for a fun-filled day trip! We'll start with a delicious lunch at City Limits Bakery and Café in Bellevue before heading over to FiftyForward J.L. Turner (located in the Bellevue YMCA) for a lively Line Dancing Round-Up with Bonnie, Gloria, and our FiftyForward friends. Whether you're an experienced dancer, a beginner, or just looking to enjoy good company, this trip promises great food, friendship, and plenty of fun!

Nashville Flea Market, Downtown Nashville

Date: Friday, March 21

Cost: \$15.00 + Lunch

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 at approx. 2 p.m.

Calling all treasure hunters, bargain lovers, and shopping enthusiasts! Join FiftyForward Martin Center for a day trip to the renowned **Nashville Flea Market** at The Fairgrounds Nashville, ranked as one of the top ten flea markets in the country! With over **300 vendors** from **30 states**, this market offers a treasure trove of unique and one-of-a-kind finds, including antiques, collectibles, handcrafted items, home decor, and more. While there, members can enjoy lunch from a variety of delicious food options available on-site.

Nissan Plant Tour, Smyrna

Date: Thursday, March 27

Cost: \$20.00 + 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 p.m.

Enjoy a lovely trip to Smyrna for a delicious lunch at The Print Shop followed by a guided tour of the Nissan of Smyrna Vehicle Assembly Plant! This tour will last approx. an hour and a half. Please note: you must wear shirts with at least a 4-inch sleeve and closed-toe shoes; No flip-flops or sandals are permitted on the tour. Weapons of any kind, cell phones, cameras, and all other recording devices are strictly prohibited on the plant tour and will need to be kept on the bus. **Registration is required. Space is limited to 24 members.**