

April 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>1 8:30 a.m. Congressional Constituent Services Mobile Office 10 a.m. Billiards 9:30 a.m. Scrabble 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 12:30 pm Ukulele Class 2:30 p.m. Active Strength w/ Ruth Anne</p>	<p>2 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 9:30 a.m. DAY TRIP- Cheekwood in Bloom* 10 a.m. Full Body Strength w/ Melissa 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes</p>	<p>3 7 a.m. Early Bird Walking Club 9 a.m. Billiards Class- Ladies Beginner 9:30 am Rummikub 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 w/ Ruth Anne</p>	<p>4 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg</p>
<p>7 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</p>	<p>8 10 a.m. Billiards 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 12:30 pm Ukulele Class 2:30 p.m. Active Strength w/ Ruth Anne</p>	<p>9 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/Melissa. 12:00 p.m. Spring Potluck* 12:30 p.m. Bridge-Afternoon 1 p.m. Mexican Train Dominoes</p>	<p>10 7 a.m. Early Bird Walking Club 8:30 a.m. DAY TRIP- Brunch and the Hindu Sri Ganesha Temple Tour* 9 a.m. Billiards Class- Ladies Beginner 9:30 am Rummikub 10 a.m. Billiards 10 a.m. A Stitch in Time 12:30 p.m. Open Art Studio</p>	<p>11 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg 1 p.m. DAY TRIP- Williamson County Performing Arts- "Sweet Soul Music"*</p>
<p>14 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 2 p.m. Mindful Movements w/ Ron</p>	<p>15 10 a.m. Billiards 9:30 a.m. Scrabble 10 a.m. Book Group 12 p.m. Mah Jongg 12:30 pm Ukulele Class</p>	<p>16 10:00 am Spring Health & Wellness Fair 10:00 am Mallie Food Truck</p>	<p>17 7 a.m. Early Bird Walking Club 9 a.m. Billiards Class- Ladies Beginner 9:30 am Rummikub 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 w/ Ruth Anne 5 p.m. Cocktails and Conversations*</p>	<p>18 10 a.m. Euchre 10:30 a.m. Open Art Studio 12 p.m. Mah Jongg</p>
<p>21 9 a.m. Card Crusaders 10 a.m. BINGO 10:30 a.m. Textiles Art Workshop* 12 p.m. Advanced Canasta-Hand & Foot* 11:15 a.m. Advisory Council Meeting 12:30 p.m. Cardio Drumming w/ Ruth Ann 2 p.m. Mindful Movements w/ Ron</p>	<p>22 10 a.m. Billiards 9:30 a.m. Scrabble 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 12:30 pm Ukulele Class 2:30 p.m. Active Strength w/ Ruth Anne</p>	<p>23 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>24 7 a.m. Early Bird Walking Club 9 a.m. Billiards Class- Ladies Beginner 9:30 am Rummikub 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 w/ Ruth Anne</p>	<p>25 10 a.m. Euchre 10:30 a.m. Open Art Studio 11:00 am Sue's Sweet & Healthy Creations 11:30 a.m. Meet & Eat: Karrington Row 12 p.m. Mah Jongg</p>
<p>28 9 a.m. Card Crusaders 10:30 a.m. Textiles Art Workshop* 12 p.m. Canasta-Hand & Foot* 12:30 p.m. Cardio Drumming w/ Ruth Ann 1 p.m. Trivia 2 p.m. Mindful Movements w/ Ron</p>	<p>29 10 a.m. Billiards 9:30 a.m. Scrabble 10 a.m. Yoga w/ Melissa 11 a.m. SAIL Fitness w/ Melissa 12 p.m. Mah Jongg 12:30 pm Ukulele Class 2:30 p.m. Active Strength w/ Ruth Anne</p>	<p>30 9 a.m. Bridge-Morning 9 a.m. Card Crusaders 10 a.m. Full Body Strength w/ Melissa 10:45 a.m. DAY TRIP- International Food Tour: Everest Restaurant* 12:30 p.m. Bridge- Afternoon 1 p.m. Mexican Train Dominoes 2 p.m. Book Group-Historical Books</p>		

April 2025 Theme:

Spring is here, and it's the perfect time to celebrate the Easter season! From adorable bunnies to the joy of flowers beginning to bloom, this season is all about renewal and hope. Let's lift each other up with kind words of encouragement. Embrace the season by wearing floral clothes and accessories throughout the month!

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.

Textiles Art Workshop w/ The Frist Mondays, April 21- June 23 10:30 a.m. – 12 p.m.

Participants will work with teaching artist Alice Aida Ayers to explore artmaking using textiles. This project will start with a storytelling circle as the basis for developing the subject matter. The process involves creating an image and using applique, embroidery, and non-traditional

techniques. The workshop consists of seven 90-minute art-making sessions, a group visit to the Frist Art Museum, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to the Frist Art Museum. **All materials are provided, and there is no charge for the class. All skill levels are welcome. Space is limited to 15 people.**

Community- Open to the Public

AARP Tax Preparation- FULL 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.**

Ukelele Classes Beginner Ukulele Course kicks off **Tuesdays, April 1st – May 6th, from 12:30 – 2:00 PM! Registration Full.** Provided by Music for Seniors partnering with Tennessee Arts Commission. 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.

Congressional Constituent Services Mobile Office Tuesday, April 1, 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.**



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SHIP Medicare Support Sessions Tuesday, April 8, 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. To register for appt please call 615-873-4379 or email tanshipvol@comcast.net. Please be sure to leave a message.**

Spring Health and Wellness Fair Wednesday, April 16, 10 a.m. – 12 p.m. Join us for the FiftyForward Spring Health and Wellness Fair at the Martin Center! Explore a variety of health and wellness vendors, receive free health screenings, enjoy snacks, learn to satisfy your sweet tooth with healthy desserts and experience Elmer's Tunes as he plays classic hits on the piano. Mallie's Food Truck, a non-profit supporting at-risk youth, will be offering delicious food from 10:00 a.m. to 1:30 p.m. for you to purchase. Bring a friend and discover valuable resources to help us all stay healthy! **This event is free and open to the public.**

Sue's Sweet & Healthy Creations Friday, April 25 11:00 am – 12:00 pm. **The Fourth Friday of each month.** Join Sue King for a fun lesson in making delicious, nutritious treats. You'll discover easy recipes and tips for creating wholesome desserts and snacks everyone will love!

Exercise

Active Strength 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, April 21,
11:15 a.m. - 12:15 p.m. The advisory council 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!

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!

Birthday Bingo Monday, April 7, 10:00 a.m. Great prizes and Birthday Cake!

Bingo- Monday, April 21, 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.



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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.

Rummikub Thursdays, 9:30 am Looking for a fun way to spend your Thursday? Join our Rummikub group! Whether you're experienced or just learning, you'll enjoy this mix of strategy, luck, and friendly conversation. New players are always welcome!

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, April 14 and April 28, 1:00 pm EVERY 2nd and 4th Monday. 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, April 15, 10:00 a.m. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *Sipsworth* by Simon Van Booy.

Book Group-Historical Books Last Wednesday of each Month, April 30, 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, April 17, 5:00 p.m. - 7:00 p.m. Please register by April 14. 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**

Spring Potluck Wednesday, April 9, 12:00 Noon. Arrive 11:30 – 11:45 am to bring your dish for the kitchen to organize and have conversation with others. Registration is required by calling the center at 615-376-0102 or coming by the front desk. 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! Embrace the season by wearing floral clothes and accessories throughout the month! 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, April 25, 11:30 a.m. Please register. Join us at Karrington Rowe, a 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 #913d, Brentwood, TN 37027

Third Space at FiftyForward Martin Center Monday through Friday, 8:30 AM – 3:30 PM
A Third Space is a welcoming place for social



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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.

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/>

Cheekwood in Bloom

Date: Wednesday, April 2

Cost: \$40.00 + 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. 2:30 p.m.

Registration ends March 31

Celebrate the beauty of spring with a visit to Cheekwood Estate & Gardens! Immerse yourself in the vibrant colors and fragrant blooms of their stunning botanical gardens, where tulips, daffodils, and other spring flowers create a breathtaking display. When you're ready to eat, enjoy a delicious meal at Café 29, where you can relax and savor the flavors of the season. Don't miss this wonderful opportunity to experience one of Middle Tennessee's most beloved treasures in full springtime splendor.

Brunch and the Hindu Sri Ganesha Temple Tour

Date: Thursday, April 10

Cost: \$20.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by 8:00 a.m.

Bus departs at 8:30 a.m. & returns at approx. 1:30 p.m.

Let's head to La Peep, a beloved spot for a delightful brunch. Known for its friendly service and wide-ranging menu, La Peep offers everything from hearty breakfast favorites to light and flavorful options.

Following brunch, we'll step into a world of tranquility and cultural discovery with a visit to the Sri Ganesha Temple. This sanctuary is home to intricate carvings, awe-inspiring statues, and a rich history that reflects the deep traditions of Hindu culture. During our guided tour, we'll learn about the temple's origins, its religious significance, and some daily rituals. Whether you're familiar with Hinduism or curious to learn more, this is a wonderful opportunity to gain a deeper appreciation for a culture steeped in centuries-old practices.

Williamson County Performing Arts Center: "Sweet Soul Music"

Date: Friday, April 11

Cost: \$40.00

Registration is required and space is limited to 13 members.

Members should arrive by 12:30 p.m.

Bus departs at 1 p.m. & returns at approx. 4:30 p.m.

The Williamson County Performing Arts Center is proud to present "Sweet Soul Music." This new musical revue will celebrate the legendary voices of Soul to include Ray Charles, Sam Cooke, Etta James, Marvin Gaye, James Brown, Otis Redding, Aretha Franklin, and the Temptations, among many others. Soul music became popular as a distinctive style during the 1960s and peaked in popularity in the mid-1970s. It provided a sense of unity and inspiration for the African American community, helping to raise collective consciousness regarding social issues of the time. "Sweet Soul Music"



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promises to entertain, enlighten and hopefully leave a footprint on your heart!

Mystery Lunch

Date: Tuesday, April 22

Cost: \$15.00 + 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. 1:30 p.m.

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

- This spot brings a taste of Italy to your plate, offering pasta, pizza, and more with authentic flavors.

International Food Tour: Everest Restaurant and Bar

Date: Wednesday, April 30

Cost: \$10.00 + 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. 1:45 p.m.

Everest Restaurant & Bar invites you to experience the rich and authentic flavors of Nepalese and Indian cuisine. Enjoy mouthwatering curries, sizzling tandoori, Momos and handcrafted cocktails in a warm and inviting atmosphere. Their exceptional service and traditional recipes will make your visit unforgettable.

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.