

May 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 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne	2 10 a Euchre 10 a DAY TRIP- General Jackson* 10:30 a Open Art Studio 12 p Mah Jongg
5 9 a Card Crusaders 10 a BINGO 10:30 a Textiles Art Workshop* 12 p Advanced Canasta- Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron	6 8:30 a Congressional Constituent Service Mobile Office 10 a Billiards 9:30 a Scrabble 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 12:30 p Ukulele Class 2:30 p Active Strength w/ Ruth Anne	7 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/Melissa 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	8 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10:30 a DAY TRIP: Mystery Lunch* 12:30 p Open Art Studio	9 10 a Euchre 10:30 a Open Art Studio 12 p Mah Jongg
12 9 a Card Crusaders 10:30 a Textiles Art Workshop* 12 p Advanced Canasta- Hand & Foot* 1:30 p Mindful Movements w/ Ron 2 p Trivia	13 10 a Billiards 10 a SHIP Medicare Support Sessions with Nancy* 9:30 a Scrabble 12 p Mah Jongg	14 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/ Melissa 12 p Potluck Lunch* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	15 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne 5 p Cocktails and Conversations*	16 10 a Euchre 10:30 a Open Art Studio 12 p Mah Jongg
19 9 a Card Crusaders 10 a BINGO 10:30 a Textiles Art Workshop* 12 p Advanced Canasta- Hand & Foot* 11:15 a Advisory Council Meeting 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron	20 7 a DAY TRIP- Fishing & Lunch* 10 a Billiards 9:30 a Scrabble 10 a Book Group 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 2:30 p Active Strength w/ Ruth Anne	21 9 a. Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/ Melissa 12:30 p Bridge- Afternoon 1 p OAM Empower and Thrive Wellness Panel* 1 p Mexican Train Dominoes	22 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne	23 10 a Euchre 10:30 a Open Art Studio 11:00 a Sue's Sweet & Healthy Creations 12 p Mah Jongg
26 All FiftyForward Centers and Offices are Closed in Observance of Memorial Day	27 10 a Billiards 9:30 a Scrabble 10 a Yoga w/ Melissa 10:15 a DAY TRIP: International Food Tour: Leche de Tigre* 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 2:30 p Active Strength w/ Ruth Anne	28 9 a Bridge-Morning 9 a Card Crusaders 9:30 a DAY TRIP- Nashville Zoo* 10 a Full Body Strength w/ Melissa 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 2 p Book Group-Historical Books	29 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne	30 10 a Euchre 10:30 a Open Art Studio 12 p Mah Jongg 6 p Music Meetup at the Kings Bowl*



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Art

Card Crusaders Mondays and Wednesdays, 9:00 a - 3:00 p 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 and Fridays, 10:30 a - 1:00 p 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 - 12:00 p 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 – 12 p 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

Congressional Constituent Services Mobile Office Tuesday, May 6, 8:30 – 11:30 a 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.**

Ukelele Classes Beginner Ukulele Course kicks off **Tuesdays, April 1st – May 6th, from 12:30 – 2:00 p!** **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.

Older Americans Month Empower and Thrive Wellness Panel 3rd Wednesday of the Month, May 21, 1:00 – 2:30 p **Please Register.** A panel discussion of experts that will explore the National aging in Place Council's 5 Pillars of Aging. The second Pillar discussed will be Financial Resources. The panel will discuss managing financial resources effectively to sustain long-term independence and quality of life. **Open to the Public.**

SHIP Medicare Support Sessions Tuesday, May 13, 10:00 a – 2:00 p **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 tnshipvol@comcast.net. Please be sure to leave a message.**



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Sue's Sweet & Healthy Creations Friday, May 23, 11:00 a – 12:00 p **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 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 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 - 3:30 p 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 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, 1:30 p 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 - 12:00 p 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 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 a -3:30 p 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 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:



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Beginner, Intermediate. **\$5 per person if you do not have insurance benefit.**

FiftyForward News

Advisory Council Meeting Monday, May 19, 11:15 a - 12:15 p 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 - 12:00 p (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, May 5, 10:00 a Great prizes and Birthday Cake!

Bingo- Monday, May 19, 10:00 a Great prizes and enjoyable snacks.

Bridge- Morning Wednesdays, 9:00 a - 12:00 p Join your friends for a fun game or two in this experienced Bridge Group.

Bridge- Afternoon Wednesdays, 12:30 - 3:30 p Join your friends and learn how to play with the social Bridge Group.

Canasta- Advanced- Hand & Foot Mondays, 12:00 - 3:00 p 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 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 - 2:30 p 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 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 a 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 - 12:00 p 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, May 12, 2:00 p 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, May 20, 10:00 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *Middletide* by Sarah Crouch.

Book Group-Historical Books Last Wednesday of each Month, May 28, 2:00 p 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 Generous Pour: Tall Tales from the Backroom of Jimmy*



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Kelly's by Mike Kelly.

Cocktails and Conversation Thursday, May 15, 5:00 - 7:00 p Please register by May 12. Join us on the Third Thursday from 5:00 - 7:00 p to meet new people or catch up with friends. Be sure to bring your favorite beverage and appetizer/dessert.

Cost: \$5

Line Dancing Thursdays, 1:00 - 2:15 p 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.

Music Meetup Friday, May 30, 6:00 – 9:00 p 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.

Potluck Lunch Wednesday, May 14, 12:00 Noon. **Arrive 11:30 – 11:45 a to bring your dish for the kitchen to organize and have conversation with others.** Registration is required. 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. If bringing or buying a dish isn't an option, you may join the fun with a \$10 contribution.

Third Space at FiftyForward Martin Center **Monday through Friday, 8:30 a– 3:30 p**

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.

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/>

General Jackson

Date: Friday, May 2

Cost: \$75.00

Registration is required and space is limited to 12 members.

Members should arrive by 9:30 a

Bus departs at 10 a & returns at approx 2:30 p

Experience the best of Tennessee aboard the world-famous General Jackson Showboat! Join us for a daytime cruise celebrating the iconic music of *Tennessee Legends*. From Dolly Parton's Smoky Mountain stories to Nashville's Grand Ole Opry classics and Elvis Presley's Memphis hits, enjoy a showcase of Tennessee's finest musicians and songs.

Savor a mouth-watering Southern meal, perfectly complementing the live performances and stunning views of the Cumberland River—all included in your ticket. Don't miss this unforgettable journey through Tennessee's legendary musical heritage!

Mystery Lunch

Date: Thursday, May 8

Cost: \$15.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by 10 a

Bus departs at 10:30 a & returns at approx. 2 p

- **James Beard Approved** – This humble eatery earned one of the highest honors in the culinary world!
- Known citywide, this spot has been a local staple since 1982.

Fishing + Lunch

Date: Tuesday, May 20

Cost: \$15.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by 7 a

Bus departs at 7:30 a & returns at approx 2 p

Join us for a relaxing and enjoyable day of fishing at the scenic Couchville Lake! Whether you're an experienced angler or trying it out for the first time, this is a great opportunity to connect with fellow members and enjoy the great outdoors.

We've got you covered with all the fishing equipment and bait provided. To make your experience even more enjoyable, members are encouraged to bring a chair and water. After fishing, we'll gather for lunch at TailGate Brewery to share a meal and stories from the day.

****All participants must have at least a 1-day fishing license, which can be conveniently purchased at stores like Wal-Mart, Academy Sports, or online through the Tennessee Wildlife Resources Agency (TWRA) website.****

International Food Tour: Leche de Tigre

Date: Tuesday, May 27

Cost: \$15.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by 9:45 a

Bus departs at 10:15 a & returns at approx 2 p

Embark on a flavorful adventure with our International Food Tour as we visit Leche de Tigre in Smyrna! This vibrant Peruvian restaurant is known for its bold flavors and authentic cuisine, offering a delicious taste of Peru right here in Middle Tennessee.

Discover dishes like ceviche, lomo saltado, and more as we explore the rich culinary traditions of Peru. This is a wonderful opportunity to try something new while enjoying great company!



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Nashville Zoo

Date: Wednesday May 28

Cost: \$30.00 + Lunch

Registration is required and space is limited to 13 members.

Members should arrive by 9:00 a

Bus departs at 9:30 a & returns at approx 2:00 p

May is **Older Americans Month**, and what better way to celebrate than with a fun-filled day trip to the Nashville Zoo! This is a wonderful opportunity to connect with members from other centers while enjoying the beauty of nature and the wonders of wildlife. Walk among kangaroos, marvel at playful primates, and take in stunning exhibits from around the world.

Stroll at your own pace, take in the stunning exhibits, and when you're ready for a break, grab a bite to eat at one of the zoo's cafés or snack stands. This is the perfect way to embrace adventure, stay active, and celebrate the joy of lifelong learning and exploration!

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.