

# August 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/](https://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>8:45 a DAY TRIP- Historic Rosemont &amp; Roux's*</b> <b>10 a</b> Euchre <b>10:30 a</b> Open Art Studio <b>12 p</b> Mah Jongg <b>12 p</b> Poker
<b>4</b> <b>9 a</b> Card Crusaders <b>10 a</b> BINGO <b>11:30 a</b> Pathways to Peace <b>12 p Advanced Canasta- Hand &amp; Foot*</b> <b>12:30 p</b> Cardio Drumming w/ Ruth Ann <b>1 p</b> Bunco <b>1:30 p</b> Mindful Movements w/ Ron	<b>5</b> <b>10 a Congressional Constituent Services Mobile Office</b> <b>10 a</b> Billiards <b>9:30 a</b> Scrabble <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12 p</b> Mah Jongg <b>12 p</b> Poker <b>2:30 p</b> Active Strength w/ Ruth Anne <b>2:30 p</b> Ukulele Practice	<b>6</b> <b>9 a</b> Bridge-Morning <b>9 a</b> Card Crusaders <b>10 a</b> Full Body Strength w/Melissa <b>12:30 p</b> Bridge- Afternoon <b>1 p</b> Mexican Train <b>Dominoes</b> <b>4 p Mix &amp; Mingle*</b>	<b>7</b> <b>7 a</b> Early Bird Walking Club <b>9:30 a</b> Rummikub <b>10 a</b> Billiards <b>10 a</b> A Stitch in Time <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12:30 p</b> Open Art Studio <b>1 p</b> Line Dancing <b>2:30 p</b> Active Strength w/ Ruth Anne	<b>8</b> <b>10 a</b> Euchre <b>10:30 a</b> Open Art Studio <b>11:45 a DAY TRIP- International Food Tour: Churchill's*</b> <b>12 p</b> Mah Jongg <b>12 p</b> Poker
<b>11</b> <b>9 a</b> Card Crusaders <b>9 a DAY TRIP- Bluebird Café Senior Concert*</b> <b>10 a Empower, Thrive, and Wellness Seminar Series*</b> <b>12 p Advanced Canasta- Hand &amp; Foot*</b> <b>12:30 p</b> Cardio Drumming w/ Ruth Ann <b>1 p</b> Bunco	<b>12</b> <b>10 a SHIP Medicare Support Sessions with Nancy*</b> <b>10 a</b> Billiards <b>9:30 a</b> Scrabble <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12 p</b> Mah Jongg <b>12 p</b> Poker <b>2:30 p</b> Active Strength w/ Ruth Anne <b>2:30 p</b> Ukulele Practice	<b>13</b> <b>9 a.</b> Bridge-Morning <b>9 a</b> Card Crusaders <b>10 a</b> Full Body Strength w/Melissa <b>12 p Potluck Lunch*</b> <b>12:30 p</b> Bridge- Afternoon <b>1 p</b> Mexican Train <b>Dominoes</b> <b>1 p Woodworking w/ Kristin*</b>	<b>14</b> <b>7 a</b> Early Bird Walking Club <b>9:30 a</b> Rummikub <b>10 a</b> Billiards <b>10 a</b> A Stitch in Time <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12:30 p</b> Open Art Studio <b>1 p</b> Line Dancing <b>2:30 p</b> Active Strength w/ Ruth Anne	<b>15</b> <b>10 a</b> Euchre <b>10:30 a</b> Open Art Studio <b>12 p</b> Mah Jongg <b>12 p</b> Poker
<b>18</b> <b>9 a</b> Card Crusaders <b>10 a</b> BINGO <b>11:30 a</b> Pathways to Peace <b>12 p Advanced Canasta- Hand &amp; Foot*</b> <b>12:30 p</b> Cardio Drumming w/ Ruth Ann <b>1 p</b> Bunco <b>1:30 p</b> Mindful Movements w/ Ron	<b>19</b> <b>10 a</b> Billiards <b>9:30 a</b> Scrabble <b>10 a</b> Book Group <b>10 a</b> Yoga w/ Melissa <b>10:45 a DAY TRIP- Mystery Lunch*</b> <b>11 a</b> SAIL Fitness w/ Melissa <b>12 p</b> Mah Jongg <b>12 p</b> Poker <b>2:30 p</b> Active Strength w/ Ruth Anne <b>2:30 p</b> Ukulele Practice	<b>20</b> <b>9 a</b> Bridge-Morning <b>9 a</b> Card Crusaders <b>10 a</b> Full Body Strength w/Melissa <b>12:30 p</b> Bridge-Afternoon <b>1 p Wednesdays with Williamson County Health*</b> <b>1 p</b> Mexican Train <b>Dominoes</b>	<b>21</b> <b>7 a</b> Early Bird Walking Club <b>9:30 a</b> Rummikub <b>10 a</b> Billiards <b>10 a</b> A Stitch in Time <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12:30 p</b> Open Art Studio <b>1 p</b> Line Dancing <b>2:30 p</b> Active Strength w/ Ruth Anne <b>5 p Cocktails and Conversations*</b>	<b>22</b> <b>10 a</b> Euchre <b>10:30 a</b> Open Art Studio <b>11 a Sue's Sweet &amp; Healthy Creations*</b> <b>12 p</b> Mah Jongg <b>12 p</b> Poker
<b>25</b> <b>9 a</b> Card Crusaders <b>11:15 a</b> Advisory Council Meeting <b>12 p Advanced Canasta- Hand &amp; Foot*</b> <b>12:30 p</b> Cardio Drumming w/ Ruth Ann <b>1 p</b> Bunco <b>1:30 p</b> Mindful Movements w/ Ron	<b>26</b> <b>10 a</b> Billiards <b>9:30 a</b> Scrabble <b>9: 45 a Old Glory &amp; Beachaven Winery*</b> <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12 p</b> Mah Jongg <b>12 p</b> Poker <b>2:30 p</b> Active Strength w/ Ruth Anne <b>2:30 p</b> Ukulele Practice	<b>27</b> <b>9 a</b> Bridge-Morning <b>9 a</b> Card Crusaders <b>10 a</b> Full Body Strength w/Melissa <b>12:30 p</b> Bridge-Afternoon <b>12:30 p Eye Health Lunch &amp; Learn*</b> <b>1 p</b> Mexican Train <b>Dominoes</b> <b>1 p Woodworking w/ Kristin*</b> <b>2 p</b> Historical Book Group	<b>28</b> <b>7 a</b> Early Bird Walking Club <b>9:30 a</b> Rummikub <b>10 a</b> Billiards <b>10 a</b> A Stitch in Time <b>10 a</b> Yoga w/ Melissa <b>11 a</b> SAIL Fitness w/ Melissa <b>12:30 p</b> Open Art Studio <b>1 p</b> Line Dancing <b>2:30 p</b> Active Strength w/ Ruth Anne	<b>29</b> <b>10 a</b> Euchre <b>10:30 a</b> Open Art Studio <b>12 p</b> Mah Jongg <b>12 p</b> Poker



## August 2025 FiftyForward Martin Center Programs

### Art & Music

#### **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.

**Ukulele Practice Tuesdays, 2:30 – 3:30 p** Bring your ukulele and join us for a fun and relaxed practice session at FiftyForward Martin Center! Whether you're a beginner or a seasoned player, this class is perfect for improving your skills, learning new songs, and enjoying music with friends. All skill levels are welcome, and you'll love the supportive, creative atmosphere.

#### **Woodworking w/ Kristin Wednesdays, August 13 & 27, 1 – 3 p**

Unleash your inner craftsman and create something extraordinary in *Woodworking with Kristin*! Whether you're a seasoned woodworker or trying your hand at the craft for the first time, Kristin will guide you through the art of shaping, sanding, and assembling beautiful wooden projects. With hands-on instruction and a supportive environment, you'll learn new skills and take home a handmade creation. All materials are

provided—just bring your enthusiasm and creativity! Space is limited to 7 members per class. To register, please visit the membership portal. Cost: \$10

### Events and Presentations

#### **Congressional Constituent Services Mobile**

**Office Tuesday, August 5, 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 case worker 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, Thrive, and Wellness Seminar Series**

**2<sup>nd</sup> Monday of the Month, August 11, 10 a Please Register.** Join Beth Bedore, Senior Home Coach, for this month's essential seminar on scams, safety, and staying protected in today's digital world. Our special guest speaker, Jim Hughes of Business Risk Solutions, will share insights from his newly released book, *The Digital War: Protecting Seniors from Online Scams, Identity Theft, and Digital Exploitation*. Jim will guide us through the most common scams targeting older adults, how to spot red flags, and the simple steps you can take to protect your personal information and financial well-being.

#### **Key Takeaways:**

- How to recognize and respond to phishing emails, spam, and fraudulent calls
- Tools and habits to protect your identity and data
- What to do if you suspect you've been targeted
- Why seniors are often at higher risk—and how to stay empowered

Don't miss this informative and timely session designed to help you and your loved ones stay safe in an increasingly digital world.



## August 2025 FiftyForward Martin Center Programs

**Eye Health Lunch & Learn Wednesday, August 28, 12:30 p** Presented by Dr. Kyle Jones, MD of Wang Vision Institute. Learn about cataracts, dry eye, macular degeneration and more! Lunch will be provided. **Registration is required. Visit our membership portal to register!**

**SHIP Medicare Support Sessions Tuesday, August 12, 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.****

**Wednesdays with Williamson County Health Wednesday, August 20, 1 p** Stay informed and empowered with our monthly health presentations, hosted in collaboration with the Williamson County Health Department. Each session covers important topics to help you live your healthiest life, featuring expert advice, practical tips, and Q&A opportunities.

Join us for an engaging and informative session focused on mental health and wellness for older adults. We'll explore topics like understanding common mental health conditions, the importance of good sleep, staying socially connected, and strategies to prevent isolation. This class is designed to support emotional well-being and promote a healthy, fulfilling lifestyle.

### 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: Beginner, Intermediate  
**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**



## August 2025 FiftyForward Martin Center Programs

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

### **FiftyForward News**

### **Advisory Council Meeting Monday, August 25,**

**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, August 4, 10:00 a** Great prizes and Birthday Cake!

**Bingo- Monday, August 18, 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.

**Bunco Mondays, 1-3 p** Join us for a fun-filled game of Bunco! Roll the dice, and enjoy lively conversations. Whether you're a seasoned player or new to the game, everyone is welcome. No experience is needed!

### **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.





## August 2025 FiftyForward Martin Center Programs

### **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 2025 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.

### **Poker Tuesdays and Fridays, 12 p** Feeling lucky?

Join us for an exciting and friendly game of Poker at the Martin Center! Whether you're a seasoned player or just learning the ropes, this is a great way to enjoy some friendly competition, sharpen your skills, and connect with fellow members. Come for the cards, stay for the camaraderie!

**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.

### **Socials and Groups**

**Book Group 3rd Tuesday of each month, August 19, 10:00 a** Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *I Who Have Never Known Men* by Jacqueline Harpman.

### **Book Group-Historical Books Last Wednesday of each Month, August 27, 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 *Means of Ascent: The Years of Lyndon Johnson*, #2 by Robert A. Caro

**Cocktails and Conversation Thursday, August 21, 5:00 - 7:00 p** Join us from 5:00 - 7:00 p to meet new people and 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.

**Mix and Mingle Wednesday, August 6, 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 Saturday, August 16, 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.



## August 2025 FiftyForward Martin Center Programs

### **Pathways to Peace Monday, August 4 & 18 11:30**

a Navigating the journey of grief can be challenging, but you don't have to do it alone. In **Pathways to Peace**, members will have the opportunity to meet one-on-one with Marisa, a licensed grief counselor to share, reflect, and find comfort. These sessions provide a safe and supportive space to talk while learning practical coping skills to help manage emotions and foster healing.

Whether you're seeking guidance, understanding, or simply a listening ear, this program is here to support you on your path to peace.

**Potluck Lunch- Wednesday, August 13, 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 can join the fun with a \$10 contribution.

**Sue's Sweet & Healthy Creations Friday, August 22, 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! **Please register by visiting the membership portal or call the center.**

### **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/>

#### **Historic Rosemont & Lunch at Roux**

**Date: Friday, August 1**

**Cost: \$30.00 + Lunch**

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

**Members should arrive by 8:15 a**

**Bus departs at 8:45 a & returns at approx. 2:30 p**

Step back in time with a guided tour of **Historic Rosemont**, a beautifully preserved antebellum home in Gallatin that offers a fascinating glimpse into 19th-century life. Discover the rich history, architecture, and stories of the families who once lived there. After the tour, we'll enjoy a delicious lunch at **Roux**, a cozy **Creole café** known for its flavorful Southern dishes with a New Orleans twist. It's a perfect blend of history, culture, and cuisine!

#### **International Food Tour: Churchill's**

**Date: Friday, August 8**

**Cost: \$10.00 + Lunch**

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

**Members should arrive by 11:15 a**

**Bus departs at 11:45 a & returns at approx. 2 p**

Join us for a delightful afternoon at **Churchill's**, a British-inspired pub and eatery nestled in the heart of Nolensville. Known for its warm atmosphere and traditional English fare, Churchill's offers everything from savory shepherd's pie and bangers & mash to classic fish & chips. Come experience a taste of the UK without ever leaving Tennessee! This is a great opportunity to explore a new culture through food, enjoy great conversation, and make new friends.



## August 2025 FiftyForward Martin Center Programs

### Bluebird Café Senior Concert

**Date: Monday, August 11**

**Cost: \$15.00**

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

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

**Bus departs at 9 a & returns at approx. 11:30 a**

Don't miss this special opportunity to experience one of Nashville's most iconic music venues! The Bluebird Café hosts a **monthly senior concert series** featuring talented singer-songwriters in an intimate, listening-room setting. Enjoy heartfelt stories behind the songs and live acoustic performances in the venue that launched countless country music careers. This is a true Nashville treasure and a must-do for music lovers!

### Mystery Lunch

**Date: Tuesday, August 19**

**Cost: \$15.00 + Lunch**

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

**Members should arrive by 10:15 a**

**Bus departs at 10:45 a & returns at approx. 2 p**

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:

- This hidden gem has been serving Southern hospitality by the water for over 30 years.
- You might spot a boat or two as you dine.

### Old Glory and Beachaven Winery

**Date: Tuesday, August 26**

**Cost: \$35.00 + Lunch**

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

**Members should arrive by 9:15 a**

**Bus departs at 9:45 a & returns at approx. 3 p**

Join us for a flavorful day in Clarksville! We'll start with lunch at Old Glory Restaurant, a local favorite known for its Southern comfort food and welcoming atmosphere. Afterward, we'll head to Beachaven Vineyards & Winery for a guided tour and wine tasting. Explore the beautiful grounds, learn about the winemaking process, and sample a variety of their award-winning wines.

### 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 August be considered by center staff in extreme situations.