

November 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
3 9 a Card Crusaders 10 a Billiards 10 a BINGO 10 a FBI Presentation-Fraud Prevention Presentation* 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements w/ Ron	4 8:30 a – 3:30 p Kiko the ESA 8:30 a Congressional Constituent Services 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 p Traditional Poker 2:30 p Arthritis Exercise 2:30 p Ukulele Practice	5 9 a Bridge-Morning 9 a Card Crusaders 10 a Billiards 10 a Full Body Strength w/Melissa 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 4 p Mix & Mingle*	6 7 a Early Bird Walking Club 9 a NES Presentation* 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 10 a Day Trip-Fly Nashville & Lunch* 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Arthritis Exercise	7 9 a Pinochle 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 11 a Passwords, Passkeys & more* 12 p Mah Jongg 12 p Poker
10 9 a Card Crusaders 9 a Veteran Day Breakfast* 10 a Billiards 10 a TN Ship Medicare Support* 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements w/ Ron	11 8:30 a – 3:30 p Kiko the ESA 10 a Billiards 9:30 a Scrabble 9:15 a Day Trip-Two Rivers Mansion* 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 12 p Traditional Poker 1:30 p Beginning Ukulele 2:30 p Ukulele Practice 2:30 p Arthritis Exercise 5p Emer's Music Meetup Veteran Celebration*	12 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/Melissa 10 a Billiards 12 p Potluck Lunch-Thanksgiving* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1 p Woodworking w/ Kristin at Woodcraft*	13 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 10 a Day Trip Brookdale Living Center* 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Arthritis Exercise	14 9 a Pinochle 10 a Euchre 10 a Billiards 11 a Iphone Camera Basics for Seniors* 10:30 a Open Art Studio 11 a Sue's Sweet & Healthy Creations* 12 p Mah Jongg 12 p Poker
17 8:45 a Day Trip-Grinders Switch Winery 9 a Card Crusaders 10 a Billiards 10 a BINGO 11:30 a 12 Fundamentals of Alzheimer Lunch & Learn* 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements w/ Ron	18 8:30 a – 3:30 p Kiko the ESA 10 a Billiards 9:30 a Scrabble 10 a Book Group 10 a Yoga w/ Melissa 10:30 a Dixie Doll-ers 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 12 p Traditional Poker 1:30 p Beginning Ukulele 2:30 p Arthritis Exercise 2:30 p Ukulele Practice	19 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/Melissa 10 a Billiards 10:15 a Day Trip-Mystery Lunch* 12:30 p Bridge- Afternoon 12:30 p League of Women's Voters Presentation* 1 p Mexican Train Dominoes	20 7 a Early Bird Walking Club 9 a Tax Relief Presentation* 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 Arthritis Exercise 5 p Cocktails and Conversations*	21 9 a Pinochle 10 a Euchre 10 a Billiards 10:30 a International Food Tour-Eastern Peak* 10:30 a Open Art Studio 11 a Sue's Sweet & Healthy Creations* 12 p Mah Jongg 12 p Poker
24 9 a Card Crusaders 10 a Billiards 11:15 a Advisory Council 11:30 a Smart Phone Essentials by Connect Nation* 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements w/ Ron	25 8:30 a – 3:30 p Kiko the ESA 10 a Billiards 10 a Dixie Doll-ers 9:30 a Scrabble 12 p Mah Jongg 12 p Traditional Poker 1:30 p Beginning Ukulele 2:30 p Arthritis Exercise 2:30 p Ukulele Practice	26 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/Melissa 10 a Billiards 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1 p Woodworking w/ Kristin at Woodcraft* 2 p Historical Book Group	27 Fifty Forward Centers & Offices are Closed for the Holiday	28 Fifty Forward Centers & Offices are Closed for the Holiday



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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.

Beginning Ukulele Class with Bill Tuesdays 1:30

p – 2:30 p Strum your way into music with our Beginning Ukulele Class led by Bill! Whether you've never picked up a ukulele before or just want to brush up on the basics, this fun and relaxed class is the perfect place to start. No experience necessary — just bring your ukulele and a willingness to learn. Join us on Tuesdays in the conference room and discover the joy of making music together!

Ukulele Practice Tuesdays, 2:30 – 3:30 p

Bring your ukulele and join us for a fun and relaxed practice session at Fifty Forward 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,

November 10 & 24, 1 – 4 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. **Meet at Woodcraft 209 Royal Oaks Blvd.** Registration is only needed for first class. Members pay Kristin directly on the day of class. woodworking to register, pay \$5 through the portal and then \$10 to the instructor the day of the class.

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 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.

Events, Presentations, and Special Occasions

FBI Fraud Prevention Presentation Monday,

November 3, 10a Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams—just to name a few. Learn how to recognize and protect yourself from scam attempts. Presentation by FBI Nashville Citizens Academy Alumni Association.

Registration is required. Free.

Congressional Constituent Services Mobile

Office Tuesday, November 4, 8:30 – 11:30 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.**



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Kiko the ESA-Tuesdays, ALL DAY We're excited to spend time with **Kiko**, the friendly, loving, and certified emotional support animal who belongs to our very own Liz Smith! Kiko will be spending every Tuesday at the center, ready to greet you with tail wags and unconditional affection. Spending time with emotional support animals like Kiko can help reduce stress, ease feelings of loneliness and sadness, and even lower blood pressure. Stop by anytime to say hello, sit with Kiko, and experience the joy that only a furry friend can bring.

NES Presentation Friday, November 6 at 9a Join NES and TVA Energy Right for a free home energy workshop and learn easy, energy-efficiency improvements that anyone can do at home. Participants will receive a FREE energy-savings tool kit to help you get started. **Registration is required. Free.**

Passwords, Passkeys and more Seminar by Steve Bianchi Friday, November 7 at 11 a Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure. **Registration is required. Limited space. First 15 members to sign up, Free**

Veterans Day Breakfast Monday, November 10, 9a Avenue Home Care will host a Veteran Day Breakfast to celebrate Veteran's Day. **Registration is required. Free.**

SHIP Medicare Support Sessions Tuesday, November 10, 10:00 - 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.**

iPhone Camera Basics for Seniors Friday, November 14, 11a Learn how to take beautiful photos with your iPhone! This class is designed for beginners who want to understand how to use their phone's camera. We'll cover the basics, such as how to open the camera app, take photos, zoom in and access your photo gallery. By the end of the class, you'll feel confident capturing and saving special moments with ease. Please make sure your iPhone is fully charged. Limited space. First 15 members to sign up. **Registration is required. Free.**

Fundamentals of Alzheimer Presentation Monday, November 17, Noon Amber Gatling from Vanderbilt Memory & Alzheimer Center will teach the basics of Alzheimer's disease, including risk factors, early signs, and strategies for brain health. Light lunch will be provided. **Registration is required. Free.**

League of Women Voters: Williamson County November 19- 12:30 – 2:00 p **What Are the Top Issues Facing Williamson County?** The League of Women Voters invite you to join our speakers for this meeting, Allena Bell, School Board Member for Franklin Special District, and Melissa Wyatt, Brentwood-area School Board Member for Williamson County Schools.

Tax Relief Presentation Thursday, November 20 9a Williamson County Trustee Karen Paris and Tax Relief Coordinator Melanie Glenn will present



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information about property tax relief and tax freeze programs available to seniors in Williamson County. The presentation will cover the income limits and residency requirements, and how to apply for the programs. Brochures will be available to take home and to share with others in your community who may benefit from the tax relief programs.

Registration is required. Free

Smartphone Essentials Presented by Connect Nation –Monday November 24,

11:30 a Learn how to set up email, using video calls, and recognizing spam texts or spam calls. Light refreshments will be served.

Registration is required. Free.

Exercise

Arthritis Exercise Tuesdays and Thursdays,
2:30 - 3:30 p. Instructor: Ruth Anne Smith, Group Exercise Certified. This gentle, low-impact class is designed to help reduce joint pain, improve flexibility, and increase strength. The program focuses on safe movements and stretches that support better mobility and balance. Suitable for all fitness levels, especially those managing arthritis or looking for a joint-friendly workout. **Cost: \$5 per person if you do not have insurance benefits.**

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 No Classes with Melissa Thanksgiving week.**

Walking—Early Bird Walking Club Thursdays,

7:00 - 8:00 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 equals one mile! Drop by anytime—arrive early or stay after your regular program—to burn calories, boost your



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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 benefits. No Classes with Melissa Thanksgiving week.**

FiftyForward News

Advisory Council Meeting Monday, November 24 at 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.

Volunteer Needed: Front Desk Support (Thursdays or Fridays) We're looking for a friendly and reliable volunteer to assist at the front desk on **Thursdays or Fridays from 9:00 AM to 2:00 PM.** Duties include greeting visitors, answering phones, and providing general support. If you're interested and available, we'd love to hear from you! See Liz or Mac for details.

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!

Bingo- Monday, November 15, 10:00 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 playing, see you on Monday at noon.

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 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.

Pinochle Fridays, 9am – noon Calling all members interested in playing Pinochle. It is a trick taking and melding card game with two-four players.



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Traditional Poker Tuesdays, 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 of 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, November 18, 10:00 a. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! **This month's book selection is Orphan Train by Christine Kline.**

Mix and Mingle Wednesday, November 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. **Bring your favorite beverage and a shareable snack.** RSVP using our membership portal.

Elmers Music Meetup-Veteran Celebration Tuesday, November 11, New Time 5 - 7 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- Thanksgiving Wednesday, November 12, 12:00 Noon. **Arrive 11:30 – 11:45 a to bring your dish for the kitchen to organize and have a conversation with others.**

Registration is required. Join us for our Fifty Forward Thanksgiving Celebration. Share what you give thanks for. Your contribution of a dish (even if you need to buy it) makes 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.

Dixie-Doll-ers Tuesday, November 18 10:30a
This is the November meeting of the Dixie-Doll-ers Club. All are welcome to attend.

Cocktails and Conversation Thursday, November 20 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**

Sue's Sweet & Healthy Creations Friday, November 21, 11:00 a – 12:00 p 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.**

Book Group-Historical Books Last Wednesday of each Month, November 24, 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 Saving A212 by Chad Robichaux.**

Line Dancing Thursdays, 1:00 - 2:15 p
Instructor: Helen Settles Beginners, intermediate or line dancing pros Line Dancing Class. This class



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is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

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/>

FlyNasville & Lunch

Date: Thursday, November 6

Cost: \$30.00 + Lunch

Registration is required and space is limited to 6 members.

Members should arrive by 9:30 a

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

In this class, we will use the aerial hammock to support the body in gentle flexion and extension while experiencing a sense of weightlessness. The hammock height will be adjusted throughout the session to allow for full inversions. All movements can be modified or optional based on individual comfort levels. At times, the hammock may naturally rotate or spin slowly. When positioned closer to the floor, participants can expect to transition between seated and standing positions with minimal support. Participants with severe arthritis or Carpal Tunnel Syndrome should exercise caution during this activity, as it involves engaging grip strength while holding onto the hammock and participating in movements. Following class, we will have lunch at Martin's BBQ on Elliston Place.

Two Rivers Mansion Tour & Lunch

Date: Tuesday November 11

Cost: \$30.00 + Lunch

Registration is required and space is limited to

13 members. Need a min 10 members to reserve trip. Members should arrive by 8:45 a.m.

Bus departs at 9:15 a return at approx. 2:30 p

The tour starts at 11 a. and it lasts about an hour and a half. Two Rivers, one of the earliest and best preserved of the early Italianate houses in Middle Tennessee, was part of a 1100-acre plantation located on fertile, rolling land between the Stones and Cumberland Rivers. The junction of the two rivers suggested the name given to the place by an early owner, William Harding. Lunch will follow at Midtown Café.

Brookdale Senior Living Center

Date: Thursday, November 13

Cost: \$10.00

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

Members should arrive by 9:30 a

Bus departs at 10 a & returns at approx 2p

Join us for a tour of Brookdale Senior Living Center. The tour lasts an hour and a half and includes lunch. Brookdale owns and operates retirement homes across the United States. The company was established in 1978 and is based in Brentwood, Tennessee. It is the largest operator of senior housing in the United States,

Grinder Switch Winery in Centerville

Date: Monday, November 17

Cost: \$35.00 + lunch

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

Members should arrive by 8:30 a

Bus departs at 8:45 & returns at approx. 2:15 p

We'll visit Centerville, TN on a 110-acre estate that was once our family home. We proudly grow and produce our own wines on site and offer free tastings daily. Lunch will follow at Mason Jar.



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Mystery Lunch

Date: Wednesday, November 19

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

* Entree might be the catch of the day

* Picnic sides

*Country like atmosphere

International Food Tour-Eastern Peak

Date: Friday, November 21

Cost: \$15 plus lunch

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

Members should arrive by 10:00 a

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

The Eastern Peak is an unforgettable Asian fusion dining experience. Our restaurant offers a tantalizing fusion of flavors and culinary traditions from across the Asian continent, creating a dining experience that is as diverse and dynamic as Nashville itself.

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 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 November be considered by center staff in extreme situations.