



February 2026 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>2 9 a AARP Tax Prep* 9 a Card Crusaders 9a Tai Chi w/Kim 10 a Billiards 10a Bingo 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements</p>	<p>3 8:30 a – 3:30 p Kiko the ESA 10 a Congressional Constituent Mobile Office 10 a Billiards 9:30 a Scrabble 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 1 p Estate Planning Presentation by Tiffany Nolan* 2:30 p Arthritis Exercise 2:30 p Ukulele Practice</p>	<p>4 9 a Bridge-Morning 9 a Card Crusaders 9 a Tai Chi w/Kim 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1p Premier World Discovery Presentation*</p>	<p>5 7 a Early Bird Walking 9:15 a Day Trip –Durci Chocolate Tour & Lunch 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Arthritis Exercise 4 p Mix & Mingle*</p>	<p>6 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 11 a Day Trip-Ms. Polly Tea Room* 2 p Mah Jongg 12 p Poker</p>
<p>9 9 a AARP Tax Prep* 9 a Card Crusaders 9a Tai Chi w/Kim 10 a Billiards 12 p Advanced Canasta-Hand & Foot* 12 p Makers Monday* 1 p Bunco 1:30 p Mindful Movements</p>	<p>10 8:30 a – 3:30 p Kiko the ESA 10 a Billiards 9:30 a Scrabble 10 a Chair Yoga 10 a Ship Medicare Support Session w/ Nancy* 11 a SAIL Fitness 12 p Mah Jongg 2:30 p Arthritis Exercise 2:30 p Ukulele Practice</p>	<p>11 9 a Bridge-Morning 9 a Card Crusaders 9 a Tai Chi w/Kim 12 p Potluck Lunch* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes</p>	<p>12 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 12:30 p Open Art Studio 1 p Line Dancing 1 p Downsizers Club* 2:30 p Arthritis Exercise</p>	<p>13 10 a Euchre 10 a Billiards 10 a Day Trip-Mystery Lunch* 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker</p>
<p>16 9 a AARP Tax Prep* 9 a Card Crusaders 9a Tai Chi w/Kim 10 a Billiards 10 a BINGO 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements</p>	<p>17 8:30 a – 3:30 p Kiko the ESA 9:15 a Day Trip-Musicians Hall of Fame Museum Tour* 10 a Billiards 9:30 a Scrabble 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 2:30 p Arthritis Exercise 2:30 p Ukulele Practice</p>	<p>18 9 a Bridge-Morning 9 a Card Crusaders 9a Tai Chi w/Kim 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1 p Social Security-We Earned It Presentation*</p>	<p>19 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Arthritis Exercise 5 p Cocktails and Conversations*</p>	<p>20 10a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker</p>
<p>23 9 a AARP Tax Prep* 9 a Card Crusaders 9a Tai Chi w/Kim 10 a Billiards 11:15 a Advisory Council Meeting 12 p Advanced Canasta-Hand & Foot* 1 p Bunco 1:30 p Mindful Movements</p>	<p>24 8:30 a – 3:30 p Kiko the ESA 9:30 a Scrabble 10 a Billiards 10a Book Club 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 2:30 p Arthritis Exercise 2:30 p Ukulele Practice</p>	<p>25 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 2p Historical Book Club</p>	<p>26 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Arthritis Exercise</p>	<p>27 10a Euchre 10 a Billiards 10 a International Food Tour*-Obento* 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker</p>

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



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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.

Guitar Jam Session

Every 1st and 3rd Wednesday of the month, join us from **2:00–3:00 PM** as we gather around the fireplace for a relaxed guitar jam. Bring your acoustic guitar, your favorite songs, or just your love of music, and enjoy making music together in a cozy, welcoming atmosphere.

Maker's Monday Monday, February 9 12 –2 p Registration is required. Makers Monday class will be held on the second Monday of February this month, February 9 from Noon - 2:30 pm. The project this month will highlight Valentine's Day with a delightful heart display for you to use or give as a gift. A couple of examples are currently displayed at the center. These heart displays are created with heart forms covered with natural moss and will look great in any room. The class is free but a small donation to help cover the cost of the supplies is appreciated. We look forward to you joining us for the fun!

Join us in the Art Room for creative fun. Registration is required.

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.

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. Join us on Tuesdays in the Art Room and discover the joy of making music together!

Events, Presentations, and Special Occasions

AARP Tax Preparation Registration begins Tuesday, January 20. Call between 8:30 am – 3:30 pm to schedule an appointment. Tax Prep dates will be Mondays, 9 a.m. - 2 p.m. February 2 thru April 13. Tax Appointments are 90 minutes long. Paperwork must be completed before your scheduled appointment. AARP Tax Prep is free and open to the public. If you would prefer Virtual tax assistance connect with AARP on:

<https://taxaideqa.aarp.org/hc/en-us>

Please call the center at 615-376-0102 to register for an appointment.

Congressional Constituent Services Mobile Office Tuesday, February 3, 10 a The first Tuesday of each month, the Congressional District TN 05 will have a caseworker at the



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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.**

Downsizers Club Thursday, February 12, 1p

If you've been thinking about simplifying your home or clearing the clutter, join us for the **Downsizers Club** at the FiftyForward Martin Center! Each month, we'll talk about all things related to downsizing and decluttering — sharing tips, resources, and laughter along the way. **Registration Required.**

Estate Planning by Tiffany Noland Tuesday,

February 3, 1 p Tiffany Noland, a local realtor and senior real estate specialist Sara Thomas, will discuss wills and estate planning, home preparation, and downsizing. Tips on emotional support, stress relief, and family communication. **Registration is required.**

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.

SHIP Medicare Support Sessions Tuesday,
February 10, 10a (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 and 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.**

Premier World Discovery Wednesday,

February 4, 1p Join Jennifer Powers for a presentation highlighting Premier World Discovery's 2026 international travel lineup. Destinations include the Canadian Rockies (Aug 9), Iceland Explorer (Sept 16), a Blue Danube River Cruise (Oct 17), and Classical Italy (Nov 1). Discover expertly guided adventures featuring breathtaking scenery, rich culture, and unforgettable experiences.
Free. Registration required.

Social Security Presentation Wednesday,
February 18, 1p Social Security: We Earned It! Social Security has been a stable and popular program since its inception. But the program faces a long-term financial shortfall. If Congress doesn't act to protect Social Security in the next 9 years, payments could be cut. In this presentation, we'll review the most common proposals to ensure that Social Security can pay the full payments Americans have earned. AARP is advocating to protect Social Security, and we're here to help you understand each of the proposed solutions. After all, Social Security is your money — you earned it through a lifetime of hard work. Janice Barger from AARP Speaker Bureau will do the presentation. **Free. Registration is required.**

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.**

Fitness Room Any day, 8:30 a - 3:30 p Check out our new fitness room featuring free weights, cardio drumming, ellipticals, treadmills, and stationary bikes. Whether you're looking to build strength, boost your cardio, or just keep moving, there's something for everyone. Come give it a try!

Full Body Strength with Melissa Wednesdays, 10:00 - 11:00 a Instructor: Melissa Clinton, certified instructor in Silver Sneakers 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 **No Full Body Strength on February 11. \$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 Silver Sneakers, Yoga, and holds a bachelor's degree in Exercise Science. The SAIL (Stay Active and Independent for Life) class is an evidence-based strength, balance and fitness program for adults 65 and older. Skill Level: Beginner, Intermediate, Advanced. **No Sail Fitness on February 12. Cost: FREE.**

Tai Chi w/ Kim Mondays & Wednesdays, 9a Tai Chi is an arthritis program that is an ancient practice proven to reduce pain and improve mental and physical well-being. Tai Chi for arthritis was developed by Doctor Paul Lam and uses gentle sun-style Tai Chi that is safe, easy to learn and suitable for every fitness level. **Registration is required. Cost: FREE**

Walking—Early Bird Walking 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!

Chair Yoga Tuesdays and Thursdays, 10:00

- 10:45 a Instructor: Melissa Clinton, certified in Silver Sneakers, Yoga, and holds a bachelor's degree in Exercise Science. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate. **No Yoga February 12.**
\$5 per person if you do not have insurance benefits.

Fifty Forward News

Advisory Council Meeting Monday,

February 23 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 a to 2:00 p.** 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 are invited. Billiard Tables are available all week for individuals to play!

Bingo- Monday, December February 2 & 16
10:00a 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! Registration required. 20 members max.

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



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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 Whether you are a seasoned player or new to the game, Mexican Train Dominoes offers endless excitement for everyone.

Poker 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, February 17, 10:00 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is ***The Great Gatsby* F. Scott Fitzgerald.**

Book Group-Historical Books Last Wednesday of each Month, February 25, 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 ***The Johnstown Flood* by David McCullough.**

Cocktails and Conversation Thursday, February 19, 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 pros Line Dancing Class. This class is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

Mix and Mingle Thursday, February 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.

Potluck Lunch Wednesday, February 11,



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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. 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. Come enjoy holiday food and fun with your Fifty Forward members.

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/>

Durci Chocolate Tour & Lunch

Date: Thursday, February 5

Cost: \$30.00+ lunch

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

Members should arrive by 8:30a a

Bus departs at 9:00a & returns at approx.

Join us for a sweet Valentine's getaway at Durci Chocolate! Valentine's Day is in full swing at Durci, where chocolate meets experience. This visit includes **Chocolate 101**, a behind-the-scenes look at how their chocolate is made, along with a **guided chocolate tasting**. We'll also enjoy **lunch at their café**, featuring delicious options. From thoughtful gifts to hands-on moments, indulgent lunches to decadent desserts, they truly have it all. Come tour, taste, and experience what Durci Chocolate is all about—because nothing says

Valentine's like chocolate! **Registration is Required**

Ms. Polly Tea Room

Date: Friday, February 6

Cost: \$55.00

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

Members should arrive by 10:30a

Bus departs at 11 a & returns at approx 3:30p

Miss Polly's Tea Room is inspired by the legacy of two remarkable women who shared both a name and a spirit of love and service. This will be a traditional afternoon complete with tea and a tiered tray of delicious treats. Miss Polly's Tea Room resides at the Victorian Sanders Home.

Mystery Lunch

Date: Friday, February 13

Cost: \$15.00 + lunch

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

Members should arrive by 9:30a

The bus departs at 10a & returns at approx.

2:30 p. Join us for a delectable day of food & fun as we dine the day away to a mystery lunch. Here's are clues to tantalize your taste buds:

- * **wide variety of entrees**
- * **family style atmosphere**
- * **several dessert choices**

Musicians Hall of Fame Museum



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Date: Tuesday, February 17

Cost: \$45.00 + lunch

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

Members should arrive by 8:45 a

Bus departs at 9:15 a & returns at approx. 2

p Each exhibit tells the story of a musician that you may have heard but may have never seen.

The Musicians Hall of Fame is a premiere Nashville attraction and the one and only museum in the world that honors the talented musicians who actually played on the greatest recordings of all time.

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: We will enjoy the rest of our day at Ted Montanna Grill for lunch. **The deadline for registration is February 6.**

International Food Tour-Obento

Date: Friday, February 27

Cost: \$20.00 + lunch

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

Members should arrive by 9:30 a

The bus departs at 10 a & returns at approx.

2:30 p Obento is a Japanese bento shop specializing in fresh, flavorful, and beautifully crafted bento boxes. Each bento is thoughtfully prepared, featuring a harmonious balance of seasonal ingredients, rice, proteins, and vegetables, capturing the essence of traditional Japanese meals. Whether you're looking for a quick, healthy lunch or a satisfying dinner, our bento selections offer both convenience and quality, bringing the taste of Japan in every box.

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 for 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.