



April 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
		1 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	2 7 a Early Bird Walking 9:30a Day Trip-Lucky Ladd Farms* 9:30 a Rummikub 10 a Billiards 10 a A Stitich in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 1 p Bingo 4 p Mix & Mingle*	3 9 a Chair Yoga w/Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 10:45 a Day Trip-Mystery Lunch 12 p Mah Jongg 12 p Poker
6 8a AARP Tax Prep-Full 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot* 1 p Bunco 1:30 p Mindful Movements	7 8:30 a Kiko the ESA 10 a Billiards 9:30 a Scrabble 10 a Chair Yoga w/Melissa 10 a Ship Medicare Support Session* 11 a SAIL Fitness 12 p Mah Jongg 12:30 p Weather Presentation by News Channel 5 Lelan Statum* 2:30 p Ukulele Practice	8 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12 p Potluck Lunch* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	9 7 a Early Bird Walking 9:15 a Day Trip Nashville Symphony Curb Open Dress Rehearsal* 9:30 a Rummikub 10 a Billiards 10 a A Stitich in Time 12:30 p Open Art Studio 12:30 p Open Art Studio 1 p Line Dancing	10 9 a Chair Yoga w/Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker 1 p Jewelry Making Class*
13 9 a AARP Tax Prep-Full 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot* 1 p Bunco 1:30 p Mindful Movements	14 8:30 a Kiko the ESA 10 a Billiards 10 a Chair Yoga w/Melissa 10:30 a Day Trip-Amber Falls Winery* 9:30 a Scrabble 11 a SAIL Fitness 12 p Mah Jongg 1 p Joint Pain Lunch & Learn* 2:30 p Ukulele Practice	15 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1p Senior Living Options*	16 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitich in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 1p Bingo	17 9 a Chair Yoga w/Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
20 9 a Card Crusaders 9 a Chair Yoga w/Ruth Ann 10 a Active Strength Circuit w/Liz 10 a Billiards 12 p Hand & Foot* 1 p Bunco 1:30 p Mindful Movements	21 8:30 a Kiko the ESA 9 a Day Trip-Corvette Museum* 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga w/Melissa 10 a Book Group 11 a SAIL Fitness 12 p Mah Jongg 2:30 p Ukulele Practice	22 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 2 p Book Group- Historical	23 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitich in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Downsizers Club* 1 p Line Dancing	24 9 a Chair Yoga w/Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
27 9 a Card Crusaders 10 a Billiards 10 a Volunteer Appreciation Breakfast* 11:15 a Advisory Council Meeting 12 p Hand & Foot* 1 p Bunco 1:30 p Mindful Movements	28 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga w/Melissa 11 a SAIL Fitness 12 p Mah Jongg 1 p Digital Art Making Class by Frist Museum* 2:30 p Ukulele Practice	29 10 a – 12 pm Martin Center Health Fair*	30 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitich in Time 10 a Chair Yoga 10:45 a Day Trip-International Food Tour-Panca Peruvian* 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing	



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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.

Digital Art Making Class by Frist Museum

Tuesday, April 28, 1p Participants will explore digital art-making skills and develop new forms of creative expression using technology. Using iPads and the ProCreate app, the class will learn new skills each week and gain tools for creative expression while developing community and engaging with the Frist's exhibitions and programs. The workshop consists of eight 90-minute art-making sessions, with a culminating reception and celebration on week nine. 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. This course is designed for individuals with some experience using an iPad for digital art making using ProCreate or a similar program. **Free. Registration is required. Limited to 18 members. Contact Mac to sign up.**

Jewelry Making Class Friday, April 10, 1 p

Fundamental skills for assembling bead-based jewelry suitable for beginners. Basic jewelry class for adults providing hands-on training in techniques like stringing to create bracelets

(and earrings, if time allots). **Registration is required. \$5.00 to instructor to cover supplies. Limit 15 members.**

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 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

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. 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



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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>

Martin Center appointments are full!

Congressional Constituent Services Mobile Office Tuesday, April 7, 10 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.

Downsizers Club Thursday, April 23, 1p Join us for Downsizers Club at FiftyForward Martin Center. This supportive and interactive group is designed for anyone feeling overwhelmed by their belongings or considering a move to a home that better fits their needs. Come for encouragement, practical strategies, and a welcoming environment where progress happens one step at a time. **Registration Required.**

Joint Pain Lunch & Learn with Stryker Orthopedics Tuesday April 14, 1 p
Is joint pain keeping you from the activities you love? Take the first step toward recovery and attend this educational event featuring Dr. Matthew Sarb, an official Jiffy Knee replacement surgeon. He will answer your questions and discuss joint pain, hip replacement, and Jiffy Knee: advanced knee

replacement. **Registration is required. Free.**

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.

Maker's Monday Monday, April 6, 12 – 3 p
Join us Monday, April 6 from noon until 3 pm for this month's Makers' Monday. This month we will be creating a whimsical display birdhouse to help ring in the joys of spring. This class is free but a small donation is appreciated to help cover the cost of supplies. RSVP by April 3 to assure we have adequate supplies. The class is estimated to last approximately 3 hours. **Join us in the Art Room for creative making fun.**

****Martin Center Health Fair Wednesday, April 29, 10 a** Join us for the **FiftyForward Spring Health & Wellness Fair at the Martin Center!** Meet a variety of health and wellness vendors, take advantage of **free health screenings**, and participate in a **CarFit experience** to ensure your vehicle is properly adjusted for comfort and safety. Food trucks will be on-site from **10:00 a.m. to 1:00 p.m.** with food available for purchase. Bring a friend



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and explore helpful resources, services, and tips to support healthy living. This event is **free and open to the public**, so stop by and see what our community has to offer!**

Senior Living Options Wednesday, April 15, 1 p Senior Living Options – Join Col. Tim Tuttle (USAFR, Ret.), owner of Assisted Living Locators South Nashville, will discuss the different living options available to seniors and how to choose the right one for you or your loved one. From homecare to memory care, Tim will illuminate the differences between the different alternatives and will talk about when each might be appropriate. **Registration is required. Free.**

SHIP Medicare Support Sessions Tuesday, April 14, 10 a (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.**

Weather Presentation by News Channel 5 Lelan Statum Tuesday, April 7, 12:30 p Join Lelan Statum from News Channel 5 for an engaging discussion on Mid-South weather trends, featuring insights into recent patterns and what they mean for our region. The session will include an interactive Q&A, giving

attendees the opportunity to ask questions and gain a deeper understanding of local weather and climate. **Free. Registration is required.**

Volunteer Appreciation Breakfast Wednesday, April 27, 10a Join us as we celebrate and thank our amazing volunteers at Fifty Forward Martin Center! This event is our way of showing gratitude for the time, energy, and heart you share with our community. **For center volunteers only; invitations will be sent. Registration is required.**

Exercise-No Exercise April 29

Active Strength Circuit w/Liz Mondays 10 - 11a Join Liz for a fun, full-body circuit designed to build **strength, balance, and energy!** This **class** uses **hand weights, resistance bands, and exercise balls**—no machines required. Perfect for all fitness levels, each station targets a different area of the body so you leave feeling strong, confident, and energized. **Come ready to move, have fun, and get stronger with every rotation! Cost: FREE**

Chair Yoga Tuesdays and Thursdays, 10 a; Monday & Fridays, 9 a Instructor: Melissa Clinton, certified in Silver Sneakers, Instructor Ruth Anne Smith. Yoga, and holds a bachelor's degree in Exercise Science. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate. **Cost: \$5 per person if you do not have insurance benefits.**

Fitness Room Weekdays, 8:30a-3:30p Check out our new fitness room featuring free weights,



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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 class**

April 9 & April 29th. \$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 a 12-week evidence-based strength, balance and fitness program for adults 65 and older. Skill Level: Beginner, Intermediate, Advanced. **No Class**
April 9. 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 stress levels and improves mobility. Skill Level: Beginner, Intermediate. **.\$5 per person if you do not have insurance benefits.**

Fifty Forward News

Advisory Council Meeting Monday, April 27, 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-No Games Wednesday, April 29

Billiards Tuesdays and Thursdays, 10:00 a - 12:00 p (for any group play). The pool table is 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-NEW DAY & TIME: Thursdays, 1 p Join us for an exciting afternoon of bingo at Fifty Forward Martin Center! Whether you're a seasoned player or trying your luck for the first time, there's fun (and prizes!) for everyone. Grab a friend, enjoy some laughs, and see if you can shout "Bingo!"

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 is required.

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 2026 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!



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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, April 21, 10:00 a. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is ***Frozen River*** by Ariel Lawhorn

Book Group-Historical Books Last Wednesday of each Month, April 22 (Date Change for April), 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 ***Say Nothing: A True Story of Murder and Memory in Northern Ireland*** by Patrick Redden Keefe

Cocktails and Conversation-
No Cocktails and Conversation in April.

Line Dancing Thursdays, 1:00 - 2:15 p
Instructor: Helen Settles Beginners, intermediate or line dancing pros Line Dancing Class. This class is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats. **No class April 9.**

Mix and Mingle Thursday, April 2, 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, April 8, 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 food and fun with your FiftyForward 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/>

Lucky Lady Farms

Date: Thursday, April 2

Cost: \$30.00 plus lunch

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

Members should arrive by 9 am

The bus departs at 9:30 a & returns at approx. 3p

Located in the heart of Middle Tennessee, Lucky Ladd Farms has created the largest you-pick tulip farm experience in the Southeastern United States to provide a family-friendly event, offering both an authentic tulip picking



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experience on the farm and an extraordinary photography backdrop conveniently located near Nashville, Franklin, and Murfreesboro. Tickets include access to the tulip field, the fun park, and zoo. **Deadline March 30.** Lunch will follow at Sorrelles Italian Restaurant in Eagleville.

Mystery Lunch

Date: Friday, April 3

Cost: \$10.00 plus lunch

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

Members should arrive by 10:15 am

The bus departs at 10:45 a & returns at approx. 1:30p

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

- * **Known for their burgers and sushi**
- * **Good place for family & friends to meet**
- * **Place to come and have a good time**

Nashville Ballet -Donuts & Dancing

Date: Thursday, April 9

Cost: \$15.00 plus lunch

Registration is required, and space is limited to 9 members.

Members should arrive by 9a

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

Start your morning with fresh donuts and a behind-the-scenes peek into upcoming performances! Join us for this special event designed for seniors to enjoy a relaxed, informative, and inspiring look into the rehearsal process. Learn about the production,

meet members of the artistic team, and see the dancers in action as they prepare for the stage. Lunch at Rafferty's in 100 Oaks.

Amber Falls Winery (Opryland)

Date: Tuesday, April 14

Cost: \$25.00. plus, lunch

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

Members should arrive by 9a

The bus departs at 10:30a & returns at approx. 3:30 p

We will start the day having lunch at Santa Fe Cattle Company then over to Amber Falls Winery Nashville is proud and excited to be the first and only winery at Opry Mills Mall! Their mission is to bring the same exceptional customer service and award-winning wine to Nashville! They offer wine tastings, wine by glass and also sell their fabulous wine by the bottle. Come taste some of their wine, sit and sip on a glass with friends and then take a few bottles home to enjoy! Lunch at the Santa Fe Cattle Company.

Corvette Museum

Date: Tuesday, April 21

Cost: \$50.00 plus lunch

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

Members should arrive by 8a

The bus departs at 8:45 a & returns at

approx. 3p Discover the National Corvette Museum in Bowling Green, KY—where America's Sports Car comes to life. Explore 100+ historic Corvettes, hands-on exhibits, and the Corvette community's epicenter. Lunch on site of the museum at the Stingray Grill.

International Food Tour-Panca Peruvian

Date: Thursday, April 30

Cost: \$15.00 plus lunch

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

Members should arrive by 10a

The bus departs at 10:45a & returns at approx. 2:30 p

Panca Peruvian Restaurant offers generous and flavorful dishes like ceviche and chicken. The restaurant's atmosphere is lively; the food is consistently fresh and hot. Overall, Panca Peruvian Restaurant remains a great choice for those seeking a delicious Peruvian dining experience.

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 may be considered by center staff in extreme situations.