



May 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 Chair Yoga with Ruth Ann 10 a Euchre 10 a Billiards 10 a Wellness & Body Composition Check with Medi-Weightloss 10:30 a Open Art Studio 10:30 a Day Trip-Category 10-Line Dancing* 12 p Mah Jongg 12 p Poker
4 9 a Card Crusaders 10 a Billiards 10 a Active Strength Circuit 12 p Hand & Foot 12 p Makers Monday* 1 p Bunco 1 p Portal Training with Liz* 1:30 p Mindful Movements	5 8:30 a Kiko the ESA 10 a Billiards 10 a Congressional Constituent Services* 9:30 a Scrabble 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 1 p Photography 101* 1p Digital Art Making Class with Frist Museum* 2:30 p Ukulele Practice	6 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	7 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 1 p Bingo 1 p Downsizers Club 4 p Mix & Mingle	8 9 a Chair Yoga with Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
11 9 a Card Crusaders 9 a Chair Yoga 10 a Billiards 10 a Active Strength Circuit 12 p Hand & Foot 1 p Bunco	12 8:30 a Kiko the ESA 9 a Day Trip-Oakland Mansion* 10 a Billiards 10 a Chair Yoga w/Melissa 10 a Ship Medicare Support Session* 9:30 a Scrabble 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Book Group 11 a SAIL Fitness 12 p Mah Jongg 1p Digital Art Making Class with Frist Museum* 2:30 p Ukulele Practice	13 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 12 p Potluck Lunch * 1 p Mexican Train Dominoes	14 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 1 p Golden Games*	15 9 a Chair Yoga with Ruth Ann 9:15 a Day Trip-Nashville Symphony Dress Rehearsal* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
18 9 a Card Crusaders 9 a Chair Yoga 10 a Active Strength Circuit 10 a Billiards 11:15 a Advisory Council 12 p Hand & Foot 1 p Bunco 1p Save Your Stories: Learn how to remember, collect, and save true stories. 1:30 p Mindful Movements	19 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Book Group 10:45 a Day Trip-TN State Museum* 11 a SAIL Fitness 12 p Mah Jongg 1p Digital Art Making Class with Frist Museum* 2:30 p Ukulele Practice	20 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1:30 p Tennessee Jewels Dancing through the Decades Show*	21 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 10:45 a Day Trip-Mystery Lunch* 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing 1 p Bingo 5 p Conversations & Cocktails	22 9 a Chair Yoga with Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker



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25 Fifty Forward Centers & Offices Closed for Memorial Day	26 8:30 a Kiko the ESA 8:30 a Lex Care Hearing Foundation Mobile Unit* 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 1 p Digital Art Making Class with Frist Museum* 2:30 p Ukulele Practice	27 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 10:45 a Day Trip-International Food Tour* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1 p Songwriting 101 with the Country Music Hall of Fame* 2 p Book Group- Historical	28 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 12:45 p Meet There-Brentwood Police Department Station Tour* 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Line Dancing	29 9 a Chair Yoga with Ruth Ann 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
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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.

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 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.

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.

Events, Presentations, and Special Occasions

Congressional Constituent Services Mobile Office Tuesday, May 5, 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.**

Digital Art Making Class by Frist Museum Tuesdays in May, 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



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some experience using an iPad for digital art making using ProCreate or a similar program. **Free. Registration is required. Limited to 15 members.**

[Downsizers Club](#) Thursday, May 7, 1p If you've been thinking about simplifying your home or clearing the clutter, join us for the **Downsizers Club** at the Fifty Forward Martin Center! Each month, we'll talk about all things related to downsizing and decluttering — sharing tips, resources, and laughter along the way. Let's make space for what truly matters and start the new year lighter! **Registration Required.**

[Golden Games](#) Thursday, May 14, 1p Let the games begin! Get ready for a fun-filled afternoon with lots of laughter and friendly competition. Participants will take part in some light-hearted, minute-to-win-it style games (think opening a package while wearing oven mitts; scooping cotton balls into a bowl while blindfolded) and the top places will be awarded with prizes. This will be a teams activity. Registration is required. If you do not have a team but still want to participate, please let staff know.

[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.

[Lexcare Hearing Foundation Mobile Unit](#) Tuesday, May 26, 8:30 a-2:30 p Stop by the Lexcare Hearing Foundation mobile unit outside in our parking lot They are especially excited this year because we have a brand new, sleek mobile hearing unit that's very easy for seniors to access and creates more of an "experience" than just a screening. **Cost: Free**

[Maker's Monday](#) Monday, May 4, 12 –2:30p Join us to decorate lovely vases with dried, pressed flowers. As the saying goes, "April showers bring May flowers" and we are certainly bringing flowers. Clear glass vases will be provided or you can bring your own to decorate. Just be sure the outside surface is flat so the flowers will lay properly to adhere to the glass. These vases will be waterproof, so you will be able to use them for your own floral arrangements at home. Cost of the class is free but please register to be sure there are enough supplies provided. This class is free but a small donation is appreciated to help cover the cost of supplies. RSVP by May 1st to ensure we have adequate supplies. The class is estimated to last approximately 3 hours. **Join us in the Art Room for creative making fun.**

[Photography 101](#) Tuesday, May 5, 1p Photography 101 is a beginner-friendly class designed to help you understand the fundamentals of capturing great images. You'll



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learn how to use your camera with confidence, exploring key concepts like exposure, composition, lighting, and focus. Through hands-on practice and simple, clear guidance, this course will help you move beyond automatic settings and start creating photos that truly reflect your vision. This class is the perfect starting point for developing your skills and creativity. **Cost: Free. Registration is required.**

Portal Training w/Liz Monday, May 4, 1 p

Learn how to confidently use the FiftyForward membership portal! In this helpful, hands-on session, Liz will walk you through the basics, including how to sign up for events and trips, make payments, and manage your account. This is a great opportunity to ask questions and become more comfortable navigating the system, so you never miss out on the fun. All experience levels are welcome! **Registration is required. Limit 15 members. Free.**

Save Your Stories: Learn how to remember, collect, and save true stories. Monday, May

18, 1-2:30p Let's save the stories from your life. Gain new insights and perspectives. Have fun strolling down memory lane and recalling pleasant memories. Learn how to jog your memories, collect them as stories, and save and share them (if you want to). Feel encouraged to get started and keep going. Learn through fun, interactive, hands-on activities. Get free materials to take home and keep going. Practice techniques to save your own stories or to help someone else. We all live on through our stories. Let's save them! This workshop is led by Christy Lynch, Fifty Forward

Martin Center member, life coach for retirees, speaker, artist, and author of *Explore Your Life: A Journey to discover, live, and write your legacy!* Discover more at EverBetterLiving.Net and at **Save Your Stories** on Substack.

Registration is required. Limit 15 members. Free.

Song Writing 101 with the Country Music Hall of Fame Wednesday, May 27, 1p

Participants work with a teaching artist to learn the fundamentals of songwritings, brainstorm ideas, and write an original song as a group based on the essential question and collective experience. This program uses songwriting and discussion to explore shared histories, encourage cognitive health, and foster social connections. **Cost Free. Limit 20 members.**

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

Tennessee Jewels Singing & Dancing through the Decades Show Wednesday, May

20, 1:30p This is a Senior Performance Group that entertains assisted living homes, senior community centers, and memory care centers.



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Tennessee Jewels Pageant winners will entrain us with a 50-minute show. Come see how you can become a Tennessee Jewel. **Registration Required. Cost Free.**

[Wellness & Body Composition Check with Medi-Weight loss](#) **Friday, May 1, 10 a - Noon**

Join the team from Medi-Weight loss Franklin for a complimentary wellness screening. Get a deeper look at your health with a professional body composition assessment and learn practical tips for maintaining muscle mass, supporting metabolism, and healthy aging. Stop by our resource table to get your numbers and grab some educational materials! **Registration Required. Cost Free.**

Exercise

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 are 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 and Ruth Ann Smith. This class reduces stress levels and improves mobility. Skill Level:

Beginner, Intermediate. **No class with Ruth Ann on Monday, May 4. Cost: \$5 per person if you do not have insurance benefits.**

Fitness Room Weekdays, 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. **\$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



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deeper meaning. **Cost: FREE**

No Class May 11.

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. **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. **Cost: \$5 per person if you do not have insurance benefits.**

Fifty Forward News

Advisory Council Meeting Monday, May 18

due to the holiday, 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

(Wednesdays) We're looking for a friendly and reliable volunteer to assist at the front desk on **Wednesdays 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-NEW DAY & TIME: Thursdays 1st &

3rd, 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



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conversations. Whether you're a seasoned player or new to the game, everyone is welcome. No experience is needed! Registration required.

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.

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.

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!

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, May 19, 10:00 a. Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *The May Book is Booth* by Karen Fowler.

Book Group-Historical Books Last Wednesday of each Month, May 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 *Six Frigates: The History of the Founding of the U.S. Navy* by Ian W. Toll.

Cocktails and Conversation Thursday, May 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



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

Mix and Mingle Thursday, May 7, 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, May 13, 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 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/>

Category 10-Line Dancing

Date: Friday, May 1

Cost: \$10.00 plus lunch

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

Bus departs at 10:30 a & returns at approx 3:30 p. We're heading to **Category 10**, where you'll enjoy a delicious lunch at Category 10. After lunch, we'll head to the dance floor for line dancing. Whether you're a beginner or a seasoned pro, you're sure to have a great time. No experience needed—just bring your appetite, dancing shoes, and a big smile!

Oakland Mansion

Date: Tuesday, May 12

Cost: \$25.00 plus lunch

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

Bus departs at 9 a & returns at approx. 2 p

Listed on the National Register of Historic Places, this antebellum mansion looks much as it did more than a century ago. Once home to Colonel Hardy Murfree, for whom the town of Murfreesboro is named, the structure, furnishings and surrounding property provide an authentic view of 19th-century America and its war-torn South. During the United States Civil War, both Union and Confederate armies camped and fought here. Lunch to follow at Jack Brown in Murfreesboro. **Registration is**



required

Nashville Symphony Dress Rehearsal

Date: Friday, May 15

Cost: \$15.00

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

The bus departs at 9:15 a and returns at approx. 11:30 a

One of Beethoven's most celebrated works, the *Eroica* symphony, is a large-scale composition that marked the beginning of the composer's innovative "middle period". Composed mainly in 1803–1804, the work broke boundaries in symphonic form, length, harmony, emotional and cultural content. It is widely considered a landmark in the transition between the Classical and the Romantic era. It is also often considered to be the first Romantic symphony. **Our group will be returning to the center after intermission. Lunch will not follow this trip.**

Tennessee State Museum

Date: Tuesday, May 19

Cost: \$10.00 plus lunch

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

The bus departs at 10:45 a & returns at approx. 3:30 p

Enjoy lunch at the Farmer's Market featuring locally owned shops and restaurants offering cuisines that span the globe — from Neapolitan wood-fired pizzas and gyro sandwiches to Jamaican jerk chicken and Korean bibimbap, locally made artisan goods, clothing and more! After lunch we'll take a guided tour of The Tennessee State Museum, located in Nashville.

It is a substantial institution dedicated to showcasing the history of the U.S. state of Tennessee. Spanning from the period before colonization to the 20th century, this museum provides insights into pivotal events such as the American Civil War, the Frontier era, and the presidency of Andrew Jackson.

Mystery Lunch

Date: Thursday, May 21

Cost: \$10.00 plus lunch

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

The bus departs at 10:45 a 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: **Registration is required.**

- * great appetizers, salad and sandwiches
- * southern-style food
- * Historical site

International Food Tour-Maiz Soul by Tia Yaya

Date: Wednesday, May 27

Cost: \$15.00 plus lunch

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

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

Maiz Soul by Tia Yaya is a popular Venezuelan restaurant in Smyrna, TN, offering authentic Latin dishes like arepas, empanadas, cachapas, and tequeños in a



welcoming atmosphere.

Brentwood Police Department Station Tour

*****MEET THERE!*****

Date: Thursday, May 28

Time: Members should arrive at 12:45 p,

Tour starts at 1 p

****Meet There at 910 Heritage Way******

Registration is required, and space is limited to 30 members.

Cost: Free

Park next to the flag poles and come into the lobby.

The Brentwood Police Department welcomes members of the community for an engaging and informative tour of their station. Visitors have the opportunity to explore various areas of the facility, learn about daily operations, and gain insight into the tools and technology officers use to keep the community safe. Officers and staff are on hand to answer questions, share experiences, and highlight the department's commitment to transparency and public service. The tour will provide a valuable chance for members to connect with local law enforcement and better understand the important work done every day. **Registration is required.**

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.