



June 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 Card Crusaders 9 a Seated Strength & Stretch 10 a Billiards 12 p Hand & Foot 12 p Makers Monday* 1 p Bunco 1:30 p Mindful Movements	2 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Congressional Constituent Services 11 a SAIL Fitness 1 p Digital Art Making Class with Frist* 12 p Mah Jongg 2:30 p Ukulele Practice	3 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	4 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 p Day Trip-Music for Seniors Concert* 12:30 p Open Art Studio 1 p Line Dancing 1 p Bingo	5 9 a Seated Strength & Stretch 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
8 9 a Card Crusaders 9 a Seated Strength & Stretch 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	9 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Ship Medicare Support Session* 10:45 a Day Trip-International Food Tour* 11 a SAIL Fitness 12 p Mah Jongg 1 p Digital Art Making Class with Frist* 1 p Portal Training w/Liz* 2:30 p Ukulele Practice	10 8:30a Tennessee Department of Safety and Homeland Security-Mobile DMV Unit* 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	11 7 a Early Bird Walking 9:30 a Rummikub 9:30 a Day Trip-DelMonaco Winery* 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 Downsizers Club*	12 9 a Seated Strength & Stretch 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
15 9 a Card Crusaders 9 a Seated Strength & Stretch 10 a Active Strength Circuit 10 a Billiards 10:15 a Day Trip-PopStroke Mini Golf* 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	16 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 1 p Digital Art Making Class with Frist* 2:30 p Ukulele Practice	17 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1 p Deloitte AI Presentation*	18 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 1p Franklin Light Opera*	Fifty Forward Centers & Offices will be closed for Juneteenth Holiday
22 9 a Card Crusaders 9 a Seated Strength & Stretch 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	23 8:30 a Kiko the ESA 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* 2:30 p Ukulele Practice	24 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	25 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 1p Line dancing	26 9 a Seated Strength & Stretch 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 12 p Poker
29 9 a Card Crusaders 9 a Seated Strength & Stretch 10 a Active Strength Circuit 10 a Billiards 11:15 a Advisory Council Meeting 12 p Hand & Foot 1 p Bunco	30 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 1p Smartphone Tech Bar* 2:30 p Ukulele Practice			

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, June 2, 9, 16, 23, 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.**

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.

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

Congressional Constituent Services Mobile Office Tuesday, June 2, 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.**

Deloitte AI Presentation Wednesday, June 17, 1 p Join Deloitte representatives for an informative presentation on AI Training for Seniors. This is a beginner-friendly program designed to help older adults understand and confidently use artificial intelligence in everyday



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life, from smartphones to online tools—no technical background required. **Registration Required.**

Downsizers Club Thursday, June 11, 1 p 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.**

Franklin Light Opera Thursday, June 18, 1p Franklin Light Opera teens perform Broadway classics for you! Franklin Light Opera aims to bring light opera, operetta and classical music theatre to audiences in and around Franklin. We plan to create and produce exciting community centered productions and concerts and offer educational programs for youth and adults. Franklin Light Opera strives to entertain and bring “light” within the community. **Registration is required. Cost: 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, June 1, 12 – 3 p Join us Monday, June 1, from Noon until 2:30 pm to create a patriotic flag to help celebrate the upcoming Fourth of July. This is a big year for America as we celebrate 250 years of freedom. These cute and whimsical flags can be used for fun holiday decor in your home or decorating your front door. Re-purposed fabric will be used to create flags. **Cost of the class is free but please register to be sure there are enough supplies provided.** The class is estimated to last approximately 3 hours.

Portal Training w/Liz Tuesday, June 9, 1 p Learn how to confidently use the Fifty Forward 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! **New members are encouraged to join us. Registration is required. Limit 15 members. Free.**

SHIP Medicare Support Sessions Tuesday, June 9, 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?



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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.**

Smartphone Tech Bar Tuesday, June 30, 1p-2:30 p Join us for a fun and meaningful afternoon at FiftyForward as our NCL girls host a “Smartphone Tech Bar” for local older adults! Volunteers will help participants with everyday technology questions such as setting up email, learning how to use social media, navigating smartphones and tablets, adjusting settings, downloading apps, and more. **Registration is Required.**

Tennessee Department of Safety and Homeland Security-Mobile DMV Unit
Wednesday, June 10, 8:30a Registration Required. The Tennessee Department of Safety and Homeland Security-Mobile DMV Unit will be at the center to provide:

- Duplicate license/ID issuance
- REAL ID issuance
- Driver license and ID renewals
- Name and address changes

Exercise

Active Strength Circuit 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
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. **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 weighs, 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 deeper meaning. **Cost: FREE. No Class June 29.**

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**

Seated Strength and Stretch w/Ruth Ann

Mondays & Fridays, 9 a This seated strength and stretch exercise class is designed to gently improve flexibility, mobility, and overall wellbeing in a supportive, low-impact setting. Participants perform a series of controlled movements and stretches while seated or using a chair for stability, making the class accessible for all fitness levels. **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. Just eight laps around our beautiful center equals one mile! Drop by anytime—arrive early or stay after your regular program—to burn calories, decrease stress levels and improve mobility. Skill Level: Beginner, Intermediate.

Fifty Forward News

Advisory Council Meeting Monday, June 29, 11:15 a - 12:15 p The advisory council is a volunteer group of ambassadors for programs, events and services offered by the Martin Center.

Games

Billiards Tuesdays and Thursdays, 10:00 a - 12:00 p (for any group play). The pool 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 Thursdays, June 4 & 18, 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!"



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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.

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 and Foot Canasta 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

Martin Center

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, June 16, 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 Alone*** by Kristin Hannah.

Book Group-Historical Books Last Wednesday of each Month, June 24, 2 p



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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 First Crusade: The Roots of Conflict Between Christianity and Islam* by Thomas Asbridge.

Cocktails and Conversation-
No Cocktails and Conversation in June.

Line Dancing Thursdays, 1:00 - 2:15 p

Instructor: Helen Settles Beginners, intermediate or line dancing pros are welcome to this Line Dancing Class. This class is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

Potluck Lunch Wednesday, June 10, 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/>
Music for Seniors Concert

Date: Thursday, June 4

Cost: \$15.00

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

The bus departs at 11:45 a returns at approx. 3:30 p

Music for Seniors is excited for the return of Soul Vibes with a Special Program –called Queen of Soul: A Celebration in Song. Get ready to groove and reminisce as we honor the iconic women of soul music. This fun event is led by Janelle Means. The event will feature beloved classics from such artists as the declared Queen of Soul herself, Aretha Franklin, Gladys Knight and more. These songs will bring back memories, inspire joy, and celebrate the voices that continue to move generations. Don't miss your chance to dance, sing along, and immerse yourself in the magic of live music!

International Food Tour: Sushi Train

Date: Tuesday, June 9

Cost: \$15.00 + Lunch

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

Bus departs at 10:15a & returns at approx 2 p Join us for a flavorful outing to Sushi Train, where fresh ingredients and authentic Japanese flavors come together for a memorable dining experience. Inspired by family recipes and traditional techniques, Sushi Train offers a delicious variety of sushi and classic Japanese cuisine. Enjoy attentive



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service in a welcoming atmosphere that's perfect for relaxing, sharing a meal, and connecting with friends. Whether you're a sushi lover or trying it for the first time, this outing is a great opportunity to explore new flavors and enjoy great conversation.

DelMonaco Winery

Date: Thursday, June 11

Cost: \$60.00 (lunch included)

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

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

Experience the charm of DelMonaco Winery & Vineyards with a relaxing day immersed in scenic beauty and award-winning wines. Stroll through more than 20 acres of beautifully manicured vineyards, then unwind with a tasting at this stunning Tuscan-style winery where wines are crafted right on site. Guests will enjoy a guided winery tour, offering a behind-the-scenes look at the vineyard, the winemaking process, and the rich story of DelMonaco. Following the tour, settle into a welcoming atmosphere for a curated wine tasting featuring a selection of their signature wines—perfect for discovering new favorites. A pre-selected box lunch will be ready upon arrival—no waiting required—so you can sit back and enjoy your experience right away. Martin Center staff will follow up with you to confirm your lunch selection.

PopStroke Mini Golf

Date: Monday, June 15

Cost: \$15 + optional \$20 mini golf day pass paid on site + lunch

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

Bus departs at 10:15a & returns at 3p

We're headed to Antioch to check out Nashville's newest mini-golf destination, PopStroke! This exciting venue features two indoor mini golf courses, a full-service restaurant, a rooftop bar, an ice cream parlor, and more. Each 18-hole course is thoughtfully designed to capture the challenge and feel of a traditional golf experience, complete with synthetic fairways, tricky bunkers, and unpredictable roughs. If you'd like to play mini golf, you can purchase a discounted \$20 day pass on-site, which includes access to both courses and all the amenities. Even if you choose not to play, you're still welcome to enjoy all the other amenities, including the restaurant, bar, ice cream parlor, and yard games like cornhole. Lunch is available for purchase at the restaurant onsite. **Please note that this trip will involve a fair amount of walking, and the mini golf courses include uneven surfaces.**

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.



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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.