



August 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
3 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 12 p Makers Monday* 1 p Bunco 1 p Town Hall Meeting*	4 8:30 a Kiko the ESA 9 a Day Trip-Madame Tussauds* 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Congressional Constituent Services Mobile Office 11 a Cadio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	5 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 Navigating the Unknown*	6 7a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10a Chair Yoga 10 a A Stitch in Time 11 a Cadio, Strength, & Balance 2:30 p Open Art Studio 1p Bingo	7 9 a Digital Literacy Class* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
10 9 a Card Crusaders 9 a Day Trip-Bluebird Senior Show* 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	11 8:30 a Kiko the ESA 9:30 a Scrabble 9:30a Day Trip-Mystery Lunch* 10 a Billiards 10 a Chair Yoga 10 a Ship Medicare Support Session* 11 a Cadio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	12 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	13 7 a Early Bird Walking 9 a Aging Matters* 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 10:45 a Day Trip-International Food Tour* 11 a Cadio, Strength, & Balance 12:30 p Open Art Studio 1 p Downsizers Club*	14 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
17 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	18 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Book Group 11 a Cadio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	19 9 a Bridge-Morning 9 a Card Crusaders 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1 p Monthly Show-Musical Concert with Date Nite*	20 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a Cadio, Strength, & Balance 12:30 p Open Art Studio 1p Bingo 1 p Will vs. Trust-Protecting Your Legacy*	21 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
24 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 10 a Day Trip-Amazon Fulfillment Center* 12 p Hand & Foot 1 p Bunco 1 p New Member Welcome*	25 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a Cadio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	26 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 10 a Day Trip-Bell Buckle Tennessee* 11 a Phat Pizza Food Truck 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2p Historical Book Club	27 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a Cadio, Strength, & Balance 12:30 p Open Art Studio 1 p Deloitte AI Presentation*	28 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
31 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 11:15 a Advisory Council Meeting 12 p Hand & Foot 1 p Bunco 1:30p Mindful Movements				



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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 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!

Occasions

Aging Matters Second Act Thursday, August 13, 9 a Come to FiftyForward Martin Center to learn from Nashville PBS' AGING MATTERS SECOND ACTS. After the screening, stay for conversation and enjoy light & healthy refreshments. **Registration required. Limit 20 members.**

Congressional Constituent Services Mobile Office Tuesday, August 4, 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 Thursday, August 27, 1 p Join Deloitte representatives for a 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 life, from smartphones to online tools—no technical background required. **Registration Required.**

Downsizers Club August 13, 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**

Events, Presentations, and Special



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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.

Maker's Monday August 3, 12 – 3 p Join us Monday, August 3, from Noon until 2:30 p. Join us Monday, August 3 to create a fabulous beachy planter for your favorite plant. This week we will use terra cotta pots and adhere seashells to the pot followed by grout to create a wonderfully whimsical addition to your home. This project is quite messy so plan on wearing something you don't mind getting dirty. All supplies will be provided (along with gloves!!) but please RSVP by July 31 to ensure there are enough supplies to go around. **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.

Monthly Show- Musical Concert with Date Nite Wednesday, August 19, 1 p Our group is called "Date Nite" and we play music from the 1960s and 1970s. The sophisticated, romantic, and energy-filled tunes in our repertoire (think The Carpenters, The Fifth Dimension, Dionne

Warwick, Dusty Springfield, Glen Campbell, Frank and Nancy Sinatra, The Association, Captain and Tennille, Classics IV, O'Jays) offer a welcome walk down memory lane, reflecting the spirit of a generation influenced by profound social, political, and cultural change. Our lead vocalist is Kim Parent, a Music Row veteran who has toured with Kathy Mattea, Brooks and Dunn, and Christopher Cross, and worked with Carole King and Reba McIntire
Registration is Required. Cost \$5.00.

Navigating the Unknown Wednesday, August 5, 1p Navigating the Unknown will be a discussion with Barbara Moss from Elder Law of Nashville. As people age, topics arise primarily about how to afford healthcare, appointing powers of attorney, etc.
Registration is Required

New Member Welcome Monday, August 24, 1 p If you joined FiftyForward since January 2026 or simply want to attend to meet other members or learn the benefits of Fifty Forward, we hope to see you! We will review everything that happens at FiftyForward Martin Center. Light Refreshments provided. **Registration is required. Free.**

Phat Pizza Food Truck Wednesday, August 26, 11a - 2p Phat Pizza food truck will be on-site from 11:00 a.m. to 2:00 p.m. with pulled pork sandwiches, baked beans, potato salad, all for purchase. Their popular pepperoni and



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cheese pizza will also be available!

SHIP Medicare Support Sessions Tuesday, August 11, 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.**

Town Hall Meeting Monday, August 3, 1 p Join us for an important Membership Town Hall as we share upcoming changes to FiftyForward membership dues that will take effect on **October 1**. We'll explain what is changing and how they may affect current and new members. This is also an opportunity to ask questions and hear directly from staff. We encourage all members to attend and stay informed about these upcoming changes.
Registration Required.

Wills vs. Trust: Protecting Your Legacy- Thursday, August 20, 1 p Join the Law Office of Lamar Moore for an informative session on Wills vs. Trusts. This presentation will break down the key differences between wills and trusts, explain how each works, and help you understand which option may best protect your assets and loved ones. Whether you're just starting to think about estate planning or need to update your plan, this session will provide

practical guidance in a clear and approachable way. **Registration required.**

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, 8:30 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 - 11 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



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balls to rebuild muscle as you age. Skill Level: Beginner, Intermediate. **No Class August 19. \$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 August 3 & 24.**

Cardio, Strength Balance with Melissa Tuesdays and Thursdays, 11 a - 12 p

Instructor: Melissa Clinton, certified in Silver Sneakers, Yoga, and holds a bachelor's degree in Exercise Science. Skill Level: Beginner, Intermediate, Advanced. Build strength, improve balance, and increase flexibility in this fun, full-body workout designed for older adults. Using light weights, resistance bands, and bodyweight exercises, participants will strengthen major muscle groups while improving mobility and everyday function. **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, August

31, 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 August 6 & 20, 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 a - 12 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 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 - 3 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 - 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 p Whether you are a seasoned player or new to the game, Mexican Train Dominoes offers endless excitement for everyone.

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 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, August 18, 10 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is **The Lions of Fifth Avenue** by Fiona Davis. Facilitator Alicia D'Andrea.

Book Group-Historical Books Last Wednesday of each Month, August 26, 2 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 Black Count: Glory, Revolution, and the Real Count of Monte**



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Cristo by Tom Reiss.

Cocktails and Conversation-

No Cocktails and Conversation in August.

Line Dancing Tuesdays, 1 - 2:15 p Instructor:

Joanne Schnaars 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, August 12,

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/>

Madame Tussauds

Date: August 4

Cost: \$30.00 plus lunch

Registration is required, and space is limited

to 13 members.

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

Madame Tussauds is a name that is synonymous with amazing life-like wax figures of well-known individuals, especially A-list celebrities. At their location located in Nashville, Tennessee, there are numerous sections dedicated to areas of entertainment. For example, music lovers will not only see incredible wax figures of their favorite music stars both living and dead but will have a truly interactive experience. Individuals can hear music and actually dance to it, a great outing for the whole family to enjoy. We will have lunch at Santa Fe Cattle Company.

Bluebird Cafe Senior Show

Date: Monday, August 10

Cost: \$15.00 plus lunch

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

Bus departs at 9:00a 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 featuring trio called The Rum Strummers. This will be a Luau themed show.

Lunch at Rafferty's in 100 Oaks.

Mystery Lunch

Date: Tuesday, August 11



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Cost: \$20.00 plus lunch

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

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

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:

*** Enjoy the beautiful weather on the outside deck**

***Good place for family & friends to meet**

***Place to come and have a good time**

International Food Tour-Wild Ginger

Date: Thursday, August 13

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

Wild Ginger is refreshing distinct fine dining experience located at the heart of Cool Springs - featuring an eclectic blend of pan-Asian, South American and Western cuisine in the Pacific Rim style-with succulent selections for all palates, including the popular miso seabass, braised short ribs and a wide array of signature maki and tapas.

Amazon Fulfillment Center

Date: Monday, August 24

Cost: \$20.00 plus lunch

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

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

Before our tour, we will enjoy lunch at Cheddar's Scratch Kitchen. We are headed to

Mt. Juliet for a tour of the Amazon Fulfillment Center to see how the people and technology deliver for customers. Please note that the tour is approximately 60-90 minutes long and involves quite a bit of walking. There will be at least 5 flights of stairs, and you will walk approximately 1 mile. Sandals, crocs, clogs, or high heels are **not** permitted; comfy sneakers are recommended. Loose-fitting clothing and accessories (such as long-hanging jewelry, scarves, or ties) are **not** permitted. All filming or photography is strictly prohibited. You may bring your wallet, keys, and a clear water bottle on the tour. Bags and backpacks must be left on the vehicle unless medically necessary. Guests are encouraged to bring a clear water bottle to stay hydrated throughout the tour. **You will be asked to show a government issued photo ID so please make sure to bring one.**

Bell Buckle Tennessee

Date: Wednesday, August 26

Cost: \$20.00 plus lunch

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

Bus leaves at 10a and return time is TBD

Step back in time with a charming day trip to Bell Buckle, one of Tennessee's most picturesque small towns! Nestled in Bedford County, this quaint destination is known for its beautifully preserved historic district, unique shops, and warm Southern hospitality. We'll



kick off the day with lunch at the beloved Bell Buckle Café, where you can enjoy a delicious Southern-style menu. After lunch, take your time exploring the town's delightful antique stores, boutiques, and historic streets—perfect for browsing, shopping, and soaking in the small-town charm.

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.