

September 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 8:30 a Kiko the ESA 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 1 p AI Presentation 2* 2:30 p Ukulele Practice	2 9 a Bridge-Morning 9 a Card Crusaders 9 a Day Trip-Leiper's Fort* 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	3 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 1 p Bingo 1 p Seniors Are Being Scammed Out of Staggering Amounts of Money Presentation* 2:30 p Open Art Studio	4 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
7 FiftyForward Centers & Offices will be closed for the Labor Day Holiday	8 8:30 a Kiko the ESA 9:30 a Scrabble 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	9 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	10 7a 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 Downsizers Club*	11 9 a Day Trip-Tennessee Wings of Liberty Museum* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 1 p Jewelry Making Class*
14 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	15 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 1 p Trivia w/Larry 2:30 p Ukulele Practice	16 9 a Bridge-Morning 9 a Card Crusaders 10a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1 p Monthly Show-FiftyForward Funnies Standup Comedy Show	17 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 Bingo 2 p Town Hall-Membership Changes* 5p Cocktails & Conversation*	18 9:30 a Day Trip-Mystery Lunch* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
21 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	22 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	23 9 a Bridge-Morning 9 a Card Crusaders 9 a Day Trip-River Cruise* 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	24 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10:30 a Day Trip-International Food Tour* 12:30 p Open Art Studio 1 p Squeeze Therapy-Heal Your Heart & Body*	25 9 a Keep Your Brain Growing: How Lifelong Learning Supports a Healthy Mind* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
28 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	29 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	30 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 12 p Safeguard Yourself Online: Cybersecurity Seminar* 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2 p Historical Book Club		



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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

AI Presentation 2 Tuesday, September 1, 1p

Intro to Artificial Intelligence Part 2 - Join John Ulett for an introduction to artificial intelligence. He will cover the basics and teach you how to use different AI platforms. He is also happy to answer any AI-related questions that you might have. **Registration is required. Cost Free.**

Congressional Constituent Services Mobile Office Tuesday, September 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.**

Downsizers Club September 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 Required.**



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1 p. Fundamental skills for assembling bead-based jewelry suitable for beginners. Basic jewelry class for adults providing hands-on training in techniques for earrings.

Registration is required. \$5.00 to instructor to cover supplies. Limit 15 members.

[Keep Your Brain Growing: How Lifelong Learning Supports A Healthy Mind](#)

Friday, September 25, 9 a Join Grant Herzberz from Homewatch Care Givers of Franklin for a presentation on Keeping Your Brain Growing: How Lifelong Learning Supports a Healthy Mind. Complimentary donuts and coffee will be served. **Registration 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](#) -No Maker's Monday due to the Labor Day Holiday.

[Monthly Show- FiftyForward Funnies Comedy Show](#) **Wednesday, September 16 ,1**

p Join comedian Sean T. Harris, John Datoy and Drew Davis for fun & laughs. **Registration Required. Cost \$5.00.**

[Safeguard Yourself Online: Cybersecurity Seminar Hosted by Beacon Capital Management](#) **Wednesday, September 30,1p**

In this complimentary Lunch and Learn we will provide practical guidance to help you assess your online risk, strengthen your security habits, and safeguard yourself, your accounts, and your identity

[Seniors Are Being Scammed Out of Staggering Amounts of Money](#)-**Thursday, September 3,1p.** Barabra Moss from Elder Law will tell you What you need to know to protect yourself and your family. **Registration Required.**

[SHIP Medicare Support Sessions](#) **Tuesday, September 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.**

[Squeeze Therapy-Heal Your Heart & Body](#) **Thursday, September 24,1 p** Our educational program consists of a nurse (myself) sharing an innovative regenerative therapy that:



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Improves whole body blood flow.

As people age, our blood flow diminishes causing heart disease and related issues, low energy, Alzheimer's, pelvic floor failure, meaning many trips to the bathroom, erectile dysfunction and urinary leaking. **Registration Required.**

Town Hall Meeting Thursday, September 17, 2 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.**

Trivia w/Larry Tuesday, September 15, 1 p Think you're a trivia whiz? Come test your knowledge, have some laughs, and compete for bragging rights! Bring your friends and your best guesses! **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. No Melissa 9/22-9/24.**

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 balls to rebuild muscle as you age. Skill Level: Beginner, Intermediate. **No Class August 19. \$5 per person or insurance benefit. No Melissa 9/23/2026**

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



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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 September 28.**

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. No Melissa 9/22-9/24

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,

September 28, 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 September 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!"

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



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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, September 15, 10 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is **Whistler** by Ann Pachett.

Book Group-Historical Books Last Wednesday of each Month, September 30, 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 **Cuba: An American History** by Ada Ferrer.

Cocktails and Conversation- Thursday, September 17, 5:00 - 7:00 p. Join us for our **Fall Cookout** from 5:00 - 7:00 p to meet new people and catch up with friends. Be sure to bring sides & dessert and your favorite beverage Beef Hotdogs will be provided. **Cost: \$5**

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



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fun, fitness, and foot-stompin' beats.

Potluck Lunch Wednesday, September 9, 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. **Special Guest Entertainment: FiftyForward LA Vergne Choir.** Theme: Football-Tailgate

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/>

Shopping & Lunch in Leiper's Fork

Date: Wednesday, September 2

Cost: \$15.00 plus lunch

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

The bus departs at 9:30a & returns at approx. 2p

Leiper's Fork is a historic, charming rural village located in Williamson County about 15 minutes west of downtown Franklin. The small village is packed with world-class talent, food, and plenty of laid-back charm. You'll have time to explore

shops & galleries, and lunch will follow at Fox & Locke.

The Tennessee Wings of Liberty Museum

Date: Friday, September 11

Cost: \$25.00 plus lunch

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

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

We are headed up to Clarksville to visit the new Tennessee Wings of Liberty Museum. This 33-acre campus features multi-media and immersive displays covering World War II, Vietnam, Desert Storm, the Global War on Terrorism, and more. After our self-guided tour (possible guided tour depending on availability) we will enjoy lunch at Liberty Park Grill. This is a casual American bar/eatery located on the Clarksville Marina.

Mystery Lunch

Date: Friday, September 18

Cost: \$20.00 plus lunch

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

The bus departs at 10a & returns at approx.



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1:45p

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

***Family owned**

***Established for over 70 years**

***Menu rooted in tradition**

Nashville River Boat Cruise

Date: Wednesday, September 23

Cost: \$55.00 plus snacks

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

Bus departs at 9:50a & returns at approx. 2:30p.

FiftyForward center members from Donelson Station, Madison Station, Martin, Turner, and Knowles will enjoy a sightseeing cruise on a riverboat along the Cumberland River. Enjoy viewing the skyline, riverbanks, shore birds, and water life for a 90-minute relaxing cruise. **Please note this trip does not include a full lunch, but drinks and snacks can be purchased on board. Registration is required.**

International Food Tour-The Cookery

Date: Thursday, September 24

Cost: \$15.00 plus lunch

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

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

The Cookery is a cozy Nashville café serving breakfast, lunch, and espresso drinks—from flaky meat pies to Aussie-inspired favorites. At The Cookery, every plate that's served is part of a bigger purpose—transforming lives through culinary training, mentorship, and

community.

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.



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