



October 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 7 a Early Bird Walking 9:30 a Rummikub 10 a DAY TRIP- Bell Buckle* 10 a Billiards 10 a Chair Yoga 10 a A Stitch in Time 11 a Cardio, Strength, & Balance 1 p Bingo 1 p Photography Tips* 2:30 p Open Art Studio	2 9 a Tai Chi w/ Kim* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
5 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 12 p Maker's Monday 1 p Bunco 1:30 p Mindful Movements	6 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice 4 p Mix & Mingle* 4:30 p Mah Jongg 101* 6 p Dance Class	7 9 a Tai Chi w/ Kim* 9 a Bridge-Morning 9 a Card Crusaders 8:30a Cruzzin Nashville Bus Tour* 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes	8 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio 1 p Downsizers Club*	9 FiftyForward Centers & Offices Closed for Staff Retreat
12 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1 p Monthly Show- The Joyful Noise Band*	13 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Medicare Support Session* 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice 3 p Solo Agers Club* 4:30 p Data Centers & AI Presentation* 4:30 p Mah Jongg 101* 6 p Dance Class 7 p Night Trip-Station Inn*	14 9 a Bridge-Morning 9 a Card Crusaders 9 a Tai Chi w/ Kim* 10 a Full Body Strength 10 a Crushed Glass Art Class* 12:30 p Bridge-Afternoon 12 p Potluck Lunch* 1 p Mexican Train Dominoes	15 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 9:30a DAY TRIP- Health & Wellness Fair at FF Madison* 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio 1 p Bingo	16 9 a Tai Chi w/ Kim* 10 a Euchre 10 a Billiards 10:45 a DAY TRIP- International Lunch* 10:30 a Open Art Studio 12 p Mah Jongg
19 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 11:30 a National Seating & Mobility Lunch & Learn* 12 p Hand & Foot 1 p Bunco 1:30 p Hearing Screening* 1:30 p Mindful Movements	20 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Book Group 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice 4:30 p Mah Jongg 101* 5 p Cocktails & Conversation* 6 p Dance Class	21 9 a Bridge-Morning 9 a Card Crusaders 9 a Tai Chi w/ Kim* 10 a Full Body Strength 10:30 a DAY TRIP- Mystery Lunch* 12:30 p Bridge-Afternoon 1 p League of Women Voters 1 p Mexican Train Dominoes	22 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio 1 p TBI Forensics Presentation*	23 9 a Tai Chi w/ Kim* 10 a Euchre 10 a Billiards 10:30 a DAY TRIP- Category 10 Line Dancing* 10:30 a Open Art Studio 12 p Mah Jongg
26 9 a Card Crusaders	27 8:30 a Kiko the ESA 9:30 a Scrabble	28 9 a Bridge-Morning 9 a Card Crusaders	29 7 a Early Bird Walking 9:30 a Rummikub	30 9 a Open Enrollment w/ TN SHIP*



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10 a Active Strength Circuit 10 a Billiards 11:15 a Advisory Council Meeting 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	10 a Billiards 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice 4 p NCL Technology Bar* 4:30 p Mah Jongg 101* 6 p Dance Class	9 a Tai Chi w/ Kim* 10 a Full Body Strength 11:30 a Murder Mystery Luncheon* 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2 p Historical Book Club	10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio	9 a Tai Chi w/ Kim* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
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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!

Events, Presentations, and Special Occasions

Crushed Glass Art Class Wednesday,

October 14, 10 a Get creative this fall and make a beautiful 12-inch fall-themed crushed glass art piece! In this hands-on class, you'll arrange colorful crushed glass to create your own unique design, then finish it with resin to seal and protect your artwork. No artistic experience is necessary—just bring your creativity and get ready to make a beautiful piece to display all season long! **Registration required. Limit 10. Cost: \$60**

Data Centers & AI Presentation Tuesday,

October 13, 4:30 p Learning about AI. & data centers w/ John Ulett. Explore what it can do and get all your questions answered.

Registration is required.

Downsizers Club October 8, 1 p Join us for Downsizers Club at FiftyForward Martin Center. This supportive and interactive group is



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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.**

Hearing Screening by Dr. Ranti Yontz

October 19, 1:30p Dr. Randi Yontz and team will be here from Aspire Audiology to perform free hearing screenings. Sign up for your slot as they will be performed every 15 min. **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.

League of Women Voters **Wednesday,**

October 21, 1 p Join the League of Women Voters of Williamson County for an informative conversation with Rev. Dr. Kevin Riggs, Executive Director of the Williamson County Homeless Alliance. Learn more about homelessness in our community, the challenges facing local residents, and efforts

underway to address this important issue. All are welcome! Bring a friend and join the conversation. **Registration is required.**

Mah Jongg 101 **Tuesdays, October 6, 13, 20, 27, 4:30 – 6:30 p** Mah Jongg is one of the fastest-growing games in popularity, and now's your chance to learn what all the buzz is about! Join us every Tuesday in October for a fun, beginner-friendly Mah Jongg 101 series led by an instructor who will teach you the basics, rules, and strategies you need to start playing. No experience necessary!

Cost: \$40 for the four-week series and includes your own new Mah Jongg card to keep!

Maker's Monday **Monday, October 5, 12 p**

Just in time for Halloween! Join us on Monday, October 5 from noon till 2:30 pm to create a fun and whimsical Halloween wood board decor piece you display at your front door or anywhere in your home! You can create one just like the ones displayed at the Martin Center or bring your own imagination and create a one-of-a-kind piece! Cost is free, but a \$5 donation is appreciated to cover the cost of supplies. Please sign up by Friday, October 2 to ensure that enough supplies are available. **Registration is required.**

Monthly Concert Show **Monday, October 12, 1 p** with The Joyful Noise Band. The name of the group is Joyful Noise and they have four members: Vern Pilder, who sings and plays guitar. Vern traveled all over the world playing lead guitar with the legendary John Anderson. Randy Hoover Dempsey, who sings and plays



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the mandolin; Bob Smith is on Keyboard, & Jill Speering, who sings and plays guitar.

Registration Required. Cost \$5.00.

[Murder Mystery Improv Group](#) **Wednesday,**

October 28, 11:30 a – 12:30 p Welcome to a very special Halloween party hosted by the brilliant—but slightly unhinged—Dr. Moe Rowe, a once world-renowned biological researcher and geneticist who has become obsessed with reanimating the dead. Now, on a mysterious island with his faithful assistant, Iggy Orr, Dr. Rowe is ready to unveil the results of his secret research.

Come enjoy a delicious lunch, plenty of laughs, unexpected twists, and a murder mystery!

Costumes are encouraged, and suspicious behavior is practically required! **Registration Required. Cost \$25.00.**

[National Seating and Mobility Lunch & Learn](#)

Monday, October 19, 11:30 a This information session will explore common mobility challenges in the home and provide practical solutions to help individuals remain active and safely navigate their homes. We'll discuss equipment options such as ramps and stairlifts, including how they work, common applications, approximate costs, and factors to consider when choosing a solution. We'll also briefly introduce National Seating & Mobility and the process for helping clients find the right solutions, followed by time for Q&A.

Registration required.

[NCL Technology Bar](#) **Tuesday, October 27, 4**

- 5:30 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.**

[Open Enrollment w/ TN SHIP](#) **Friday, October**

30, 9 a Free. Registration is required. To register, speak with a Martin Center staff member. GNRC will offer in-person counseling at the Martin Center. An appointment must be made in advance. Each appointment is 40 minutes, and only one individual can be counseled at a time. There is a form you will need to complete before the day of your appointment. This form can be sent to you by email, or you can get it by coming to the center. If you need to cancel, please let us know as far in advance as possible so others can be scheduled in that time slot. This is open to members and the public.

[Photography Tips](#) **Monday, October 1, 1 p**

Discover how to take photos you're proud to post or share using the camera you already have - whether it is on your phone or a traditional model. In this beginner-friendly class, you'll learn how to master your camera settings, from exposure and focus to understanding portrait mode and low-light tools. We'll explore composition and lighting tips, as well as editing features on your phone that you may not be using. Ways to encourage your own creativity to highlight and develop



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your individual style will also be covered. Fun and interactive, there is no experience needed — just curiosity and a desire to take better photos! Taught by Harry Oxnard, a Middle Tennessee resident with many years of trial and error experience in taking photographs of the people and places around him. Registration is required.

SHIP Medicare Support Sessions Tuesday, October 13, 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.**

TBI Forensics Presentation October 22, 1p
The topic will be the different types of testing the TBI crime lab offers, how their role as forensic scientists differs from what you might see on TV, and talk about specific roles at TBI in the toxicology and breath alcohol units and as a member of the violent crime response team. **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.**

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.

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.

****NEW** Dance Class Tuesdays, 6 p**

Join Morgan Mizell of Curtsy Ballroom for a fun, beginner-friendly dance class designed to get you moving, learning, and enjoying the music! Each series will explore styles such as Salsa, Cha Cha, Swing, and more, with easy-to-follow steps that help build rhythm, coordination, balance, and confidence. No partner or previous dance experience required! Just come ready to move and have fun!

Registration required.



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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.

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. **No Class October 12.**

Tai Chi w/ Kim Wednesdays & Fridays, 9a

Tai Chi is an arthritis program that is an ancient practice proven to reduce pain and improve

mental and physical well-being. Tai Chi for arthritis was developed by Doctor Paul Lam and uses gentle sun-style Tai Chi that is safe, easy to learn and suitable for every fitness level. **Registration required Limit 15 members.**

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, October 26, 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!



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Bingo Thursdays October 1st & 15, 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 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, October 20, 10 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *The Mitford Affair* by M. Benedict.

Book Group-Historical Books Last Wednesday of each Month, October 28, 2 p ATTENTION HISTORY LOVERS! Would you like to read and meet with other history lovers to



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discuss books? Come join! This month's selection is *On Desperate Ground: The Marines at the Reservoir, the Korean War's Greatest Battle* by Hampton Sides.

Cocktails and Conversation Tuesday,
October 20, 5 - 7 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 appetizer/dessert. **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 fun, fitness, and foot-stompin' beats.

Mix and Mingle Tuesday, October 6, 4:00 - 5:15 p **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, October 14, 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.

****NEW** Solo Agers Club Tuesday, October 13, 3 p**

Life is better with people around you! The Solo Agers Club is a fun, welcoming group for adults who are aging independently and want to build meaningful connections, make new friends, try new things, and enjoy the journey together. No matter that your situation is, you'll find a place to connect, laugh, share experiences, and feel supported. Join us for conversation, friendship, activities, and even a little planning for the future—all while having a great time along the way! **Registration is required.**

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/>

Bell Buckle, Tennessee

Date: Thursday, October 1

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



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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.

Cruzzin' Nashville Bus Tour

Date: Wednesday, October 7

Cost: \$25.00 plus lunch

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

Bus leaves at 8:30a & returns approx 2:30p

We will have breakfast at the Puffy Muffin then go Cruzzin' the Nashville way! Hop aboard a custom open-air vehicle for a 90-minute adventure through some of Music City's most iconic sights, including Broadway's Honky-Tonk Highway, the Country Music Hall of Fame, and The Gulch. Enjoy fresh air, great photo opportunities, and a midway stop to experience an authentic piece of Nashville. Along the way, your live narrator will share fun facts, stories, and local history—no recordings here! Stop at a souvenir shop. Come ready to cruise, explore, and make some unforgettable Nashville memories.

NIGHT TRIP- Station Inn

Date: Tuesday, October 13

Cost: \$35.00 plus dinner & drinks (optional)

Registration is required, and space is limited to 13 members

Bus leaves at 7 p & returns when show is

over Get ready to kick up your heels Nashville-style! Join us for a night out at the legendary Station Inn to see the French Family Band bring their lively mix of Western Swing, bluegrass,

and old-school country to the stage. Grab your friends, settle in for some toe-tapping tunes, and enjoy an evening of great music, good company, and plenty of Nashville flavor!

Health & Wellness Fair at FF Madison Station

Date: Thursday, October 15

Cost: FREE plus lunch

Bus leaves at 9:30 a and return time is TBD

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

Join us at FiftyForward Madison Station for our Fall Health & Resources Fair on Thursday, October 15th, from 10:00 am to 12:00 noon! Come and learn about health and community resources and connect with organizations that support your well-being. Please share this with your family and friends or anyone who may be interested in attending! After the Fair enjoy lunch at Bailey & Cato. **Registration is required.**

International Food Tour-Von Elrod's Beer Hall & Kitchen

Date: Friday, October 16

Cost: \$15.00 plus lunch

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

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

Join us for an international lunch adventure to **Von Elrod's Beer Hall & Kitchen** in Nashville, where we'll enjoy the flavors of Germany! Savor traditional German favorites, hearty dishes, and plenty of European flair in this lively beer hall atmosphere. Come hungry and ready to explore a taste of Germany without leaving Nashville!



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Mystery Lunch

Date: Wednesday, October 21

Cost: \$15.00 plus lunch

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

Bus leaves at 10:30 a returns approx 2:00 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**

- * Our destination has a little bit of country charm.
- * You might smell lunch before you see it.
- * Bring your appetite, because portions aren't exactly tiny!

Category 10-Line Dancing

Date: Friday, October 23

Cost: \$15.00 plus lunch

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

Bus leaves at 10:30 a & returns at approx 3:30 p

We're heading to Category 10, where you'll enjoy a delicious lunch! 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!

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.