November 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
2 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot **12p Maker's Monday** 1 p Bunco 1:30 p Mindful Movements	3 **9a Day Trip-Miss Lucille MarketPlace*** 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing **4 p Mix & Mingle*** 4:30p Mah Jongg 101 5p Dance Class	**4** **9 a Tai Chi w/ Kim*** 9 a Bridge-Morning 9 a Card Crusaders 10a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2:30 p Ukulele Practice	**5** 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a Chair Yoga 10 a A Stitch in Time 11 a Cardio, Strength, & Balance 1 p Bingo **1 p Will vs. Trust-Protecting Your Legacy*** 12:30 p Open Art Studio	**6** **9 a Tai Chi w/ Kim*** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
9 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	**10** 9:30 a Scrabble 10 a Billiards **10 a Medicare Support Session*** **10:45a Day Trip-Mystery Lunch*** 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 101 1 p Line Dancing **3 p Solo Agers Club** 4:30p Mah Jongg 101	**11** 9 a Bridge-Morning 9 a Card Crusaders 10a Full Body Srength **12 p Potluck Lunch*** 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2:30 p Ukulele Practice	**12** 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga **10:30a Day Trip-Meet There-Nashville Ballet Donuts & Dancing*** 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio **1 p Downsizers Club***	**13** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
16 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	17 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10a Book Group 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 4:30p Mah Jongg 101	**18** 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength **10:30a Day Trip-International Food Tour-Rose Pepper*** 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes **12p Vita Nove Stem Cell Lunch & Learn*** 2:30 p Ukulele Practice	**19** 7a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga **10:30a Frist Art Class*** 11 a Cardio, Strength, & Balance 12:30 p Open Art Studio 1 p Bingo **1p. Deloitte Presentation***	**20** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
23 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot 1 p Bunco 1p **Seniors Are Being Scammed Out of Staggering Amounts of Money-**	**24** 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 4:30p Mah Jongg 101	**25** 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2p Historical Book Group 2:30 p Ukulele Practice	**26** FiftyForward Centers & Offices Closed for Thanksgiving Holiday	**27** FiftyForward Centers & Offices Closed for Thanksgiving Holiday

30 9 a Card Crusaders 10 a Billiards 11:15 a Advisory Council Meeting 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements				

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 **NEW DAYWednesday, 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 Wednesdays in the Art Room and discover the joy of making music together!

Events, Presentations, and Special Occasions

Deloitte AI Presentation Wednesday, November 19, 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.**

Downsizer's Club Thursday,November 12, 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.**

Frist Art Class **Thursday,November 19,10:30a** A Frist community art teacher will visit our location with all the necessary materials to teach the hands-on artmaking workshop, guiding participants through each step and sharing connections to the exhibition, *Shimmer: Dreaming the Posthuman*. The workshop will last about an hour and a half. **Limit 12. Registration required.**

Mah Jongg 101 **Tuesdays, November, 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 November for a fun, beginner-friendly Mah Jongg 101 series now that you have learned the basics, rules, and strategies you need to start playing. Put your skills to work.

Maker's Monday **Monday, November 2, 12 p** Join us on Monday, November 2nd from 12 Noon until 2:30 pm to create a beautifully decorated genuine cigar box. Use your own design (thick card stock photos, wallpaper, etc) or select from the many options provided during class. The paper/wallpaper will be decoupaged to the surface of the cigar box (you can paint the box or leave it natural). These boxes make great spaces to store delicate items such as jewelry, special letters, etc. Participation is limited to 7. The cost is free but a $5 donation is appreciated to cover the cost of supplies. RSVP by Friday, October 30, 2026.

Seniors Are Being Scammed Out of Staggering Amounts of Money-Monday November 23,1p. 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, November 10, 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.**

Vita Nova Stem Cell Presentation-Lunch & Learn Wednesday, November 18,12p
At Vita Nova Stem Cell we believe that informed communities make empowered healthcare decisions.
What Your Group Will Learn
● What stem cell therapy is and how it works
● The difference between stem cells and other regenerative therapies
● Current uses of regenerative medicine and ongoing research
● Common conditions people ask about, including joint pain and mobility concerns
● Who may or may not be a candidate for evaluation
● Frequently asked questions about the treatment process, safety considerations, and recovery expectations. **Registration is required.**

Wills vs. Trust: Protecting Your Legacy-
Thursday, November 5, 1p 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

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 TIME** Dance Class Tuesdays, 5 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. No Class Nov 10 & 24.

Fitness Room Weekdays, 8:30 a - 3:30 p
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 - 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 November 23.**

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. November 4 & 6 only**

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, November 30, 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 November 5th & 19, 1 p Join us for an exciting afternoon of bingo at FiftyForward 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, November 17, 10 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is **Remarkably Bright Creatures" by S. VanPelt Facilitator**

Book Group-Historical Books Last Wednesday of each Month, November 25, 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 **History of Belle Meade: Mansion, Plantation and Stud by Ridley Wills II**

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, November 3, 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, November 11, 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, November 10, 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.**

Volunteer Help! We're looking for friendly, welcoming volunteers to help at our front desk on **Tuesdays or Thursdays from 9:00 AM to 2:00 PM.** If you enjoy greeting people, helping others, and making everyone feel welcome, we'd love to have you join us! Interested? Please reach out to Mac Huffington for more information.

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/

Miss Lucille Marketplace

Date: Tuesday, November 3
Cost: $20.00
Registration is required, and space is limited to 13 members.
The bus departs at 9a & returns approx. 3:00p
Ms. Lucille's is an eclectic marketplace located north of Nashville off Exit 11 in Clarksville, Tennessee. We've got over 52,000 square feet with a little something for everyone.
Grab a cup of coffee or a signature drink and stroll more than 200 vendor spaces filled with vintage finds, handmade goods, rare antiques,

gifts, and new, upholstered furniture.

Mystery Lunch

Date: Tuesday, November 10
Cost: $15.00 plus lunch
Registration is required, and space is limited to 13 members.
The bus departs at 10:45a & returns at approx. 2:00p
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:
***Known for its Bold & Driven Menu**
***Different types of international food served**
***Beautiful atmosphere**

Nashville Ballet Donuts & Dancing

Date: Thursday, November 12 at **10:30a**
Registration is required, and space is limited to 13 members.
******MEET THERE AT THE BALLET-No Driver 3630 Redmon starts at 10:30a***
Start your morning with fresh donuts and a behind-the-scenes peek into upcoming performances! Join us for this special event designed for seniors to enjoy a relaxed, informative, and inspiring look into the rehearsal process. Learn about the production, meet members of the artistic team, and see the dancers in action as they prepare for the stage. The first 13 to register will be able to attend.

International Food Tour-Rose Pepper

Date: Wednesday, November 18
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
Winning numerous awards, including Nashville's Best Mexican Restaurant and Best Margarita, for 11 years in a row, Rosepepper is Nashville's leading Mexican restaurant. Specializing in Sonoran Style Mexican cuisine, we offer an eclectic menu only to be matched by our equally unique vibe and atmosphere. With a full bar, vibrant outdoor patio, and over eighty varieties of tequila, it is the ideal.

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.