December 2026
FiftyForward Martin Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. Events with an asterisk * require advance registration. Please register at *fiftyforward.org/member/*.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga **10:15a Day Trip-Mystery Lunch*** 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	**2** 9 a Bridge-Morning 9 a Card Crusaders 10a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2p Ukulele Practice	**3** 7 a Early Bird Walking 9:30 a Rummikub **9:30a Day Trip-Dolly's Truck Stop & lunch*** 10 a Billiards 10 a A Stitch in Time 1 p Bingo **1 p Nesterly Homesharing Presentation*** 12:30 p Open Art Studio	**4** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
7 9 a Card Crusaders 10 a Billiards 12 p Hand & Foot 12p**Maker's Monday** 1 p Bunco 1:30 p Mindful Movements	**8** 9:30 a Scrabble 10 a Billiards **10 a Medicare Support Session*** 10 a Chair Yoga **11a Day Trip-International Food Tour-MI Kitchen*** 11 a Cardio, Strength, & Balance 12 p Mah Jongg 101 1 p Line Dancing **3 p Solo Agers Club** 4:30p Mah Jongg 101 5p Dance Class	**9** 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 2p Ukulele Practice	**10** 7 a Early Bird Walking 9:30 a Rummikub **9:30a Day Trip-Opry Mills Mall*** 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***	**11** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 1p **Jewerly Making Class***
14 9 a Card Crusaders 10 a Billiards 11a **Five Things to Put in Place Before a Health Crisis*** 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	15 9:30 a Scrabble 10 a Billiards 10a Book Group 11a **Musical Memories Songwriting 101*** 12 p Mah Jongg 1 p Line Dancing 4:30p Mah Jongg 101 5p **Fireside Friends** 5p Dance Class **6pTrip-3rd & Lindsley Christmas Show***	**16** 9 a Bridge-Morning 9 a Card Crusaders 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 1:30p **Tennessee Jewels Christmas Show*** 2p Ukulele Practice 2p Historical Book Group	**17** 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 **Haven Concierge Transport Presentation***	**18** 10a**Secret Santa Reveal** 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg
21 Closed for Holidays	**22** Closed for Holidays	**23** Closed for Holidays	**24** Closed for Holidays	**25** Closed for Holidays
28 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	**29** 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a Cardio, Strength, & Balance 12 p Mah Jongg 1 p Line Dancing 4:30p Mah Jongg 10	**30** 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2p Ukulele Practice	**31** 7a 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	**Jan 1** FiftyForward Centers & Offices Closed for Holidays

Art & Music

Card Crusaders Mondays and Wednesdays, 9 a - 3 p Join the Card Crusaders! For more than 10 years, this group has made cards to support the Martin Center and bring joy to others. Beginners and experienced card makers are welcome. Training is available.

Open Art Studio Thursdays, 12:30 – 3 p and Fridays, 10:30 a - 1p 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 a - 12 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, 2p – 3:30 p** Bring your ukulele and join us for a fun and relaxed practice session! 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.

Special Events

Downsizer's Club Thursday, December 10, 1 p Ready to declutter or downsize? Join the Downsizer's Club for helpful advice, encouragement, and support from others on the same journey. **Registration required.**

Five things to Put in Place Before a Health Crisis Monday, December 14, 11 a Learn practical tips to help you prepare for an unexpected illness, fall, or hospitalization. Discover five important steps you can take now to be ready before a health crisis occurs. **Registration required.**

Frist Art Class Thursday, December 17,10:30a Create art with guidance from a Frist instructor and learn about the exhibition, *Shimmer: Dreaming the Posthuman*. All materials provided. Workshop length: approximately 90 minutes. **Limit 12. Registration required.**

Haven Concierge Transport Presentation Thursday, December 17,1p Learn about a dependable private-pay transportation service for older adults, individuals with mobility challenges, and families seeking personalized service. **Registration required.**

Jewelry Making Class-Friday, December 11,1p Create and assemble beautiful, beaded holiday jewelry in this beginner-friendly class. Learn basic techniques for making bracelets and, time permitting, and earrings. No experience required. **Registration required. $5.00 to instructor to cover supplies. Limit 15 members**.

Maker's Monday Monday, December 7, 12 p Create a festive ribbon tree door hanger in your choice of colors, from traditional green to whimsical pink. The class is free, and a **$5 donation to cover supplies is appreciated**. **RSVP by December 3.**

Musical Memories Songwriting 101 Tuesday, December 15, 11a. Join a teaching artist from the Country Music Hall of Fame to learn the basics of songwriting and create an original song as a group. Through music, discussion, and shared experiences, participants strengthen social connections and support cognitive wellness. **Limit 15 members. Registration Required.**

Nesterly Home Sharing Presentation Thursday, December 3, 1p Learn how Nesterly helps make housing more affordable by connecting people across generations, cultures, and life experiences through mutually beneficial home-sharing opportunities. **Registration required.**

SHIP Medicare Support Sessions Tuesday, December 8, 10 a (State Health Insurance Program (SHIP) Have questions about Medicare, changing plans, or enrolling for the first time? Meet with Nancy Parker, a trusted TN SHIP representative, for free, unbiased information and guidance. Appointments are available, or you can drop by with questions. To schedule an appointment, call **615-873-4379** or email **tnshipvol@comcast.net**.

Tennessee Jewels Christmas Show Wednesday, December 16,1:30p p Enjoy a special performance by the Tennessee Jewels, a senior performance group that entertains assisted living communities, senior centers, and memory care facilities. Pageant winners will present a 50-minute show and share how you can become a Tennessee Jewel. R**egistration Required. Cost Free.**

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. **No Class 12/3/26 & 12/15/26.**

Chair Yoga Tuesdays and Thursdays, 10 a Instructor: Melissa Clinton. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate. **No Class 12/3 & 12/15/26**

****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 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! **No Class December 29.**

Early Bird Walking Thursdays, 7 a - 8 a Join early risers and get steps in with friends while walking around the loop at Tower Park. Bring a Guest!

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. Full Body Strength is like Pilates. There will be strength training with a focus on balance and stretching using small hand weights, resistance bands, and mini exercise balls. Skill Level: Beginner, Intermediate. **No class 12/16/26.**

Mindful Movements with Ron Mondays, 1:30 p **I**nstructor: Ron Lee. Ron 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 sitting 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.

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 equal 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, December 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.

Looking for Volunteers

We're looking for a few helping hands to make our building feel festive and welcoming! We need volunteers to help decorate the building, as well as volunteers to assist with our monthly potluck decorations. Ms. Barabara Thompson is retiring from this position. We are also looking for someone willing to take on the task of laundering the potluck tablecloths to help keep them fresh and ready for each gathering. Whether you can lend a little time or take on one of these ongoing tasks, your help would be greatly appreciated! Every contribution makes a difference.

Games

Billiards Mondays, Tuesdays, Thursdays, & Fridays 10 a - 12 p. No Billiards Wednesdays 9-Noon. Enjoy camaraderie, friendly competition, and plenty of fun in our Billiards Group. All skill levels are welcome, from beginners to experienced players. Billiard tables are available throughout the week for open play.

Bingo Thursdays December 3 & 17, 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 friends for a fun game with our experienced Bridge Group. Enjoy friendly competition, social connection, and the challenge of this classic card game. Must be an experienced player.

Social Bridge- Afternoon Wednesdays, 12:30 - 3:30 p. Learn how to play this exciting, challenging card game with friends. No experience needed.

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 experience levels are welcome! Whether you're an experienced player or interested in learning, come join the fun. New players should register in advance to begin their learning experience

Mah Jongg Tuesdays and Fridays, 12 - 2:30 p Played in the American Mah Jongg style, this group welcomes both experienced players and beginners. Experienced players can jump right in, while those

learning may observe and receive step-by-step guidance. Our members can also help you obtain a Mah Jongg card. A 2026 National Mah Jongg League card is recommended and available for purchase here:

https://www.nationalmahjonggleague.org/store)

Mah Jongg 101 Tuesdays, 4:30 – 6:30 p Mah Jongg is one of the fastest-growing games in popularity, and now is your chance to learn what all the buzz is about! Join us every Tuesday in December for a fun, beginner-friendly Mah Jongg 101 series. Once you learn the basic rule and strategies, you can put your skills to work.

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: 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, December 15, 10 a Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *The Vanishing Half* by B. Bennett Facilitaqtor Kay.

Book Group-Historical Books-This Month, December 16, 2 p Attention history buffs! Join fellow history enthusiasts for a lively discussion of *The Bully Pulpit: Theodore Roosevelt, William Howard Taft and the Golden Age of Journalism* by Doris Kearns Goodwin. This month's discussion covers Part 1 of the book, with Part 2 continuing in January.

NewFireside Friends Tuesday, December 15, 5p-7p** Join fellow FiftyForward members for a relaxing time by the fireplace. Bring your favorite beverage, get comfortable, and enjoy warm conversation, laughter, and friendship. It's the perfect opportunity to unwind, catch up with old friends, and make new ones.

Line Dancing Tuesdays, 1 - 2:15 p Instructor: Joanne Schnaars. Beginners, intermediate or line dancing pros are welcome to join. This class is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

Mix and Mingle Tuesday, December 1st, 4 p - 5:15 p. All members are invited to join us each month for friendship, conversation, and fun by the fireplace. Bring your favorite beverage and a shareable snack and enjoy time with fellow members. **RSVP through the membership portal.**

Potluck Lunch Wednesday, December 9, Noon. Arrive 11:30 – 11:45 a to bring your dish for the kitchen to organize. Registration is required. Bring a dish to share (homemade or store-bought) and enjoy a delicious meal with fellow FiftyForward members. Please let us know what you plan to bring. If bringing a dish isn't possible, a **$10 contribution** is welcomed. Come enjoy great food, fellowship, and fun!

Secret Santa Reveal Friday, December 18, 9a Join us for our Secret Santa Reveal as we exchange gifts, discover our holiday gift-givers, and

enjoy cookies and coffee. Come ready for fun, surprises, and holiday cheer!

Solo Agers Club-Second Tuesday of Every Month- Tuesday, December 8, 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 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/

Mystery Lunch

Date: Tuesday, December 1
Cost: $20.00 plus lunch
Registration is required, and space is limited to 13 members.
Bus departs at 10:15a & returns at approx. 2 p

Join us for a day of food and fun as we head out to a mystery lunch destination! Follow the clues, test your guessing skills, and enjoy great food and fellowship with fellow FiftyForward members. Can you solve the mystery before we arrive?

***Known for its delicious biscuits**
***Good country atmosphere**
***Been around since the 1900's**

Dolly's Truck Stop & Lunch

Date: Thursday, December 3
Cost: $25.00 plus lunch
Registration is required, and space is limited to 13 members.
The bus departs at 9:30a & returns at approx. 3:30p. Welcome to Dolly's Tennessean Travel Stop in Cornersville TN, a place where you're greeted not just with fuel and food, but with warmth, comfort, and a little sparkle of Dolly Parton magic. No matter how far you've traveled, you'll feel right at home here. Shop at Dolly's Truck stop, then have lunch at Dolly's southern style home cooking restaurant.

International Food Tour-MI Kitchen

Date: Tuesday, December 8
Cost: $15.00 plus lunch
Registration is required, and space is limited to 13 members.
The bus departs at 11a & returns at approx. 2:30 p MI Kitchen is more than just a restaurant; it's a celebration of diversity of flavors and ingredients that can be found in Asian cuisine. The chefs, Nick and Yun, are passionate about creating a culinary experience that not only satisfies the taste buds but also ignites the senses.

Opry Mills Mall

Date: Thursday, December 10
Cost: $20.00 plus lunch of your choice
Registration is required, and space is limited to 13 members.
The bus departs at 9:30 a & returns approx. 3 p

Enjoy a day of shopping, dining, and fellowship at Opry Mills, Nashville's premier outlet mall featuring more than 200 stores, including many designer outlets. You'll also have a variety of dining options to choose from, including The Cheesecake Factory

and Aquarium Restaurant. Join us for a great day to shop, dine, and explore!

Its Christmastime with Gale Mayes at 3rd and Lindsley

Date: Tuesday, December 15
Cost: $35.00 (+ food optional)
Registration is required, and space is limited to 13 members.
The bus departs at 6 p and returns at approx 10p. Get ready for an unforgettable evening with Gale Mayes at the legendary 3rd & Lindsley, one of Nashville's most iconic live music venues! Special guests include Sonja Hopkins, Amelia Eisenhauer and Joey "Elvis" Hines. The fine entertainers range from jazz, bluegrass, rock & roll and rhythm and blues. This award-winning group featuring some of Nashville's finest musicians, delivering incredible harmonies. With a reputation as one of Music City's favorite live acts, this is a show you won't want to miss! Food available for purchase at 3rd and Lindsley. **Deadline to register December 4.**

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.