

December 2016

**FiftyForward
Martin Center
960 Heritage Way
Brentwood, TN 37027
Phone: (615) 376-0102
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Center Hours: 8:30-3:30
Monday through Friday**

Martin Center Staff

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60 years / **Fifty Forward**
Since 1956, we've been enriching those 50+



December Highlights

***Martin Holiday Party
Green's Grocery in Historic Leiper's Fork
Thursday, December 1***

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***College Grove Christmas Parade  
Sunday, December 4***

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***Holiday Potluck
Featuring vocalist Jennifer Cihl and Friends
Tuesday, December 20***

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***Shinndig Christmas Celebration  
Tuesday, December 20 at the Allen Arena***

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***Taste of the Holidays with Fred Durham
Grapevine Wine and Spirits***

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***The 75th Anniversary of the Bombing of Pearl Harbor  
Lipscomb University Lunch and Learn***



## Get Movin' At Martin

### Introducing New Classes in 2017

#### FXP Fitness and Vinyasa Yoga

FXP Fitness classes offer a unique blend of pilates, barre, and yoga-involved moves... using hula hoop for balance! The flow of sequences ignite your metabolism, tones, sculpts, and stretches the body.

#### Vinyasa Yoga

Vinyasa Yoga, is breathing with movement. The mission of this class is to provide a compassionate, supportive environment where healing can occur on all levels (mind, body, spirit), through gentle yoga and meditation flow practices. This class uses reliable, trusted techniques (linking gentle movements and focused concentration on breath) into a flow of exercises to promote well-being in all areas of your life. Whether you're new to yoga, have a preexisting condition, or simply looking to go deeper with your practice this is an excellent class to take you on your path to a healthier life.

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#### Yoga on Wednesdays

##### Each Wednesday at 10:30

Yoga is for everyone. No matter what age you are or what condition you are in, you can experience the health benefits of yoga. Did you know you can perform most yoga postures, breathing techniques, meditation, and relaxation techniques from a chair? This form of yoga is very easy to do no matter what condition you are in. Cost: Members \$5. If you also participate in the Pilates class the day of yoga cost for both sessions is \$8.00.

#### Pilates & Core Stability

##### Mondays and Wednesdays at 9:15

Cost: Members \$5. Non-Members \$10. Non-members please sign in and pay at the front desk. If you also participate in the yoga class the day of Pilates cost for both sessions is \$8.00.

#### Stretch and Flex Exercise Class on Fridays at 9:30

##### Instructor: Dot Small

This chair exercise class focuses on flexibility and balance. Members free. Non-members \$5.

#### Tai Chi

##### Thursdays at 9:00

##### Instructor: Julie Russell

Tai Chi quiets minds, helps with breathing deeper, and improves balance. For more information call Julie at 615-831-0440. Cost: \$40 for 4 classes for members; \$80 for non-members. Non-members please pay at the front desk.

#### Yoga and Chair Yoga on Thursdays at 10:15

##### Instructor: Julie Russell

Cost: \$40 for 4 classes for members; \$80 for non-members. Single class cost: Members \$11. Visitors \$22. Chair Yoga is now a part of the senior Yoga Class. Chair Yoga provides a stable foundation for all bodies to gain strength and flexibility as well as a calm and clear mind.

#### Community Walking Path

*Sponsored by First Farmers*



##### Monday through Friday

Thank you to the generosity of First Farmer's Bank we enjoy the beauty of our backyard with installed "Stairway to the Little Harpeth at Martin". You can venture outside and walk at your own pace and on your own time. Enjoy a mostly paved and flat pathway from our backdoor along the path to the recreation center.

# Creative Wellness and Education

## Acrylic Techniques

**Instructor: John Cannon**

2nd and 4th Mondays of the month at 1:00.

Acrylic Painting Techniques. Learn how to use acrylic paints in a variety of styles. Techniques also include alternate surfaces and addition of mediums to achieve artistic effects. Instruction will also emphasize composition and values, as well as practical aspects of creating art.

Cost: \$30 per class or 2 consecutive classes for \$50. December TBA

## Oil Painting With Barbara

**Thursdays at 9:30**

**Instructor: Barbara Bays**

Join us for this four week session to learn new ideas, techniques and enjoy fellowship with friends.

These sessions are designed for you to relax and explore your creative side and discover hidden talents in a delightful environment. Cost: \$45 for members and non-members 90.

**December TBA.**

## Massage

Licensed massage therapist Kathy McFarlane is normally available on Tuesday and Thursday.

Hourly rate for members: \$45 and non-members \$60. Tip not included. 1/2 hour rate: \$25 for members and \$45 for non-members. Call the Center to make your appointment. Gift certificates available.

**Cancellation Policy:** To cancel a massage, please call 615-376-0102 at least 24 hours in advance.

## Card Crusaders

**Monday and Wednesdays at 9:00**

Join the fun each Monday and Wednesday to create beautiful Iris Folded cards to benefit the Martin Center.

100% of the proceeds from the sale of the cards benefit the Martin Center. If you would like more information on how you can help, please call 615-376-0102.

## Paraffin Hands

**Tuesday, December 20 at 1:15**

What are paraffin hands? Both medical professionals and aestheticians use paraffin wax which is a soft wax derived from petroleum to care of hands both inside and out. Your hands are coated in multiple layers of warm wax and covered in plastic to trap heat and intensify its healing and moisturizing properties. Join us for a wonderful treat after potluck. Reservations required. Cost: \$5 includes gentle scrub for your hands, warm layers of wax to cover your winter worn hands and pamper time with good friends.

## Community News

### 4th Annual Holiday Market, Music & Munchies

**Saturday, December 3 from 10:00 to 2:00**

Location: Fountains of Franklin, 300 Celebration Circle, Franklin, TN

Enjoy live music, holiday refreshments and Holiday gift vendors.

For more information call 615-567-3717. Free to the public.



### The Frist for our Holiday Concert

*Let's Meet There*

**Monday, December 19 at 10:30**

Location: The Frist Center, 919 Broadway

Nashville in Harmony & Sing-along of carols and songs!

RSVP: 615-330-1937 or sarah@musicforseniors.org

Free admission to the galleries with a canned good for Second Harvest

\$3 parking (as available) in Frist lot; discounts in the gift shop and Café.

## Tech Time with Carrie

*Holiday tips!*

**Thursday, December 8 at 10:30**

Join us for tips on your Christmas countdowns shopping tips, even a refresher on skyping with friends and family. Reservations and equipment required. Limited seating



### **Beautiful Holiday Appetizers**

**Thursday, December 15 at 1:00**

**Instructor: Betsy Crossley**

The elves and Mrs “Claus” Crossley have been cooking up some wonderful holiday treats. Join us for a demonstration of beautiful holiday appetizers that taste great too. Join us as she shares one of her husband’s top secret recipes for the holidays. Reservations required. Cost: \$5.

### **Friends By The Fireplace**

**Thursday, December 15 at 3:00**

**Presented by Fred Durham**

This will be a little twist on our winesippers group since so many of you still wanted to meet during the holidays. Join us for an afternoon filled with friends, fun and flavors by the fireplace. Fred will join us with a sampling of unique holiday tastings. Please bring an appetizer to share. Reservations accepted only with payment. Tasting: \$5



### *Holiday Potluck*

***Featuring vocalist Jennifer Cihl and Friends***

Martin members: \$2. Guests: \$5.

Entrée provided but everyone must bring a **LARGE** dish to share.

**Tuesday, December 20 at 11:30**

Join us for a musical afternoon with vocalist Jennifer Cihl. Jennifer will share with us her incredible talents for a lovely day celebrating the holidays with friends.

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### **Casey’s Corner**

Over half of our members will be up for renewal at the end of this year – that is a lot of people! To prevent waiting in a line during the last week of December, I want to encourage you to renew early. Renewing early will not change your expiration date – you will simply be paying ahead for the next year. Don’t forget to use the coupon in this newsletter!

Thank you to the member volunteers who helped make the Martin Masters art show a success: Beverly Bell, Maria Cacho, Rich Clark, Judy Davis, Pat Haskins, Nell Highers, Debbie Muck, Toni Murray, Malcolm Small, Dot Small, Rita Tumis, Betsy Copley, Ann Warden, front desk volunteers, and the Card Crusaders. Woo hoo!

I also want to give a shout out to member Chris Betts, who took the Martin Center van to complete emissions testing and update its registration. Because of him I could stay in the office and get a lot of work done. Thanks, Chris!

Attention all front desk volunteers and members who are interested in becoming a front desk volunteer: **Save the date for January 27 for Front Desk Orientation.** More information to come!

### **FiftyForward Martin Center Refund Policy**

Membership and interest in our programs and activities continue to increase. Many programs and trips require a minimum number to make it cost effective or to honor the time commitment for an instructor, a licensed driver or facilitator. When you sign up, you are making a commitment to the activity and are responsible for putting it on your calendar. Refunds or credits are not given for any activity, trip or event where there is a ticket, a reservation, or number of attendees that have to be committed in advance. All activities that require a reservation for a meal or materials provided will forfeit payment unless there is a waiting list and we can fill that vacancy with another member. Credits will be given only if the program is cancelled by the Center. Exceptions may be considered by the Center Director in extreme situations.

## Trips and Tours

### College Grove Christmas Parade

#### **Sunday, December 4. Leave the center at 12:30.**

You will have one of the best seats in the house to view the parade while sipping hot chocolate and nibbling on homemade cookies made by Tracy Windrow. From the front porch of the Windrow's beautiful home you will be able to sit back and relax. College Grove knows how to have one of the best Christmas parades around including lots of candy and the big man himself, Santa. The parade which promises to be quirky and fun while highlighting a real "Country" Christmas with sheep, horses, half-asses, hound dogs and antique trucks and tractors as well as plenty of unique floats. Parade starts at 2:00.

Cost: \$4 for CDL licensed driver and round trip transportation. Reservations required.

### Lunch and Holiday Tasting

#### *Cheddars and Winter WINEland*

#### **Monday, December 5 at 10:45**

Let's travel to Cheddar's for a wonderful lunch. After lunch, we will visit Fred at The Grapevine Wine & Spirits. Fred will share with us some of the creative twists to holiday recipes. There are so many festive flavors being developed that have alluring aromas that I believe we will be surprised at all the new creations. Limited seating.

Cost: \$4 includes transportation and tasting. Limited to 10.

### Clyde's On Church

#### **Tuesday, December 6 at 10:30**

Meet your new favorite restaurant plus bar plus lunch spot plus hangout. Hungry? Check out Clyde's amazing appetizers, fresh salads, homemade soups, crazy-good sandwiches and certifiably INSANE smoked pork, brisket and chicken, always cooked low and slow in our smoker. Looking for great drinks? Enjoy custom cocktails, powerful punches, killer craft beers and the best drinks in Nashville. Reservations required.

Cost: \$7 includes CDL license driver, door-to-door services, transportation and parking.

### Sperry's

#### **Wednesday, December 7 at 3:45**

Let's travel to Cool Springs and check out Burton's Bites. Starting at 4:00, Sperry's offers a unique menu at very affordable prices and beverage specials for under \$10. Reservations required. Cost: \$3 includes transportation, CDL licensed driver and parking.

Reservation required. Please also let us know if you plan to meet the group at Sperry's.

### Franklin Theatre

#### *White Christmas*

#### **Monday, December 12 at Noon**

*White Christmas* is a 1954 American musical romantic comedy film directed by Michael Curtiz and starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Ellen, loosely based on the 1942 film *Holiday Inn*. Filmed in VistaVision and Technicolor, it features the songs of Irving Berlin, including a new version of the title song, "White Christmas", introduced by Crosby in the earlier film.

Cost: \$10 includes ticket for event, door-to-door services and transportation.

### Dinner Group

#### *Bonefish Grille*

#### **Tuesday, December 13 at 4:00**

Let's meet at Bonefish Grille in Cool Springs for their new *Hooked on Tuesday*. From the moment you step foot through their doors, you'll be transported to a unique Bonefish Grill experience. Prepare for the unexpected – a journey that will ignite your taste buds, reward your curiosity and turn any visit into so much more than your typical night out. Choose from their salad, entrée and dessert beginning at \$14.99. Menu at the front desk.

Reservations required so please let us know if you plan to meet us there.



## Trips and Tours

### The Historic Sutler Saloon

**Wednesday, December 14 at 10:45**

The historic Sutler was originally opened in 1976 by country radio personality Johnny Potts. Part venue, part restaurant, and part dive bar, the Sutler was a social hub for locals and the Nashville music community, as well as a waypoint for travelers and touring acts from far and wide. The Sutler's original location opened in the same historic Melrose theater building where it stands today. Since it was reopened and reimagined in 2014 by restaurateur Austin Ray and the building's developer and restorer, Joe Parkes Jr., The Sutler has quickly become part of Nashville's current music scene. The Melrose area has grown so much you probably won't recognize it. Reservations required.

Cost: \$6 includes transportation, parking and a CDL licensed driver.

### Uncle Julio's

**Friday, December 16 at 10:45**

Uncle Julio's comes to the heart of Brentwood! Located at the Hill Center at the corner of Franklin Road and Maryland Way, Uncle Julio's features fresh, made-from-scratch Mexican cuisine. Try our famous mesquite grilled fajitas, table-side guacamole, fresh margaritas, and our now famous Chocolate Piñata! Cost: \$3 includes transportation, CDL licensed driver and parking. Reservation required. Please also let us know if you plan to meet the group at Uncle Julio's.

### Union Station Hotel

*Boutique Hotel Steeped In History*

**Monday, December 19 at 10:30**

In every grand Southern city, there is a hidden gem that must be seen. In downtown Nashville, that glittering jewel is Union Station, a Nashville boutique hotel situated inside a beautifully-restored 19th-century railroad station. Fit with a soaring 65 foot barrel-vaulted ceiling and 100-year-old Tiffany styled stained-glass, our lobby atrium takes cues from the elegant past of rail travel, while newly transformed accommodations and a new bar and restaurant concept cater to today's discerning guest. During our visit we will enjoy their holiday sights for the season. Reservations required.

Cost: \$8 includes CDL licensed driver, door-to-door service, parking and transportation.

### ShinnDig Christmas Celebration

*Sponsored by The George Shinn Foundation*

**Tuesday, December 20 at 10:15**

Let's travel to Lipscomb Allen Arena and be their guest at the 2016 ShinnDig event. Enjoy a delicious lunch, door prizes, gifts and entertainment. Special Guest Entertainment: Jeannie Seely Bill Anderson Sylvia Hutton Charlie McCoy & Paul Alan Coons We do have a table for seating this year so the trip is limited to ten.

Reservations required. Cost: \$7 includes ticket for event, lunch, door-to-door service and transportation.



### Jonathan's

*Meet There*

**Wednesday, December 21 at 4:00**

Enjoy an afternoon with friends over a cold beverage and great food. Let's meet at Jonathan's in Cool Springs at 4:00 to enjoy specials on beverages and appetizers. Starters such as fried dill pickles, wings, sweet potato fries, bam bam shrimp and more or just go straight for dessert. Reservations required, so please let us know if you can join us. Meet there!

### FiftyForward Inclement Weather Policy

Please note when Williamson County schools are closed due to inclement weather all programs and activities at the Center is cancelled.

## The "Knitwits" Knitting Group

### Each Thursday at 10:00

Gather with friends and share your tips with other knitters.

Please call the Center at 376-0102.

## Bingo at Martin

### Tuesday, December 20 at 1:15



Bingo will be held after our monthly potluck luncheon. If you wish to play, please bring a \$5 gift card of your choice. Each player will receive two bingo cards and we will have prizes for the winner of each game. In the event that more than one person bingos, we will draw cards to determine who will receive the prize for that game. We are just getting this organized so please be patient with us as we feel our way and anticipate a fun-filled afternoon for all involved. All those interested are encouraged to come and join in the fun. Register at the front desk.

## Watercolor Exploration with Barbara Bays

### Tuesdays at 10:00

New 6-series begins November 8

It is a "no more fear approach" to watercolor. These sessions are for those who want to continue to explore the art of watercolor. Beginners welcome. Any questions please call Barbara Bays at 615-414-0458.

6-week series Cost: \$50 for members. \$100.00 for non-members. Reservations accepted only with payment.

## Martin Members ~ Open Studio

### Watercolor, Thursdays at 1:00

Bring your brushes, pens and paints and join us Thursday afternoons for an Open Studio day at Martin.

Martin members only. Please check programming schedule for availability.

## Freelance Friday Painting Group

### Fridays at 10:30

Bring your canvas and enjoy painting along with your peers. This group will not have an instructor, however, you will have the opportunity to learn from one another. Freelance Friday is open to all Martin members.

## Games People Play

All of the following activities are provided for Martin members free of charge.

Guests are welcome to pay a \$5 fee to visit activities once.



### Canasta

Thursdays from 9:30-3:30.

Bring your lunch.

### Billiards

Tuesdays and Thursdays at 10:15

Members free.

### Bridge

Wednesdays at 9:00

Members free.

### Bridge Lessons

Wednesdays at 12:30

### Bunko

Friday, December 16 at 1:00

### Horseshoe Pit

Currently open for members.

### Martin Members Game Days

Tuesdays from 11:00 to 3:30.

Fridays from 11:00 to 3:30.

### Poker

Mondays at 10:30

### Scrabble

Tuesdays at 10:00

### Martin Center Programming Note:

The Brentwood Noon Rotary will be meeting at the Martin Center each Friday. They arrive between 11:30 and Noon and leave approximately by 1:00. If you plan to participate in an activity at the Center before 1:00 please arrive by 11:00 to ensure a parking space close to the front door.

## Martin Holiday Party at Green's Grocery in Historic Leiper's Fork Thursday, December 1, 2016

Leave the Center at 4:00. Return to Martin Center by 9:00.

A landmark in Leiper's Fork, Green's Grocery will host our Martin Center holiday party. This is a unique and exclusive opportunity to travel to the beautiful countryside of Leiper's Fork and enjoy fellowship and friendship. We will travel in comfort and sip a little bubbly along the way. Entertainment will feature a live five piece band promising a night of music, fun and good cheer. Your feet will be tapping and dancing along to a wide variety of music starting with traditional standards to pop, rock and roll and even good old Motown. Cost: \$57.50 includes: Dinner and Dessert, Entertainment with 5-piece band, transportation with CDL driver, wine, coffee tea, sound technician and venue. Reservations accepted only with payment. Limited seating.

### Lifelong Learning Series at Martin

*Sponsored by Lipscomb University*

#### Lunch and Learn: The 75th Anniversary of the Bombing of Pearl Harbor

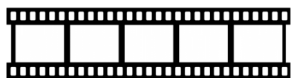
**Wednesday, December 7 at 11:30 to 1:00**

**Location:** Lipscomb's Ezell Center, Room 363

**Instructor:** Tim Johnson, Lipscomb University Research Professor; History Department

December 7, 1941, President Franklin Roosevelt said it was a day that would live in infamy. Explore the causes and consequences of the Japanese attack on Pearl Harbor. On the 75th anniversary of the attack, come join us as we learn more about that fateful day in American history. Transportation provided with 10 or more sign up.

Cost: \$30. The class will be held on the Lipscomb campus.



### Showtime at Martin



**Friday, December 2 at 1:00**

**Surviving Christmas (2004)**

Drew (Affleck), after being dumped by his girlfriend, finds himself in the position of being alone for Christmas. He returns to his childhood home, ends up offering the family that lives there, the Valcos, (Sopranos star James Gandolfini and Catherine O'Hara), a huge amount of money if they consent to pretend they are his parents and that he is a cherished member of their "family" for Christmas. This entails participating in Latham family traditions, such as Christmas tree selection and crowded holiday shopping excursions. Although reluctant at first, they reluctantly agree when the amount of money offered gets to be pretty insane. Reservation required.

**Friday, December 9 at 1:00**

**Jingle All The Way (1996)**

Arnold Schwarzenegger plays Howard Langston, a workaholic father who's failing with his family. He is constantly breaking promises and missing family events simply by being absent-minded and overly concerned with his business. When he shows up far too late for his son Jamie's Karate presentation, he realizes he's got some major sucking up to do. Howard immediately offers to get his son anything he wants for Christmas as a quick fix. But, little does Howard know that the toy Jamie wants, the Official Turbo Man action figure, the hottest toy of the season! No stores in town have one, and tomorrow is Christmas Eve!!! Reservation required.

**Wednesday, December 21 at 1:00**

**Trading Places (1983)**

**Trading Places** is an American comedy film directed by John Landis, starring Dan Aykroyd and Eddie Murphy. It tells the story of an upper-class commodities broker and a homeless street hustler whose lives cross paths when they are unknowingly made part of an elaborate bet. Ralph Bellamy, Don Ameche, Denholm Elliott, and Jamie Lee Curtis also star. Reservation required.

#### FiftyForward Inclement Weather Policy

Please note when Williamson County schools are closed due to inclement weather all programs and activities at the Center is cancelled.



# FiftyForward Membership Information

## Why should I join FiftyForward Martin Center?

FiftyForward Martin Center is a 501(c)3 non-profit community center serving active adults 50+

## Among the benefits of membership...YOU can:

- Get to know more than 300 Martin members and participate with 100 plus volunteers at the center in your community.
- Participate in activities with other FiftyForward Centers.
- Participate in more than 60 different monthly groups, programs, or classes that are offered by the Martin Center.
- Travel on day trips, excursions and longer vacations.
- Have opportunities to volunteer at the Center and give back to my community.
- Use the wireless Internet. Ask front desk for password.
- Spend time reading by the fireplace or playing pool or engaging in activities with other members who share special interests.
- Get a complimentary subscription to the Martin Center newsletter and *Forward Focus* mailed to me.
- Get free, unbiased health insurance counseling.
- Get free financial planning consultation with no obligation.
- Get free tax preparation of simple federal tax returns.

## FiftyForward Martin Center Volunteer Opportunities

We are always looking for capable, caring and committed volunteers for our FiftyForward Martin Center. Please take a minute to look over this list.

**Reception Desk:** Greet visitors, register participants for programs and answer the phone.

**Facilities Set Up:** Set up and arrange tables and chairs in the building for various programs and special events.

**Landscaping:** Help keep our landscape looking beautiful by weeding, watering, planting and picking up trash.

**Property:** Identify needs and help with general maintenance and repair of the Center.

**Kitchen Keepers:** Organize the kitchen for special events and potlucks including set-up, heating of the food and clean-up.

**Newsletter Group:** Fold, label and sort the Center's bi-monthly newsletter.

**Data Entry:** Input membership and volunteer data into the computer system.

**Welcoming Committee:** Introduce new participants at social and special events.

**Phone Calling:** Make occasional phone calls as reminders and follow-ups.

**Decorating Committee:** Decorate for activities or special events at the Center.

**Membership Committee:** Promote membership and encourage members to be active participants.

**\$10 OFF Membership RENEWALS**

Coupon Good for \$10.00 off Annual Membership  
*Good for Traditional Members Only; Not Valid for Scholarships*

**Extend Your Membership NOW!**

*Coupon good for any renewal, regardless of expiration!*

**Fifty Forward**

*Bank Draft Members can use as a voucher for a program at the center.*

Must be used all at once. One coupon per person

**EXPIRES 12/30/2016**

**Martin Center  
960 Heritage Way  
Brentwood, TN 37027**

Return Service Requested

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FRANKLIN, TN



United Way  
of Williamson County

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