

January / February 2017

**FiftyForward**  
**Martin Center**  
**960 Heritage Way**  
**Brentwood, TN 37027**  
Phone: (615) 376-0102  
Fax: (615) 376-0124  
Center Hours: 8:30-3:30  
Monday through Friday

### **Martin Center Staff**

Center Director  
Joyce Keistler  
jkeistler@fiftyforward.org

Associate Director  
Sherry Coss  
scoss@fiftyforward.org

Volunteer and Office Manager  
Casey Griffith  
cgriffith@fiftyforward.org

### **Williamson County Staff**

FLIP Coordinator  
Kathy Banks  
kbanks@fiftyforward.org

Living At Home  
Jane Bradley  
jbradley@fiftyforward.org

### **Websites:**

[www.themartincentertn.org](http://www.themartincentertn.org)  
[www.fiftyforward.org](http://www.fiftyforward.org)

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

## *January and February Highlights*

*House Representative*  
*Glenn Casada*



*Amerigo's*  
*Cool Springs*

*Schokolad Chocolate*  
*Experience*



*Showing at TPAC*  
*Bodyguard The Musical*

*Cougar Camp*

*Fellowship with a twist!*



*Healthy U!*

*Sponsored by Williamson Medical*

*à votre santé*  
*with Fred*



# Get Movin' At Martin

## NEW At Martin ~ 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.

### Weight Watchers

Weight Watchers Meetings at Martin Tuesday mornings at 8:30 Martin Center members with I.D. pay \$30 joining fee week one (unless there is a joining special). Martin Center members with I.D. receive \$2.00 off the weekly meeting fee, after week one no additional discounts are available. These discounts are only available at FiftyForward Martin Center location.

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### A Walk With Friends

*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.

### Please Note:

#### Inclement Weather Policy

**When Williamson County Schools are closed due to weather  
all activities / classes / trips are cancelled**

# 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. **January 9 and 23. February 13 and 27.**

## 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. **January 26, February 9, 16 and 23.**

## 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.

## 3D Mixed Media Fun

**Friday, January 20 at 11:00 to 2:00**

**Instructor: Barbara Bays**

Have a fun-filled afternoon learning new skills in 3D painting. The emphasis in 3D arts is to explore your creativity and to think outside the box. This class will experiment with a variety of surfaces and textures.

You are encouraged to bring your lunch or snacks. Beginners and experienced artist alike are welcome!

Cost: \$20 supplies included.

## Love Beads

*with Barbara Bays*

**Thursday, February 9 at 1:00**

**Instructor: Barbara Bays**

Bring your favorite beverage and let's make Jewelry with beads of your choosing.

Beading class: \$5 supplies included for members.

Reservations required.



## Sweet Creations with Carrie

*Cupcake Valentines Cards*

**Thursday, January 26 from 1:00 to 2:30**

**Instructor: Carrie Drumheller**

Join us in creating these sweet creations! Choose from a variety of paper, ribbon and embellishments to create 5 sweet cupcake cards for the Love's in your life. We will be exploring different card layouts, different types of adhesives and using a Cuddlebug to add some embossing to our backgrounds.

Cost: \$15 includes supplies and embellishments for five cards (envelopes included).

Class size is limited. The finished card size is 4.25" X 5". Reservation required.



# Continuing Education

## AARP Free Tax-aide

Tuesdays and Thursdays beginning February 2 through April 13 from 9-Noon. **By appointment only.** This service is provided by IRS trained volunteers. You must bring last year's tax return and current year's tax forms. You are not required to be a member of the Center; however, preference will be given to those 50+. Call 376-0102 or come by to make your appointment.

## Potluck Luncheon

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

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

**Tuesday, January 17 at 11:30**

**State of Tennessee in 2017**

**Guest Speaker:** Representative Glen Casada,  
District 63 Tennessee General Assembly

It has been said that Tennessee is in the one of the best financial states it has been in years through smart investments and conservative budgeting while holding in the reins during economic conditions. House Representative Glen Casada will join us for a discussion of expectations and challenges for 2017.

**Tuesday, February 21 at 11:30**

**Rightsizing**

**Presented by Cindy Natsch**

*Sponsored by Let's Get Moving!*

Are you planning ahead for a more comfortable, user friendly home, or do you feel overwhelmed with even the thought of creating a new home space? Let's have a candid conversation about Rightsizing! What does this phrase really mean...? We will lead a discussion about when to know if your home still 'fits' your current and future wants and needs. In addition, we will also discuss the typical challenges surround home changes. There will be a door prize and you must be present to win. Reservations required.

## Fresh Start for The New Year

*Lunch provided*

**Monday, January 23 at Noon**

Are you curious about what the new year will bring? Join us for a discussion about the stock market trends and how it can impact you in 2017. Join Raj Patnaik and Zach Richards from Merrill Lynch Wealth Management for a timely conversation about the investment world. Light lunch provided. Reservations required.

## Safety and Trending Crimes

*Brentwood Police*

**Wednesday, January 25 at 10:00**

**Are You A Target For Crime?**

**Presented by Brentwood Police**

As you know, crime is on the increase in most large U.S. cities. It is also becoming more prevalent in small communities. Thinking that it can only happen to someone else and doing nothing to prepare yourself or take precautionary measures just in case makes you the perfect victim criminals are looking for. Making yourself less of a target is simpler than you might think. Reservations required. Limited seating.

## Adult Party Games

*Minute To Win It and The Game of Things*

**Monday, February 13 at 1:00**

**Game Show Host: Sherry Coss and special guest**

*Minute to Win It* consists of a variety of games where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house. Join us for a fun filled afternoon with friends and find out who is in it to win it! *The Game of Things* is a Who-said-what" game with attitude that presents players with provocative topics like "THINGS... you wouldn't do for a million dollars", "THINGS...you wish grew on trees", or "THINGS... your parents forgot to tell you" and asks each player to write down whatever comes to mind. Pick a topic, everyone writes a response, read them out loud and guess who said what. There are no right answers... There are no wrong answers. Just a lot of laughs. You won't believe the THINGS... you'll hear. Prizes and laughter free! Reservations required for fun.

## Continuing Education

### Culinary Demonstration

*Sponsored by Morning Pointe of Brentwood*

**Tuesday, February 7 at 1:00**

**Instructor: Chef Ron Geagan**

Chef Ron will join us to tempt your taste buds with exciting new flavors and cooking techniques.

Limited seating. Reservations required.

### On Your Own Terms

*With Carol Austin by appointment*

**Wednesday, February 15 at 10:00**

**Sponsored by Austin Funeral and Cremation Services**

Many of the participants from Carol's last presentation asked for the opportunity for a one-on-one consultation to ask questions regarding wills, power of attorney or other concerns. Carol Austin will join us from 10:00 to 1:00 for individual confidential conversations. It's important to review your will and have your plans in place to save your family and friends the struggle to make plans for you. To schedule your appointment at the Martin Center please call 615-376-0102. If you have questions for Carol before your appointment she can be reached at 615-377-0775 or 615-423-2688. By appointment only.

### Health U!: Hydration vs De-hydration

*Sponsored by Williamson Medical*

**Thursday, February 16 at 11:30**

**Guest speaker: Jennifer M. Santana, M.D.**

Dr. Santana is certified by the American Board of Internal Medicine in Nephrology & Hypertension. She completed her medical training in Henry Ford Hospital in Detroit, Michigan, where she served as Chief Fellow. Join us for a discussion based on hydrations and she will cover several topics as well. Hydration is important because the body is comprised mostly of water. The proper balance between water and electrolytes in our bodies really determines how most of our systems function, including nerves and muscles. Discover the signs of dehydration with a question and answer session to follow. Light lunch provided. Reservations required.

### Adult CPR / First Aid and Choking

**Friday, February 17 at 1:00**

**Instructor: Lt. Mike McCutcheon**

Please join us for an afternoon of safety instruction with emergency medical coordinator, Lt. Mike McCutcheon. He will be training us for adult CPR, first aid care, AED Defibrillators and much more. Remember, there is always something new to learn and it is very important to refresh your skills. Reservations required. Limited seating.

### What happened to Real Estate in Middle Tennessee

*Real Estate 101 for the 55+ Crowd*

**Monday, February 27 at 1:00**

**Guest Speaker: Debbie Lambert, Seniors Real Estate Specialist with Benchmark Realty**

What in the world is happening with Real Estate in Middle Tennessee?!! You've noticed home prices soaring, new developments popping up all over the place and older homes being torn down and replaced by new, estate-type homes. Learn what all these changes could mean for you as a homeowner, how to find out what your property might be worth in today's market, and trends in housing for those who are 55+ in the Middle Tennessee Area. Limited seating. Reservations required.

### Keep a Watchful Eye

*Sponsored by Cool Springs Eye Care*



**Wednesday, March 1 at 1:00**

Degeneration and those pesky floaters? Join Dr. Jeff Kegarise from Cool Springs Eye Care as he simplifies eye conditions and the current treatment options. Can you minimize or even prevent some of these more common eye problems? Dr. Keg will answer these and all of your eye health and vision questions. Reservations required. Light refreshments.

## Trips and Tours

### Jonathan's

*Meet There*

#### Wednesday, January 18 and February 15 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!



#### Thursday, January 19 at 10:30

Let's travel to Big Shake's Hot Fish and Chicken in Franklin off Murfreesboro road where Celebrity Chef Shawn "Big Shake" Davis brings you his Award Winning Hot Chicken. Bringing together his business insight, culinary expertise, and fatherly experience, Shawn's "Original Shrimp Burger" was created for his newly vegetarian daughter. It landed him a spot on ABC's Shark Tank in 2011. From there, his brand grew by leaps and bounds. Now he runs Big Shake's Hot Chicken. Sauces to choose from are *The Original* with no heat, *The Cry Baby* that's mild., *Stop, Drop & Roll*, *Rambo*, *Death Row* and the hottest heat is the *Executioner*. Cost: \$5 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

### Lunch Bunch

*Pueblo Real*

#### Tuesday, January 24 at 10:30

Family owned and operated, Pueblo Real was chosen one of the best restaurants in Franklin. The menu offers something for everyone's taste buds. Join us as we travel to Franklin to Pueblo Real where they fresh ingredients and large portion and a unique style of preparation, seasoning, and sauces from most other places you have visited. Cost: \$5 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

### Del Fresco Grille

*Brentwood, TN*

#### Thursday, February 2 at 10:45

Del Frisco's Grille is located in the new Hill Center Brentwood development in the bustling suburb of Brentwood. With sleek, modern interior, warm hospitality and fresh cuisine, Del Frisco's Grille is one of the top Brentwood restaurants serving chef-inspired American classics and hand-crafted cocktails. Local flavor fit to be shared. Our diverse and delicious menu has something for everyone. Cost: \$5 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

### Jack and Jameson's Smokehouse

*Franklin, TN*

#### Wednesday, February 8 at 10:30

Let's visit Franklin's newest and tastiest re-invented barbecue restaurant. If you are looking for a down-home, stick-to-your-ribs kinda meal, you're in the right place. Farm-to-table isn't a fancy buzz-word, it's just the way they do things. From slow-smoked ribs that fall off the bone to their irresistible loaded baked potato salad- everything is fresh and from scratch, just like your momma used to make it. Jack and Jameson's was created to be the family-friendly barbeque restaurant that our founders, buddies Jonathan, Steve, and Rick, always wanted to visit themselves. Jonathan and Steve are famed actors and met many years ago on the set of General Hospital.

Cost: \$6 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

### Sperry's of Cool Springs

*Let's Meet There*

#### Thursday, February 9 at 4:00

Back by popular demand, 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. Please let us know if you plan to meet at Sperry's. If you sign up to meet there and you need to cancel be sure to call and let us know so we can inform the restaurant.

## **Valentines Day Dinner**

*Meet at Amerigo's in Cool Springs*

### **Tuesday, February 14 at 4:30**

Travel to Amerigo's in Brentwood and enjoy a delicious Valentine dinner. Amerigo's is a casual, energetic, affordable neighborhood Italian restaurant serving a blend of traditional and modern Italian cuisine. Their restaurant is warm and inviting, with friendly yet professional service. The group will meet there. You must sign up at the front desk. Seating is limited.

## **McKay's Bookstore Tour**

*Lunch at Red Robin*

### **Monday, February 20 at 9:30**

McKay's is a one-of-a-kind shopping experience. People bring their previously loved books, movies, video games, music, etc., and McKay's offers them cash or store credit in return. Everything you find on their shelves was brought to them by other customers like us! And because of that, you truly never know what you're going to find. Every visit to McKay's is a unique adventure. If you like, you can take a tour of the facility to see where everything is located and then we will spend a little time there to shop. After shopping, we will travel to Red Robin for lunch. Menu at the front desk.

Cost: \$7 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

## **Carrabbas and The Ultimate Chocolate Experience**

### **Schokolad Chocolate Factory**

#### **Wednesday, February 22 at 10:30**

Leave at 10:45 First we will travel to one of our favorites for lunch, Carrabba's in Cool Springs. After lunch we will travel to Schokolad . Chocolate Factory for a private chocolate party from 1:00 to 2:30. An expert Schokolatier will instruct us while we dip from a flowing chocolate fountain enjoying fresh fruits, a variety of dipping centers and enjoy all the chocolate tools for your new creations to take home with you. All you need to bring is your sweet tooth. Enjoy the atmosphere, the smells, the tastes and the techniques that are uniquely Schokolad. You will choose a chocolate mold to hand pour in milk or dark chocolate and dip a variety of items in their milk or dark chocolate machines, as their staff teaches you the various techniques they use for dipping different items. Enjoy chocolate tasting with chocolate of various cacao percentages and from various regions of the world. Learn the history of chocolate then decorate items in poured white chocolate and sprinkles to take home. Lunch not included. Cost: \$28 includes private chocolate party, a CDL licensed driver, door-to-door service, parking and transportation.

## **Montgomery Bell State Park**

### **February date to be determined**

Montgomery Bell was a manufacturing entrepreneur who was crucial to the economic development of early Middle Tennessee. He was known as the "Iron Master of the Harpeth" and the "Iron Master of Middle Tennessee". Montgomery Bell was born on January 3, 1769 in Chester County, Pennsylvania. His father, John Bell, was an Irish emigrant to the United States.

Montgomery Bell bequeathed \$20,000 toward "the education of children not less than ten nor more than fourteen years old who are not able to support and educate themselves and whose parents are not able to do so." This was the foundational grant for the Montgomery Bell Academy in Nashville, Tennessee. The Montgomery Bell State Park is named in his honor. We will have lunch at the park's restaurant. Cost to be determined. Reservations required.

## **Delmonico Winery**

### **February date to be determined**

Delmonico Winery is centrally located between Nashville, Knoxville, & Chattanooga on more than 20 acres. It may be cold outside but our bus is nice and warm. At DelMonaco Winery & Vineyards, it isn't just the relaxed wine tastings that are complimentary the basic tours are, too. During these and more in-depth VIP tours, staff members lead guests through areas that include the vineyards and the barrel cellar, where the winemakers create their award-winning wines. The wines, which range from sweet to dry are all fermented from grapes grown on the estate, and some are aged in American oak barrels.

Cost for tasting: three wines for free or a full tasting for \$5. Cost to be determined. Lunch destination to be determined. Reservations required.

# 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, January 17 and February 21 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.

## 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.

## Watercolor Exploration with Barbara Bays

### Tuesdays at 10:00

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.

January 10 and 17. February 7, 14, 21 and 28.

## 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.

### 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, January 20 and February 17 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

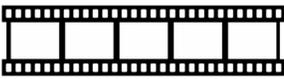
### Scrabble

Tuesdays at 10:00



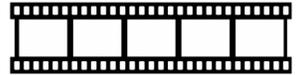
### Martin Center Programming Note:

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.



## Showtime at Martin

Please register if you plan to attend.



### Friday, January 13 at 1:00

Michael - 1996

Stars: John Travolta, Andie MacDowell, William Hurt

Two reporters from a Chicago-based tabloid, along with an 'angel expert', are asked to investigate a claim from an old woman that she shares her house with a real, live archangel named Michael. Upon arrival, they see that her claims are true - but Michael is not what they expected: he smokes, drinks beer, has a very active libido and has a rather colourful vocabulary. In fact, they would never believe it were it not for the two feathery wings protruding from his back.

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### Friday, January 27 at 1:00

Anchors Aweigh - 1945

Starring: Gene Kelly, Frank Sinatra, Kathryn Grayson, José Iturbi, Dean Stockwell

"Anchors Aweigh" is the classic MGM WWII musical starring Frank Sinatra, Gene Kelly and Jerry the Mouse star in this charming musical mix of live action and animation. Two sailors (Sinatra and Kelly) in Hollywood looking for glamorous movie starlets find romance, dance with a cartoon mouse and help a young starlet get discovered--all during one shore leave.

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### Friday, February 10 at 1:00

Miss Pettigrew Lives for a Day - 2008

Stars: Amy Adams - Frances McDormand

Frances McDormand plays a down-on-her-luck governess who finds work as the social secretary for a ditsy actress. They are just what each other needs. A charming comedy about finding a new life and a new love, all in one day.

When Miss Pettigrew (McDormand) stumbles upon the chance to become the new "social secretary" to glamorous high-society singer and actress Delysia Lafosse (Adams), she seizes the opportunity despite being totally out of her element. Swept up into the glamorous whirl of high society, it's all Miss Pettigrew can do to keep up with Delysia as she juggles her love life and career in this "delightful champagne cocktail of a comedy!"

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### Friday, February 24 at 1:00

The Remains of the Day - 1993

Stars: Anthony Hopkins - Emma Thompson - Christopher Reeve - Hugh Grant

A rule bound head butler's world of manners and decorum in the household he maintains is tested by the arrival of a housekeeper who falls in love with him in post-WWII Britain. The possibility of romance and his master's cultivation of ties with the Nazi cause challenge his carefully maintained veneer of servitude.

## à votre santé

### Winesippers at Martin

Grapevine Wine and Spirits

Appetizers provided by Chef Ron with Morning Pointe of Brentwood

Facilitator: Fred Durham, The Grapevine Wine and Spirits

"Votre Sante" A Italian Toast meaning to your health!

Featuring: Francis Ford Coppola line of wines "Votre Sante"

Thursday, February 23 at 4:30

### Menu:

Italian Farmhouse Chicken

Boursin Mashed Potatoes

Ratatouille

**TPAC**  
*Presents The Bodyguard*

**Sunday, March 26. Leave the center at 11:45.**

“The Bodyguard” tells the story of former Secret Service agent turned bodyguard, Frank Farmer, who is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don’t expect is to fall in love. A romantic thriller, “The Bodyguard” features a host of irresistible classics including “So Emotional,” “One Moment in Time,” “Saving All My Love,” “Run to You,” “I Have Nothing,” “I Wanna Dance with Somebody” and one of the biggest selling songs of all time “I Will Always Love You.” Seating is limited. Reservations required.

Cost: \$40 includes ticket to event, CDL licensed driver, door-to-door service, parking and transportation.

**Cougar Camp with Kathy**

**Monday, January 30 at 1:00**

**Guest: Kathy McFarlane**

Cougar Camp is designed for ladies to unwind, relax, laugh-out-loud and enjoy fellowship with friends with a twist! Trade in your computer, cell phones, emails and worries for a few hours of unadulterated off-the-grid fun. Anything is possible when we give ourselves a chance to let go. Let’s spend a few hours together and disconnect from the distractions of everyday life and remember what it’s like to be human again.

Light refreshments and beverages. Cost: \$4. Reservations required.



**Friends By The Fireplace**

**Wednesday, January 11 at 3:00**

Baby it may be cold outside but we have a wonderful fireplace at Martin to keep us warm. Join us for an afternoon filled with friends, fun and flavors by the fireplace. We will sample a taste of the new flavors trending for 2017.

Please bring an appetizer to share and your favorite beverage to sip. Cost: \$5. Reservations required.

**Survey From FiftyForward**

As FiftyForward celebrates its 60<sup>th</sup> year of service to the community this year, we also wanted to note that *Forward Focus* (formerly *Senior Sentinel*), a publication of FiftyForward, marks its 15<sup>th</sup> anniversary this year, too. Your feedback is invaluable to us as we strive to create more engaging and compelling content and stories. Please tell us what you’d like to read more about and what topics interest you. If you have been impacted by a story or a FiftyForward program, we’d also appreciate hearing about it. *Deadline to respond is Friday, Jan. 10, 2017.*

*Thank you!*

Susan Sizemore, FiftyForward Communications Director

Misa Acox, FiftyForward Graphic Design & Publications Manager and Editor, *Forward Focus*

<https://www.surveymonkey.com/r/HHLNN6S>



FiftyForward Martin members will enjoy a discount every day of the week and not just “senior day”. The Grapevine Wine and Spirits is located at 8109 Moore's Lane, Brentwood. Just show your **FiftyForward**

**ID** card at check out and you will receive the following discounts:

All wines 10% off by bottle or box....all sizes All spirits 5% off per bottle....all sizes  
All beers 5% off per bottle, 4 Pack, or 6 Pack...all sizes

## **Note from the Center Director**

Dear Friends,

2016 has been a very special year for FiftyForward Martin Center. We celebrated our 20<sup>th</sup> anniversary in August. We launched our initial programming as “Brentwood Seniors Group” in August of 1996, meeting one day a week at the Tennessee Baptist Children’s Home on Franklin Rd. The next five years we rented space at Brentwood First Presbyterian Church, also on Franklin Rd. In December of 2002, we moved into our beautiful Martin Center, just off of Concord Rd. Over that period of time we grew from about 50 active members to nearly 400 members.

As our programs and members grew, we made some changes in our staffing this year. After 15 years with our organization, Sherry’s leadership in program development and development of corporate support has been recognized and she has been promoted to Associate Director. It is a title that is well deserved. We congratulate you Sherry!

Many of our members have already met Casey Griffith, Martin’s new Volunteer and Office Manager. Casey joined FiftyForward as the part-time Knowles Center Program Assistant. We were delighted when we learned that she was interested in joining our Martin Team. Stop by and join us in welcoming Casey.

During 2016, we have been able to replace the two flat roofs that were causing significant interior damage as well as replace our shingled roof. This was made possible by an emergency grant from United Way Williamson County and Matching funds from a FiftyForward donor.

We are in the process of having new lighting installed in the main corridor, funded partially by donors specifically for lighting. We will be seeking additional funding, either from donations or possible grants to continue updating other more efficient and cost effective options.

We look forward to another year of working together and sharing our great center with even more seniors in our community.

Happy New Year!  
Joyce Keistler

### **Casey’s Corner** *Volunteers Needed*

Happy New Year! I want to highlight the Kitchen Keepers volunteer group. The Kitchen Keepers come in early on potluck day to set out beverages, tablecloths, slice and serve desserts, and stay late to wash serving utensils and wipe off tables. Did you know all this went on behind the scenes!?! The lunch is a success because of these fantastic volunteers! With that said, I’m ready to schedule Kitchen Keeper volunteers for 2017! The time commitment is 10:30a-1:30p on potluck day (third Tuesday of the month) and you can decide how often to volunteer. Maybe you want to help once a quarter or each month in the summer or every other month – you get the idea. Having three volunteers each month is ideal so the more people willing to help, the better! Please call or email me with the months you are available and I will put you on the calendar. Glee Moody coordinate this group for many years – wonderfully, – so let’s make her proud!

Your friend, *Casey*

**Please Note:**  
**Inclement Weather Policy**  
**When Williamson County Schools are closed due to weather**  
**all activities / classes / trips are cancelled**

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960 Heritage Way  
Brentwood, TN 37027**

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United Way  
of Williamson County



***Amerigo's Valentine Dinner  
Cool Springs***



***House Representative  
Glenn Casada***



***Free Tax-aide Assistance**  
Begins Thursday, February 2*



***Survey From FiftyForward**  
Details inside*