

July / August 2017

**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**

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Martin Center Staff**

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***FiftyForward Martin Center
July and August Highlights***

***Total Eclipse
with Dyer Observatory***



***It's Football Time
in Tennessee!***

***Tennessee Sports Writer's Hall of Famer
Joe Biddle, guest speaker***



***Busy Bees at Martin
with Mindy Brodbeck***



***Transportation and Trends
with Matt Largen
President & CEO, Williamson County Chamber***



***Studio Visit & Techniques Talk
with international guest artist
Paul Harmon***

Get Movin' At Martin

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

Flex will not meet Friday, July 12-Friday, August 18

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

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.



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.

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.



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

Creative Wellness and Education

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. Please call center for class schedule.

Imagine, 3 - D Flower Art

Thursday, July 27 at 1:00

Instructor: Barbara Bays

Recycle your plastic bottles into creative flowers of various varieties. Add magic with tiny twinkling lights in a vase, decorate pots or vases. Most Supplies provided. Clean Plastic bottles would appreciated. Cost \$8

Massage with Kathy McFarlane

2nd and 4th Friday appointments now available!

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. **Cancellation Policy:** To cancel a massage, please call 615-376-0102 at least 24 hours in advance. Please note that Kathy has appointments available also on certain Fridays of each month.. The massage schedule is at the front desk. Please call or come by to book your appointment..

The Importance of Titling Your Assets In Estate Planning

Guest Speaker: Gina King, Franklin Synergy Bank

Monday, August 7 at 10:00

Will the titling of your assets unintentionally change the outcome of your estate plan? Join us to discuss how a simple asset titling mistake can cost family time and money with the ultimate outcome being decided by the court. The three basic forms of Tennessee joint ownership will also be discussed. Reservations required. Light refreshments provided.

Beading Buddies

Firefly earrings

Instructor: Barbara Bays

Wednesday, August 9 at 1:00

String along with us, learn the basics, share ideas. Beading supplies, tools are supplied. Magical Firefly earrings. Bring your favorite beverage. Supplies provided. Reservations required. Cost: \$6



Paul Harmon Studio Tour

Monday, August 14 at 1:00

Paul Harmon is an internationally exhibited artist who for more than 11 years, divided his time between permanent studio and residences in Paris, France and Brentwood, Tennessee. Harmon's work is well represented in numerous galleries, museums, major corporate and private collections in Europe, Asia, and the USA. Collections include the Tennessee State Museum, the Tampa Museum of Art, the George Bush Presidential Library and Museum, the Museum of the Principality of Monaco, and the city of Caen, France. This is a unique opportunity to visit Paul's studio in Brentwood. He will open his studio doors for Martin members and share with us his fascinating journeys of the world. We will view his latest projects, talk techniques and also discuss his business life as an artist and author. Tour is limited to 10. Reservations required. Cost: \$3.

Moonscapes Painting Celebration

Monday, August 21 at 1:00

In celebration of the total eclipse we have brought back painting with wine's. So it's a paint party! Step by step, wine by whine, we will paint our way into a carefree world. You supply the beverage of your choice, even if it's just your favorite bottle of sparkling juice, snacks to share. We will have a great time, relax and enjoy fellowship with friends.. Cost \$ 20 includes design, instruction, canvas and painting supplies. Reservations required.

Continuing Education

Book Group

2nd Tuesday of the month

Tuesday, July 11 and August 8 at 10:30

We would like to invite you to join us in front of the fireplace on the second Tuesday to talk about books we are reading. This month John Grisham's recently- released *Camino Island* is our pick. Please come and share our love of reading! Please let us know if you plan to attend.

Do You Know Jack?!

Tuesday, July 18 from 10:00 to 2:00

Volunteer Jack Perry will be on site to provide one-on-one assistance with your technology questions. Bring your gadgets, phone, tablet, laptop and/or other devices with your questions. Appointments required.

Culinary Demonstration with Chef Ron

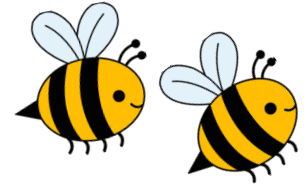
Sponsored by Morning Pointe of Brentwood

Wednesday, July 19 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.

Busy Bees In Our Back Yard



Guest speaker: Mindy Brodbeck

Monday, July 24 at 10:00

Did you know we now have a hive in our back yard at Martin? Did you know it takes over 150 trips to a flower or tree to make just one teaspoon of honey? Did you know there are some amazing health benefits from local honey? Honey Bees are called social animals because they live in colonies and rely on each other. Join us and learn more about our new residents at Martin. This is a unique opportunity for you to experience a one-on-one demonstration. You will want to “b” there. Reservations required. Light refreshments.

5 Ingredients 5 Dishes

Wednesday, August 2 at 1:00

Back by popular demand, Linda McCampbell was an instructor for our AMP program and will join us again for *5 Ingredients 5 Dishes*. Linda is a certified aging and special needs personal trainer. Realizing that as we age we risk declining health and independence from conditions such as arthritis, obesity, fibromyalgia, and osteoporosis she immersed herself into learning how to make aging a stonger and healthier process. Join us for a healthier side of easy cooking: Five with Five, as Linda creates 5 delicious and nutritious meals (breakfast, lunch, dinner, and dessert) with no more than 5 ingredients. Reservations required. Limited seating.

Transportation and Trends in Williamson County

Wednesday, August 16 at 10:00

Guest speaker: Matt Lagen, President & CEO, Williamson County Chamber

It's easy to see why Williamson County continues to rank as a top community for site selectors, entrepreneurs and talented workers. The county's schools, recreational facilities and housing options are among the best in the nation. Business-friendly atmosphere and large pool of well-educated employees have lured some of the biggest brands on the planet, like Nissan North America, Mars and Verizon. In fact, 12 of the top 25 largest publicly traded companies in the Nashville region call Williamson County home. Join Matt for a discussion regarding the trends report that takes a deep dive into the Williamson County economy. Reservations required. Light refreshments provided.





Continuing Education

Tooth Wisdom

Get Smart About Your Mouth

Wednesday, July 19 at 10:00

Come learn how to maintain your oral health and learn tips and tricks to keep your smile healthy, and more! A trained dental hygienist will offer an interactive presentation. You'll leave with great information and a goody bag to help you care for your smile! Reservations required. Light refreshments provided.

Health U!

Sponsored by Williamson Medical

Wednesday, August 16 at 11:45

Guest speaker: Dr. Podoll

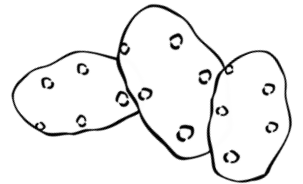
Join us for a comprehensive eye care program to discuss the latest technologies to help you maintain good eye health. Dr. Nathan Podoll specializes in diagnosis and treatment of refractive errors, glaucoma, diabetic eye disease, and cataracts. He received his Bachelor of Science Degree in Biology from Indiana University in Bloomington, Indiana and his medical degree from University of Louisville. Light lunch provided. Reservations required.

Tech Time with Betsy

Friday, August 18 at 10:30

Instructor: Betsy Crossley

Discuss the latest news for your Apple devices.
Reservations required. Free for members.



Eclipse Viewing Party

Monday, August 21 at 11:00

A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness.

Join us for a fun-filled afternoon celebrating the eclipse while munching on "moon rocks"

Cost: \$11.00 includes potato bar with a variety of toppings, afternoon of fun and dessert.

AED and CPR Training

Wednesday, August 23 at 1:00

Instructor: Mike McCutcheon, Lieutenant / Medic Medical Coordinator, Brentwood Fire and Rescue

Do you know how to use the AED at the Martin Center and do you know where it is located in the building? The right answer could help you save a life. Join us for an informative and hands-on instruction from Lt. Mike McCutcheon. Mike will give us an overview on CPR and the latest techniques. He will also demonstrate our AED that was generously donated to us by Dr. George and Betsy Crossley.

Financial Fitness

A Wealth Of Common Sense

Monday, August 28 at Noon

Guest speakers: Raj Patnaik and Zach Richards, Merrill Lynch

Join Raj Patnaik and Zach Richards from Merrill Lynch Wealth Management for a timely conversation about the investment world and you. We will discuss strategies to remaining economically secure in an era of longevity with an emphasis on talking about setting goals and financial boundaries with friends and families. Reservations required. Light lunch provided.



Trips and Tours

Junk Yard Dog and Elephant Sanctuary

Wednesday, July 12 at 9:45

The Junkyard Dog Restaurant in downtown Hohenwald serves great food in an eclectic yet cozy atmosphere. The Junkyard offers top quality steaks, seafood and signature dishes. Don't forget their delicious desserts!!! The Elephant Sanctuary in Tennessee is the nation's largest natural habitat refuge for endangered African and Asian elephants. Many of these beautiful animals were mistreated as circus animals and endured great cruelty. The sanctuary will open their viewing station for us for a tour. While we **will not** be able to walk with the elephants or talk to the elephants, thanks to the advances in technology with their Elecams, we may be able to see the elephants in their natural habitat. Cost: \$10 includes a CDL licensed driver, door-to-door service, parking and transportation. Lunch not included.



Palm Tree Café and Tour

Monday, July 17 at 10:30

The Palm Tree Café has been in operation for more than 24 years and is located in our FiftyForward Donelson Station center. First we will enjoy a delicious meal in the Café and then have a guided tour of their Center. The Donelson center has received both local and national recognition, including the National Council on Aging's competitive *Photography Award* and the Frist Foundation *Innovation in Action Award*. We will see where the Middle Tennessee Gem and Mineral Society is set up to offer more than 30 classes quarterly in their lapidary art rooms including silver jewelry, faceting, scrimshaw, basic wire wrapping, cold connections, bead weaving and more. We will also tour the Larry Keeton Theatre where they perform a variety of musicals and dramas. Reservations required. Limited seating. Cost: \$6 includes CDL licensed driver, door-to-door service, parking and transportation.

Brewhouse South

Cool Springs : Let's meet there!

Wednesday, July 19 and August 23 at 4:00

Let's have lunch at Brewhouse South where there is something for everyone. You can meet here at the center and car pool or meet the group at the restaurant. Either way, please make a reservation.

Soda Pop Junction and Milky Way Farms

Friday, July 21 at 9:45

First we will travel to Soda Pop Junction where they are home of the #1 Hamburger and the #2 Milkshake in the State of Tennessee! After lunch we will travel down the road to the world famous Milky Way Farm located off Route 31. Milky Way Farms has some of the most scenic, fertile land in Middle Tennessee. The historic property provides over one thousand acres of green pastures populated with herds of deer and flocks of wild turkey, enhanced by lakes, streams, massive barns, trails, and breathtaking vistas. Milky Way Farm is listed on the National Register of Historic Places. The builder of Milky Way Farm, Franklin C. Mars, was the founder of Mars Candies Incorporated, maker of the famous Milky Way candy bar for which the estate was named. Mars and his wife, Ethel V. Mars, came to Tennessee from Chicago in 1930 to establish a southern office of Mars Candies in Nashville. Cost: \$17 includes CDL licensed driver, door-to-door service, parking and transportation, admission to Milky Way Farms and tour of the home. The tour consists of as little or as much walking as you prefer.

Omni Hut

Smyrna, TN

Wednesday, July 26 at 4:15

The Omni Hut was established in 1960. While traveling over a million miles as an Air Force pilot, the Chef continuously pursued his hobby of Poly-Asian cookery. Their recipes have come from many small obscure, owner operated restaurants from friends from Hong Kong to Panama from Hawaii to Alaska. The adventure of seeking out better recipes and palatable dishes continues. In presenting their humble menu, they favor the Chinese method of cooking, since Free China's Chefs are the unchallenged Chefs of the world. Please remember to bring your favorite beverage with you for dinner. Reservations required. Cost: \$10 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations accepted only with payment.

Tasty Tuesdays: Bonefish Grille

Meet There

Tuesday, August 1 at 4:00

Let's travel to 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 salads, entrée and dessert starting at \$14.99. Menu at the front desk. Reservations required.

Beacon Light

Thursday, August 3 at 10:00

Beacon Light Tea Room (Restaurant) was established in 1936, in Bon Aqua Tennessee. Several proprietors have come and gone in the nearly 75 years we've been open but we are still here and better than ever! Still proud to serve the same great food from our quaint historic restaurant, right off Highway 100 between Centerville and Fairview, TN. So let's travel to Fairview and pull up a chair and try some of their amazing biscuits and make sure you pile those blackberry and peach home-made preserves high. Reservations required. Limited seating. Cost: \$6 includes CDL licensed driver, door-to-door service, parking and transportation.

The Diner

Unique Dinning experience

Tuesday, August 8 at 2:45

Located on the corner of 3rd Avenue South & Demonbreun, The Diner is the crown jewel of Downtown Nashville's SoBro district. The six story, 24-hour restaurant boasts six unique floors, each with gorgeous views of downtown. chef-driven menu features everything from traditional breakfast fare and lunch specialties, to mouth-watering steaks, exquisite seafood, Southern home-style dishes, Italian classics, freshly shucked oysters, and sushi. Each floor offers our guests a truly unique dining experience. With floor to ceiling windows, their chic dining rooms are guaranteed to wow even the most well-traveled guest. There is an elevator in the lobby to take us to the fourth or fifth floor for dining.

Cost: \$10 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

Sperry's of Cool Springs

Let's Meet There

Wednesday, August 16 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. Please let us know if you plan to meet at Sperry's. Please note doors open promptly at 4:00.



El Tapatio #2

Thursday, August 17 at 10:45

El Tapatio #2 is known for their fast service, tasty food and affordable prices. Let's travel to Nolensville road and check out this authentic fresh ingredients for quesadillas, nachos, shrimp tacos, fried ice cream and more. Everything they cook up is fresh, authentic, perfectly seasoned (not too salty), and delicious!! Be ready to take home dinner because of their huge portion.

Cost: \$4 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

Chubb's

Gallatin, TN

Wednesday, August 30 at 10:15

Chubb's proudly serves some of the best food you will ever taste. Well, let's travel to Gallatin, TN to check it out for ourselves. From gourmet Chubb burgers, deep fried green beans, smoked meatloaf and beef brisket, salads and for dessert deep fried apple pie with vanilla ice cream.

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

Les Misérables

Andrew Jackson Hall

Sunday, November 19 at 1:00

Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon, *Les Misérables*, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, *Les Misérables* tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit. Featuring the beloved songs "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," "One Day More," and many more, this epic and uplifting story has become one of the most celebrated musicals in theatrical history.

Cost: \$48.50 includes ticket, rear orchestra seating with easy access, door to door service, parking and CDL licensed driver. Limited seating available. Reservations accepted only with payment. Leave the Center at 11:45.

Bingo at Martin

Tuesday, July 18 and August 16 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. All those interested are encouraged to come and join in the fun. Calling bingo will be Lynn Elder with Morning Pointe Brentwood. 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. Call front desk for current series. 615-376-0102

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 an activity 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, July 21 and August 18 at 1:00. Please sign up.

Horseshoe Pit

Currently open for members.

Martin Members Game Days

Tuesdays from 11:00 to 3:30.

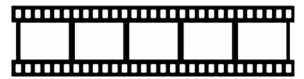
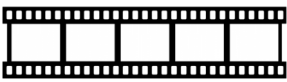
Fridays from 11:00 to 3:30.

Poker

Mondays at 10:30

Scrabble

Tuesdays at 10:00



Showtime at Martin

Please register if you plan to attend.

Friday, July 14 at 1:00

Florence Foster Jenkins (2016)

Meryl Streep and Hugh Grant

Set in 1940s New York, Florence Foster Jenkins is the true story of the legendary New York heiress and socialite (Meryl Streep) who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was beautiful, but to everyone else it was hilariously awful. Her husband and manager, St. Clair Bayfield (Hugh Grant), an aristocratic English actor, was determined to protect his beloved Florence from the truth. But when Florence decided to give a public concert at Carnegie Hall, St. Clair knew he faced his greatest challenge.

Friday, July 28 at 1:00

Larry Crowne (2011)

Tom Hanks and Julia Roberts

Academy Award winners Tom Hanks and Julia Roberts come together for a romantic and optimistic comedy about how it's never too late to reinvent yourself. When he suddenly finds himself without his long-standing blue-collar job, Larry Crowne (Hanks) enrolls at his local college to start over. There, he becomes part of an eclectic community of students and develops a crush on his teacher (Roberts). The movie demonstrates that no matter your age, we are all still trying to figure life out.

Friday, August 11 at 1:00

Here Comes Mr. Jordan (1941)

Stars: Robert Montgomery, Claude Rains, Evelyn Keyes

When a boxer (Robert Montgomery) is accidentally called to Heaven 50 years before his time, it's up to celestial executive extraordinaire Mr. Jordan (Claude Rains) to straighten out the matter and give him a new life as a millionaire playboy.

Friday, August 25 at 1:00

Drowning Mona (2000)

Actors: Danny DeVito, Bette Midler, Jamie Lee Curtis, Casey Affleck

After years of driving the town crazy, Mona Dearly (Bette Midler) drove herself into a river. The obnoxious Mona is survived by a town full of enemies, aka prime suspects, including her cheating husband (William Fichtner), his mistress (Jamie Lee Curtis), a heartless son (Marcus Thomas), the police chief's daughter (Neve Campbell) and her fiance (Casey Affleck). To know Mona Dearly was to hate her, and the big mystery isn't who would want to see her dead...but who wouldn't. Now, Chief Rash (Danny DeVito) tries to figure out who to blame but the town just wants to know who to thank.

Martin Center Certified Therapy Dog

By definition: Therapy dogs provide affection and comfort to individuals in hospitals, nursing homes, and other facilities. Sassie, an Australia Cattle Dog, is now registered with the United States Dog Registry as a certified Therapy Dog. When visiting the Martin Center she will be sporting a therapy dog vest so visitors will be able to identify her.



Refreshing Wines for those Hot Summer Nights!

Thursday, August 10 at 4:30

Facilitator: Fred Durham, The Grapevine Wine and Spirits

Catered by: Palm Tree Café

Appetizers provided by: Chef Ron with Morning Pointe of Brentwood

The dog days of summer are once again upon us. Whether your remedy to beat the heat is a cool pool, a shade tree, or a blasting air conditioner, it always helps to have a relaxing beverage to help ease the pain. Join us for an evening with Fred who will recommend refreshing wines for those hot summer nights.

Reservations required.

Cost: \$24.50 includes wine tasting, appetizers, dinner and dessert.

Menu at the front desk.



12TH ANNUAL MUSIC AND MEMORIES

A heartfelt Thank You to our Music and Memories Community Partners

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In loving memory of Scott Chavez

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LifeLinks Care Management
Martin Center Advisory Board
Merrill Lynch
Raj Patnaik and Zach Richards

Morning Pointe of Brentwood
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Southern Exposure Magazine

The CCS Group
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Williams Medical Supply
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Williamson Inc. Medical Center
Zeitlin & Co. Realtors
Paige Thompson



The staff at FiftyForward is grateful to the Martin Center Advisory Board

who have worked diligently to ensure the success of Music and Memories. Their commitment is priceless.

Paige Thompson, Zeitlin & Co. Realtors, Chair
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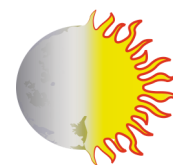
Past Advisory Board Chairs
Betsy Crossley
Cindy Natsch, Let's Get Moving!
Linda Hirsch, Zeitlin & Co. Realtors

Potluck Luncheon

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

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

Total Eclipse with Dyer Observatory



Tuesday, July 18 at 11:30

Guest speaker: Billy Teets, Ph. D, Outreach Astronomer, Dyer Observatory

A total solar eclipse will take place on Monday, August 21, 2017. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of kilometers wide. Mr. Billy Teets with Dyer Observatory will join us to share their knowledge and presentation surrounding this event. Then we will be ready for Martin Center's Eclipse party on August 21 at 11:00.

Football Time in Tennessee



Tuesday, August 15 at 11:30

Guest Speaker: Joe Biddle

After over 30 years of covering sports in Middle Tennessee, veteran writer Joe Biddle is headed for immortality. The Johnson City native's work has appeared in The Banner, The Tennessean, currently the Williamson Herald and many more publications. Currently Biddle's Beat and many more columns from the Hall of Famer can be read each week on wkrr.com. Biddle has been a fixture in Tennessee athletics covering the Titans, Commodores, Volunteers and more. Biddle was inducted into the Tennessee Sportswriters Association's Hall of Fame in 2013 and was inducted into the 2005 Alumni Hall of Fame by ETSU's Communication Department. Outside of football, Biddle also covered 25 Masters golf tournaments and a number of PGA Championships, Ryder Cups, NCAA Final Fours and two Summer Olympics Games.

Ole' Fashion Ice Cream Social

Sponsored by NHC Cool Springs Place

Monday, July 31 at 1:00



Baby it's hot outside but it will be a cool afternoon here at Martin There is something special about ice cream. Put it together with a mini toppings bar and the result is plain old fashion fun! Hertha Hines will be our host with the most providing a variety of ice cream choices, toppings and more. So come join us for some good ole fashion fun with games prizes, ice cream and more. It will be **"udderly"** delicious. Reservations required. Limited seating available.

Casey's Corner

Can you believe we are halfway through 2017? Thank you to the many Martin Center member volunteers who have supported the center with their time this year. I want to give a special shout-out to Burk Taulien, Richard Landry and Vic Davis who faithfully move tables and chairs to set up for our different programs. They work hard to make sure every table and chair is in its place and they foresee extra needs that staff sometimes miss – plus they can set a room in lightning speed! Thank you, set up crew!

Your friend, Casey

FiftyForward Membership

For 2017, annual dues are \$120. For specific information, please call us at 615-376-0102. You may print and complete the FiftyForward Membership application form on www.themartincentertn.org or www.fiftyforward.org. SilverSneakers® membership is available at FiftyForward J. L. Turner, FiftyForward Knowles and FiftyForward Madison Station.

Volunteer Opportunities at FiftyForward Martin Center

We are always looking for capable, caring and committed volunteers at the Martin Center.

You'll enjoy fun and fellowship while contributing to the Center and your community!

Contact Casey at cgriffith@fiftyforward.org or call 615-376-0102!

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

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**United Way
of Williamson County**

The staff at FiftyForward is grateful to the Martin Center Advisory Board
who worked diligently to ensure the success of Music and Memories. Their commitment is priceless.

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