

September / October 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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www.themartincentertn.org
Www.fiftyforward.org



September / October Highlights

Martin Masters Fine Art Show and Sale
featuring
Frank Baggett

Grand Opening Friday, October 20
From 5:00pm to 8:00 pm

A chance to meet and greet artists
Enjoy wine and hors'douevors

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*Show and Sale Continues*  
*Saturday, October 21 from 10:00am to 3:00pm*  
*\*Free Admission. Donations accepted.*

### *Presenting Sponsor*



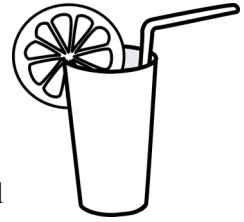
### *Premier Sponsors*

*Cool Springs Eye Care*  
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*Williamson Medical Center*  
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### *Friends of Martin*

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*Nashville Arts Magazine*  
*United Way Williamson*  
*Williamson, Inc*  
*WCCAC*

## **Smoothies with Linda** *The Good The Bad The Ugly*



### **Wednesday, October 11 at 1:00**

Are you drinking more shakes and smoothies as you age? Can you really find nutrients in a glass? Is it possible to replace a traditional meal with a liquid meal? What makes a shake or smoothie healthy or unhealthy, and are they really that good for you? Come and taste for yourself as we prepare the good, tell you about the bad, and see the ugly of "healthy vs unhealthy shakes and smoothies. Linda McCampbell is a certified aging and special needs personal trainer. Realizing that older adults risk losing their health and independence from conditions such as arthritis, obesity, fibromyalgia, and osteoporosis she immersed herself into learning how to make the aging stronger and healthier. Reservation required. Class size is limited.

### **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** **Will NOT meet September 22**

#### **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.



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

## Lifeline Screenings

**Wednesday, September 13 at 8:30**

Life Line Screening offers five screenings to avoid a stroke. Tests include stroke / carotid artery screening (\$60), heart rhythm (\$60), abdominal aortic aneurysm (\$60), peripheral arterial disease and osteoporosis risk assessment (\$35). 4-test package: stroke, vascular disease and heart rhythm: \$139 or 5-test package add osteoporosis: \$149 You must pre-register for screenings. To sign up or for more information call 1-800-324-9458 and mention the Martin Center.

## 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. September 14,21 28 and October 5.

## Massage with Kathy McFarlane

Tuesday and Thursdays. 2nd and 4th Friday.

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. The massage schedule is at the front desk. If you miss your appointment without canceling you are still obligated to pay for your session.

## Beading Buds

**Wednesday, September 27 at 1:00**

**Instructor: Barbara Bays**

Bring your favorite beverage and let's make jewelry with beads of your choosing. Class example at front desk. Cost: \$5 supplies included for members. Reservations required.

## Uber and Lyft

**Friday, October 6 at 10:30**

**Guest speaker: Betsy Crossley**

Gone are the days of standing on a street corner and thrusting out your hand to get the attention of a cab. Now, hitching a ride is as simple as whipping out your phone, tapping in an app, and waiting for a black town car or pink-mustache-flaunting Prius to arrive. Join us for a comprehensive discussion on Uber and Lyft. Find out how to sign up for these convenient services and you'll be on the road in no time. Signing up takes less than 4 minutes. Reservations required. Seating is limited.

## Customized Cozies with Carrie

**Thursday, October 26 at 1:00**

**Instructor: Carrie Drumheller**

Back by popular demand, Carrie will join us for an embroidery demonstration and hands on experience customizing cozies that can carry your favorite beverage. Class size is limited to 7. Cost: \$8 includes supplies. Reservations required.

## Get Connected! Meet there

*Sponsored by Brentwood Morning Pointe*

**2nd and 4th Thursday of the month at 3:20**

A free program designed by Ravenswood High School student to help more seniors get connected. Bring your own smart p hone or tablet with you. For reservations call 615-285-3455. Morning Pointe is located at 1522 Wilson Pike, Brentwood, TN 37027. We will meet there.

# Continuing Education

## Lipscomb Lifelong Learning AT Martin

### The Master Gardner Series

September 1, 8, 15, 22 and 29 from 10:00 to 11:30

Location: FiftyForward Martin Center, 960 Heritage Way, Brentwood, TN

Facilitators: Ann and Nancy Duncan, Master Gardeners

Each week there will be a presentation from an expert in gardening from across middle Tennessee. Among the topics of interest that will be discussed:

- \*Square foot gardening presented by Sadira Ebert, Master Gardner,
- \*Urban trees and best maintenance practices , Amy Dismukes,  
Horticulture Extension for Williamson County
- \*Attracting pollinators and organic options in pest management, Dr. David Cook  
Agent at the Ellington Agriculture center in Davidson County
- \*Vegetable gardening including repelling wildlife, Anny Harvey, Master Gardner
- \* Families and gardening, Jerry Alldredge, retired Crop and Soils Extension  
Agent for Colorado State University

Cost: \$80. Reservations required. Call 615-376-0102

## Lipscomb Lifelong Learning AT Lipscomb Campus

### Essentials Oils Used in Scripture

Monday, September 18 at 11:30

Location: Ezell Center, Thrid Floor, Room 363

Instructor: Sammye Lee, RN

Have you ever wondered why oils are mentioned in the Bible? This course will include 12 of the essentials oils used in Ancient Scriptures and why they were used by the people. Some of these we are more familiar with and not so much so with others. The purpose of this course is to educate but more so to hopefully inspire you to search further why essential oils were used as fragrant offerings. Cost: \$35 per person, includes lecture and lunch.

Please make your reservations by calling 615-966-6216.

### Dementia vs Alzheimer's

*Sponsored by The Mental Health Association of America*

Monday, September 18 at 10:30

Guest Speaker: Nancy Pertl, BSW, Aging Services Coordinator

For the past 14 years, Nancy has worked with MHA providing educational programs across Tennessee. She will share a very informational session to discuss what can sometimes be a difficult topic. Dementia is defined as a general term for loss of memory and other mental abilities severe enough to interfere with daily life. Nancy will give an overview of the variety and type of these very complex diseases. Question and answer session to follow.

Reservations required. Limited seating.

### Online Computer Safety

Tuesday, September 26 at 1:00

Guest Speaker: John Moore

Martin member, John Moore is a retired senior systems analyst in administrative computing services at Belmont University. Join us for a discussion about staying safe when using your computer online. Learn about topics such as computer hacking, choosing a good password, phishing, emails scams, viruses and more.

### Hospice 101

*Sponsored by Alive Hospice*

Monday, October 2 at 11:30

Guest Speaker: Taylor e Morgan

What is Hospice? Who pays for Hospice and who is eligible? Why do people wait so long to reach out to hospice care when their services are so broad? Simple, because individuals don't know the extensive benefits of their services and the expenses that hospice care can assist with during difficult times. Join us for an informative discussion to talk about how each patient's individualized care plan is updated as needed to address the physical, emotional and spiritual pain.

Hospice care also offers practical support for the caregiver(s)

Light lunch provided. Reservations required.

## Continuing Education

### Life's Tool Belt

*Sponsored by Franklin Synergy Bank*

**Tuesday, October 3 at 10:00**

**Guest Speaker:** David Dillion, Attorney

Dillon Estate Counsel, PFC

Some of life's most common tools for estate planning can be out of date or the rules have been changed. Join us for a discussion on durable power of attorney, last will and testament and even health care power of attorney. Like any tool used properly it can carry out a person's intent or it can thwart that intent or add unnecessary complications. David will join us to help navigate through the preparation or updating of these documents."

Question and answer session to follow. Reservations required.

### Culinary Demonstration with Chef Ron

*Sponsored by Morning Pointe of Brentwood*

**Tuesday, October 3 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.

### Answers to Medicare

*Sponsored by State Health Insurance Assistance Program (SHIP)*

**Monday, October 9 at 10:00**

Have Medicare questions? The State Health Insurance Assistance Program (SHIP) has the answers. SHIP provides counseling and assistance, and the best part is that it's free and objective! They will represent you, not insurance companies. They can help with Medicare and other related health insurance questions. Reservations required. Limited seating available.

### FiftyForward Knowles Center Health Fair

*Meet There*

**Thursday, October 12 from 9 to Noon**

**Location:** 174 Raines avenue, Nashville, TN

This healthy fair will feature educational information, screenings, and health awareness activities. Classes will be offered during and after the event including Silver Sneakers demonstration classes, Victory Over Crime as well as Social Security classes. Please make your reservations by calling 615-743-3433.

### Health U!: COPD

*Sponsored by Williamson Medical*

**Wednesday, October 25 at 11:45**

**Topic:** Chronic Obstructive Pulmonary Disease

**COPD** is an umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis. COPD affects an estimated 30 million individuals in the U.S., and over half of them have symptoms of COPD and do not know it.. This disease is characterized by increasing breathlessness. Many people mistake their increased breathlessness and coughing as a normal part of aging. In the early stages of the disease, you may not notice the symptoms. COPD can develop for years without noticeable shortness of breath. Join us to discuss the latest technology being used to fight this condition.

Light lunch provided. Reservations required.

### SHIP by Appointment for Medicare

*Sponsored by State Health Insurance Assistance Program (SHIP)*

**Tuesday, October 24 from 9-1:00**

Call today to make your free appointment with a SHIP representative for individual questions and available medical plans and options. Appointments are limited so please make your reservations early.

## **Trips and Tours**

### **Lunch Bunch: 55 South**

*Brentwood, Tn*

#### **Wednesday, September 13 at 10:45**

Some of the best food in the South can be found along the stretch of Interstate 55 that runs all the way from Memphis to New Orleans. The menu at 55 South showcases down-home, southern comfort food. From the po' boys and jambalaya of New Orleans, to raw oysters and peel-n-eat shrimp from the Mississippi Gulf Coast and local classics like fried green tomatoes, the flavors at 55 South take diners on a culinary tour of the Delta.

Brisket Tacos and BBQ Chicken Nachos nod to the rich barbecue legacy of Memphis, the Nashville Hot Chicken offers a taste of Music City's most popular dish, and a Pimento Cheese BLT couldn't be more southern if it tried.

Cost: \$3 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

### **Dinner Group**

*Spring Hill, TN*

#### **Wednesday, September 20 at 3:15**

The Mockingbird Restaurant offers Southern Cuisine food at its finest. Built into an old 1850s farm house in southern Spring Hill off of Reserve Boulevard, The Mockingbird Restaurant combines Tennessee heritage with scratch-made Southern food in a casual, family-friendly environment. Enjoy catfish, shrimp and grits, ribeye, something for everyone. Enjoy the experience of dining in a truly unique southern atmosphere.

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

### **Chaffin's Barn**

*Momma Mia*

#### **Thursday, September 21 at 10:45**

This is the story of an independent hotelier in the Greek islands, who is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day. The musical features the songs of ABBA.

Reservations required. Limited tickets available

Cost: 32.50 includes lunch, event ticket, CDL licensed driver, door-to-door service, parking and transportation.

### **Dick's Last Resort**

*The Shame of Music City so bring your sense of humor!*

#### **Monday, September 25 at 10:30**

Who is Dick???? Dick is the ornery, politically incorrect curmudgeon who started this whole thing. Dick's Last Resort is known for its outrageous, surly, and energetic servers who dish out good grub, cold booze, and heaping helpings of sarcasm.

Beware of Servers! Whether they're putting silly hats scribbled with insults on yer head or dousing you in a sea of napkins, our surly and quick-witted staff is sure to leave you with some lasting memories! Consider yerself warned! They've got Ribs, Chicken, Seafood, Burgers, Sammiches, Appetizers, Salads, Desserts, and the best prices in town!

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

### **Cheddars Kitchen**

*Meet There*

#### **Wednesday, September 27 at 4:00**

Enjoy an afternoon with friends over a cold beverage and great food. Let's meet at Cheddars off Moore's lane 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!

### **South Pacific**

*Larry Keeton Theatre*

#### **Sunday, October 22 at 12:15**

Named by the *Nashville Business Journal* as the third most highly attended theater in Nashville, The Larry Keeton Theatre serves scrumptious meals and provides thrilling performances. Let's travel to Donelson for delicious lunch and the musical South Pacific.

Cost: \$32 includes show ticket, lunch, CDL licensed driver, door-to-door service, parking and transportation.

Reservations required.

## **Gerst House Nashville**

### **Wednesday, October 4 at 10:40**

Join us as we travel to an iconic restaurant in Nashville, The Gerst Haus. Since 1955, the Gerst House serves German tradition in fine foods, with recipes handed down from old German and Swiss families. The flavorful aroma of German sausages and hot potato salad floats through the air. Traditions still remain on display in the original Backbar, brought from the Tap Room of the Brewery, are the Drinking Horns displayed in the Tennessee Centennial of 1897. The menu has something for everyone to enjoy. Cost: \$5 includes CDL licensed driver, door-to-door service, parking and transportation. Reservations required.

## **Harding House**

*Belle Meade*

### **Tuesday, October 10 at 10:30**

Elegantly nestled on the charming Belle Meade plantation, The Harding House is a restaurant that offers gourmet food, exceptional service and Southern hospitality. Outfitted with wood furnishings and high ceilings which permit generous amounts of light, The Harding House is a popular destination for a delicious lunch. With the distinct charm of one of Nashville's oldest historic homes, The Harding House remains a treasured landmark. Reservations required.

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

## **Sperry's of Cool Springs**

*Let's Meet There*

### **Wednesday, October 11 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.

## **Cheddars Kitchen**

*Meet There*

### **Wednesday, October 25 at 4:00**

Cheddar's Scratch Kitchen serves made-from-scratch goodness in a welcoming place. Enjoy House Smoked Baby Back Ribs, hand-battered Country Fried Chicken, Scratch Burgers, Homemade Onion Rings. Cheddars has something for everyone on the menu. Let's meet there. Please sign up and let us know you will be joining us

## **Nashville Zoo at Grassmere**

*Once of a Lifetime Experience!*

### **Monday, October 30 at 11:30**

Join us for a unique behind the scenes tour at the Nashville Zoo at Grassmere. Scott Stafford's daughter Katlyn will be our personal tour guide visiting sites no other groups are permitted to go. We will visit The Nashville Zoo's commissary which was designed to meet the daily needs of animals. The commissary houses all the coolers needed for produce items and freezer space for frozen meat products. The commissary also houses a grain room, three food preparation areas, dishwasher room, thawing room and a food room.. Along the way, we will also get up close and personal with the anteaters, giraffes and more! Scott will drive us to each site and then we will walk through the tour of the various sites.

Before the tour, we will travel to The Plaza Mariachi which offers a unique blend of art, music, entertainment, food, services and retail in one location. The experience begins with decor in the style of traditional marketplace streets from old Mexico and weaves Latin culture into a walk of history. You'll hear Hispanic music, see Latin relics, discover old and new Mexico in food, fashion and so much more. The plaza has five "streets" full of shops, markets, various restaurants, and stores.

Cost: \$45 includes donation to The Nashville Zoo, CDL licensed driver, door-to-door service, parking and transportation

Tour is limited to 15.

## **Dinner Group**

*River Terrace, Columbia*

### **Date to be announced.**

River Terrace serves traditional Cajun & Creole dinners specializing in Italian and seafood in an upscale establishment with river views overlooking the Duck River. The Chef and his wife are transplants from New Orleans who resettled in Columbia, TN following Hurricane Katrina. They also offer an extensive wine, martini and spirits selection. Their extensive menu features lobster, crawfish, salads, crab cakes and you can always share an hors d'oeuvres of rooster fries and dessert.

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

Reservations required. Limited seating available.

## **Bingo at Martin** **NO BINGO IN OCTOBER**

### **Tuesday, September 19 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. Call front desk for current series. 615-376-0102 August 29 through October 3.

### **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 in September the group will meet at Noon**

#### **Fridays in October 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.

### **Knitwits**

#### **Each Thursday at 10:00.**

Enjoy fellowship while sharing new techniques with friends.

## **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 10:00

Members free.

#### **Bridge**

Wednesdays at 9:00

Members free.

#### **Bridge Lessons**

Wednesdays at 12:30

#### **Bunko at 1:00**

Friday, September 22. **No Bunko in October.**

#### **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





## Cannabis and a Side of Brownies

### Thursday, October 5 at 10:00

Curious about the marijuana laws in Tennessee that prohibit the use of medical marijuana?

Paul H. Kuhn, Jr. will present information regarding his leadership of NORML, a national organization for the Reform of Marijuana Laws. Mr. Kuhn is the Chair of this organizations' Board of Directors. NORML strongly supports the right of patients to use marijuana as a medicine when their physician recommends it to relieve pain and suffering. NORML has advocated for the legal use of medicinal marijuana since 1972. Reservations required.



### Showtime at Martin

Please register if you plan to attend.

### Friday, September 8 at 1:00

#### Funny Girl 1968

Actors: Barbra Streisand, Omar Sharif, Kay Medford, Anne Francis, and Walter Pidgeon

Barbra Streisand's debut film won her the Academy Award for her performance as singer-comediene of the early 1900s, Fanny Brice. This classic musical film contrasts Fanny's onstage antics with her offstage romance with dashing gambler, Nicky Arnstein (Omar Shariff). One of the most popular movie musicals ever made! Funny Girl follows the early career of stage comedienne Fanny Brice. As the film opens, only her mother believes Fanny can make it in show business. When she gets her first break at Keeney's Music Hall, her hilarious debut as a roller-skating chorus girl gets her hired as a comedienne. A year later Fanny is working for Florenz Ziegfeld in his famous Follies and brings the house down with an outrageous and unplanned number. Fanny becomes a star, falls in love and marries Nick Arnstein (Omar Sharif), a handsome gambler whose luck doesn't hold up. The film's many memorable songs include "Don't Rain On My Parade" and the Streisand classic "People."

### Friday, September 29 at 1:00

#### Sully 2016

Actors: Tom Hanks, Aaron Eckhart, Laura Linney

From Oscar-winning director Clint Eastwood comes Warner Bros. Pictures' drama 'Sully,' starring Oscar winner Tom Hanks as Captain Chesley 'Sully' Sullenberger.

On January 15, 2009, the world witnessed the 'Miracle on the Hudson' when Captain 'Sully' Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

### Friday, October 13 at 1:00

#### Funny Lady 1975

Actors: Barbra Streisand, James Caan, Omar Sharif, Roddy McDowall, Ben Vereen

Story of singer Fanny Brice's stormy relationship with showman Billy Rose.

In this sequel to "Funny Girl," Fanny Brice (Barbra Streisand) is now a huge star on Broadway whose fortunes have taken a hit from the Great Depression. After a whirlwind romance, Fanny marries Billy Rose (James Caan), and the two agree to collaborate on a show. Despite the show's early struggles, Fanny makes it a success, but the sudden fame puts a strain on her marriage -- especially when Billy learns she still has feelings for her ex-husband, Nick (Omar Sharif).

### Friday, October 27 at 1:00

#### Adam's Rib 1949

Actors: Spencer Tracy, Katharine Hepburn, Judy Holliday, Tom Ewell, David Wayne -George Cukor directs.

A courtroom rivalry finds its way into the household when prosecuting lawyer Adam Bonner (Spencer Tracy) faces off against his wife, Amanda (Katharine Hepburn), who happens to be a defense attorney. Working on opposite sides of a lawsuit where a woman (Judy Holliday) has shot her cheating husband (Tom Ewell), Adam and Amanda are both determined to win the case, and their home becomes the setting for comical showdowns, with neither spouse willing to relent.



## Potluck Luncheon

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

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

**Tuesday, September 19 at 11:30.**

**Guest Speaker**

*Nashville Music Director*

*Giancarlo Guerrero*



**Giancarlo Guerrero**, a native of Costa Rica, became the seventh music director of the Nashville Symphony at the beginning of its 2009-2010 season. Since 2011, he also has been principal guest conductor of The Cleveland Orchestra. A fervent advocate of new music and contemporary composers, Guerrero has collaborated with and championed the works of several of America's most respected composers, including John Adams, John Corigliano, Osvaldo Golijov, Jennifer Higdon, Aaron Jay Kernis, Michael Daugherty, and Roberto Sierra. His first recording with the Nashville Symphony, on Naxos, of Michael Daugherty's Metropolis Symphony and Deux Ex Machina, won three 2011 Grammy Awards, including the category of Best Orchestral Performance. Two more albums were recently released of the music of Argentine legend Astor Piazzolla and of American composer Joseph Schwantner. Reservations are NOT required.

## September Sippers

**Thursday, September 28 at 4:30**

Martin Center is teaming up with the new owner's of City Café to provide you with a delicious meal while you sip along with Fred from Grapevine Wines and Spirits. Grapevine Wine and Spirits has one of the largest selections of fine wine, spirits and beer serving Brentwood and Franklin. Enjoy fellowship and friends while tasting trending wines and nibbling on appetizer's prepared for you by Chef Ron and Lynn Elder from Morning Pointe Brentwood.

Cost: \$25 includes wine tasting, appetizers, main dish, sides, salad, dessert and drinks.

Heritage Salad with House made Dressings, Homemade Mashed Potatoes  
Country Style Green Beans, Slow Roasted Beef Pot Roast with spices in a natural au jus (house specialty)  
Chocolate Chess Pie, Sweet Yeast Rolls with butter, Ice tea and Sweet tea

## Dr. Ming Wang

**Thursday, September 28 at 9:30**

In this special educational seminar Dr. Ming Wang will offer suggestions on how to care for your vision. Further, he will discuss the most updated state-of-the-art LASIK technology available whenever corrective procedures are necessary. He will also accept individual questions from the audience and all attendees will receive a gift certificate good for discounts toward the enhancement procedures that he performs. Reservations required.

## FiftyForward Membership

FiftyForward Martin Center membership gives you access to activities at all 7 FiftyForward centers in Davidson and Williamson Counties.

DID YOU KNOW that most of the new members joining us are a direct result of friends and neighbors talking to them about the Center and the fun activities that we all enjoy there? So, please, tell a friend and bring a friend to visit. Different membership options make it easy for anyone to join:

- Membership is \$120 per year
- Bank draft \$10 directly from your bank account per month
- Scholarships for membership are available. Ask your Office Manager about qualifications
- Keep in mind there may be additional costs for specific center programs and events.

## Volunteer Opportunity

FiftyForward will be collecting food donations for the **Nashville USO** and you can help!

**Date:** Monday, September 11; 11:00am – 2:00pm

**Location:** Meet at the Cool Springs Kroger, 2020 Mallory Lane

You will be handing out flyers to Kroger shoppers asking them to buy a few extra items to donate to the Nashville USO.

You will collect the donated items as shoppers exit the store. Please note you will be standing while you volunteer.

If you would like to volunteer, sign up with Casey by calling 615-376-0102 or email Casey at [cgriffith@fiftyforward.org](mailto:cgriffith@fiftyforward.org).

# *Martin Masters Fine Art Show and Sale*

*featuring*

## *Frank Baggett*

*Grand Opening Friday, October 20*

*From 5:00pm to 8:00 pm*

*A chance to meet and greet artists*

*Enjoy wine and hors'douevors*

*Show and Sale Continues*

*Saturday, October 21 from 10:00am to 3:00pm*

*\*Free Admission. Donations accepted.*

### *Participating Artists Include:*

*Beverly Basham Smith*

*Barbara Bays*

*Pam Boyd*

*Judy Chilton*

*Betsy Copley*

*Deby Dearman*

*Wendy Ervin*

*John Fisher*

*Jennie Gilbert*

*Kathy Goodhart*

*Nan Gurley*

*Angela Howell*

*Melanie Jackson*

*Jean Guald Jaeger*

*Barbara Johnson*

*Fredrick Jones*

*Ron Kegaris*

*Shari Lacy*

*Leslie Lindecker*

*Lisa Mclaughlin*

*Joanne Miller*

*Kevin O'Brien*

*Kathy Paul*

*Peggy Reeves*

*Tony Scott*

*A. Margretta Simpson*

*Dot Small*

*Jill Smith*

*J.J. Sneed*

*Streater Spencer*

*Terry Warren*

*Sculpture By: Steve Kaczmarczk*

*Jewelry By:*

*Jerry Lindsey*   
*Custom Jewelry*

**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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Food Truck on site Saturday!

**Free Admission. Donations accepted.*