

March 2018

**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**

**FiftyForward
Martin Center Staff**

Center Director
Joyce Keistler
Jkeistler@fiftyforward.org

Volunteer and Office Manager
Tammy Ried
treid@fiftyforward.org

Associate Director
Sherry Coss
scoss@fiftyforward.org

**FiftyForward
Williamson County Staff**

Living At Home
Jane Bradley
jbradley@fiftyforward.org

FLIP Coordinator

Websites:

www.themartincentertn.org
www.fiftyforward.org

***Fifty
Forward***

March Highlights



TPAC: Waitress
Sunday, June 10

Taste of Williamson
Sunday, March 4

Free Tax Assistance



**Culinary Demonstration
with Chef Ron**
Sponsored by Morning Pointe Brentwood



Potluck guest speaker
Dr. Jeff Kegarise



FiftyForward and Lipscomb Partner
to present
Ark Encounter & Creation Museum
Details inside....

AARP Free Tax-aide

Tuesdays and Thursdays beginning February 3 through April 12 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. Please note tax volunteers are not on call at our Center.

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

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.

Chef Ron

Sponsored by Morning Pointe Brentwood

Wednesday, March 21 at 1:00

Join us for a culinary demonstration with Chef Ron. Limited seating. Reservations required.



Walking Path

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 Indoor Sports Complex.

Book Group and Discussion

2nd Tuesday of each month at 10:30

Facilitators: Anne Kelly and Suznanne Rainwater

Tuesday, March 13: "The Last Chance Matinee", M. Stewart

From *New York Times* bestselling author Mariah Stewart comes the first novel in her all-new series, *The Hudson Sisters*, following a trio of reluctant sisters as they set out to fulfill their father's dying wish. In the process, they find not only themselves, but the father they only thought they knew.

Beading Buds

Instructor: Barbara Bays

Wednesday, March 14 at 1:00

Let's celebrate Saint Patrick's Day with a fashionable necklace to accent your wardrobe. Bring your favorite beverage and let's make jewelry with beads of your choosing in a delightful environment. No experience is necessary. Class example at front desk. Cost: \$6 supplies included for members. Reservations required.



Watercolor Exploration with Barbara Bays

Tuesdays at 10:00

We invite you to come explore and experiment with projects that are only limited by your imagination. 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 and \$100 for non-members. Reservations accepted only with payment. Call front desk for current series. 615-376-0102

Oil Painting With Barbara

Thursdays, at 9:30.

Instructor: Barbara Bays

We invite you to come explore and experiment with projects that are only limited by your imagination. Join us for this four week session to learn new ideas, techniques and enjoy fellowship with friends. Participants of all levels are welcome! No experience is necessary. These sessions are designed for you to relax and explore your creative side and discover hidden talents in a delightful environment. New 4-week series begins Thursday, March 8 through March 30. Cost: \$45 for members and \$90 for non-members. Call front desk for current series. 615-376-0102.

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.

Instructor: Get Connected! Meet there

Sponsored by Brentwood Morning Pointe

Every 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 phone 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.

Taste of Williamson

presented by Nissan

Sunday, March 4 from 7 to 9 PM

CoolSprings Galleria

Taste of Williamson, presented by Nissan, is an annual favorite of the local and regional community, featuring the area's best food and beverages. All proceeds benefit United Way of Williamson County and its partner agencies. New this year, Franklin Mayor Ken Moore and Linda Moore join the event as honorary event chairs. CoolSprings Galleria hosts this sampling event, where ticket holders meet chefs, sip a favorite beverage, taste local restaurant offerings and enjoy musical entertainment as they stroll from station to station. Proceeds from Taste of Williamson support programs that are creating opportunities for a better life for all in Williamson County. We all win when a child succeeds in school, when families are financially stable and when people have good health. Tickets available at the center. Cost: \$35 in advance or \$40 at the door.

FiftyForward and Lipscomb Partner to present Ark Encounter & Creation Museum

*Lipscomb Professor Rob McRay, Lipscomb University adjunct Bible Professor
Will join us for our travels to offer a wonderful insight during our tour*

3 DAYS & 2 NIGHTS

April 30, May 1 and 2

Martin Members: \$299.00/ pp. Double Occ.

Martin Members: \$384.00/ pp. Single Occ.

PACKAGE INCLUDES:

*ROUND TRIP MOTORCOACH TRANSPORTATION

*2 NIGHTS DELUXE ACCOMMODATIONS

IN THE CINCINNATI OHIO AREA

*2 GREAT BREAKFASTS

*2 SUMPTUOUS DINNERS AT FINE LOCAL RESTAURANTS

*FULL DAYS ADMISSION TO THE ARK ENCOUNTER IN KENTUCKY

Ark Encounter is three exhibits in one—the massive Ark structure itself, the incredible craftsmanship, and the beautifully-fabricated teaching exhibits. The combination of all three will amaze and inspire you to think differently about the biblical account of Noah's Ark.

***FULL DAYS ADMISSION TO THE CREATION MUSEUM IN KENTUCKY**

The state-of-the-art Creation Museum allows you to venture through history, stunning exhibits, botanical gardens, planetarium, petting zoo, zip line adventure course, and much more. This 75,000-square-foot facility has welcomed over 2.5 million guests since opening in Petersburg, Kentucky.



***ALL TAXES AND MEAL GRATUITIES *ALL BAGGAGE HANDLING
*TRIP CANCELLATION PROTECTION IS AVAILABLE UPON REQUEST**

**For information and reservations please contact :
Laura Tywater at Lipscomb at 615-966-5733**

This price is valid for Martin Members Only.

When you call for your reservation please let Laura know you are a member!

TPAC: Waitress

Sunday, June 10 leaving at 11:45

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles, a book by acclaimed screenwriter Jessie Nelson and direction by Tony Award® winner Diane Paulus. Inspired by Adrienne Shelly's beloved film, *Waitress* tells the story of Jenna - a waitress and expert pie maker, Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Showtime 1:00. Seating is rear orchestra. Limited tickets available.

Cost: \$48.50 includes, event ticket, CDL licensed driver, door-to-door service, parking and transportation.

Ticket location: Rear orchestra.

Hopdoddy Burger Bar

Hillsboro Villatge

Thursday, March 8 at 10:30

Let's travel to Hillsboro Village and try Nashville's newest burger joint but don't let the name fool you. Their menu has something for everyone's taste buds. At Hopdoddy they have a passion to prepare their food with fresh, all-natural ingredients by hand. They feature Hoss' hot chicken, parmesan truffle fries, buffalo bill burgers, signature sips, salads and much more. This hip, eco-minded burger joint features all-natural meats, sauces made from scratch, housemade breads and shakes served with all the fixings. Cost: \$6 includes CDL licensed driver, door-to-door service, parking and transportation. Menu at the front desk

Biscuit Love in Franklin

Friday, March 16 at 10:30

Biscuit Love serves a variety of breakfast and lunch options made entirely from scratch. Throughout its journey from food truck to brick-and-mortar, Biscuit Love has remained steadfast in its commitment to sourcing from local purveyors, and actively gives back to the community. Biscuit Love recently opened it's doors in Franklin in the historic Corn House on Third Avenue South off the square in Downtown Franklin.

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

Dinner Group: House of Brews

Cold Ales ~ Tall Tales

Wednesday, March 21 at 3:30

Let's travel to Dickson and visit Danny and Sharon's restaurant House of Brews located on the square in Dickson. Great food and fellowship. Reservations required. Cost: \$10 includes door-to-door services with a CDL licensed driver and mini-bus.

Showtime at Martin

Please sign up if you plan to attend.

Friday, March 9 at 1:00

Patch Adams 1998

Actors: Robin Williams, Monica Potter, Philip Seymour Hoffman

Meet Hunter Patch Adams (Robin Williams), a doctor who doesn't look, act or think like any doctor you've met before. For Patch, humor is the best medicine, and he's willing to do just about anything to make his patients laugh - even if it means risking his own career. Based on a true story, Patch Adams

combines sidesplitting humor with an inspiring story that transcends the traditional comedy.

Friday, March 23 at 1:00

The Prize Winner of Defiance, Ohio (2005)

Actors: Julianne Moore, Woody Harrelson, Laura Dern

Anything is possible with a little laughter and a lot of heart in this incredible true story of an extraordinary woman who raised 10 kids on 25 words or less. Academy Award® nominee Julianne Moore stars as Evelyn Ryan, a devoted housewife and mother, who uses her knack for words to win thousands of dollars in jingle contests to keep her family together. Also starring Academy Award® nominee Woody Harrelson, this witty and engaging comedy celebrates the power of a winning spirit.

Bingo at Martin

Sponsored by Morning Pointe Brentwood

Tuesday, March 20 at 1:15

Bingo will be held after our monthly potluck luncheon. If you wish to play, please bring a \$5 gift card of your choice. Each player will receive two bingo cards and we will have prizes for the winner of each game. In the event that more than one person bingos, we will draw cards to determine who will receive the prize for that game.. 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.

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.

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

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



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

Potluck Luncheon

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

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

Tuesday, March 20 at 11:30

Guest speaker: Dr. Jeff Kegarise, Cool Springs Eye Care

Cool Springs Eye Care will join us on potluck days to provide glass cleaning and adjustments



Ever considered starting a new hobby?

What about wood carving?

Please let us know if you are interested in a wood carving class or other type of class, trip, or program.

Tech Time with Betsy

Friday, March 9 at 10:00

Advanced question and answer session. Class limit six. 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 Director about qualifications
- Keep in mind there may be additional costs for specific center programs and events.

Volunteer Opportunities at FiftyForward Martin Center

We are always looking for capable, caring and committed volunteers at the Martin Center. Please take a minute to look over this list of volunteer opportunities and let us know what interests you! You'll enjoy fun and fellowship while contributing to the Center and your community! Just give us a call 615-376-0102!

Reception Desk:

Greet visitors, register participants for programs and answer the phone.

Facilities Set-up:

Set up and arrange tables and chairs in the building for various programs and special events.

Landscaping Committee:

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

Property Committee:

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

Kitchen Keepers:

Organize the kitchen for special events and potlucks including set-up, heating the food and clean-up.

Newsletter Group:

Fold, label and sort the Center's newsletter.

Data Entry:

Input membership and volunteer data.

Welcoming Committee:

Introduce new participants at social and special events. Organize the Center's New Member Luncheon.

Phone Calling:

Make occasional phone calls as reminders or follow-ups.

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

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

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

Return Service Requested

**NON PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 229
FRANKLIN, TN**



**United Way
of Williamson County**