

**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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**Websites:**  
[www.themartincentertn.org](http://www.themartincentertn.org)  
[www.fiftyforward.org](http://www.fiftyforward.org)  
Big E! Site:  
<http://themartincenter.tripod.com>

***Fifty  
Forward***

***Save The Date!***

***Martin  
Masters***

*Zoë's Gallery of Friends*

***8th Annual Art Exhibition***

***Presenting Sponsor***



*Please join us for a sneak preview  
and special reception with honored guest artist*

***Frank T. Gee***

***Thursday, November 7***

***5 to 7:30 p.m.***

***Tickets \$35***

*Wine and hors d'oeuvres provided by  
Cool Springs Wines and Spirits and Giandi's Catering*

*An event to benefit The Martin Center*

*Exhibition and sale continue free of charge  
With artwork for sale by more than 40 local artists*

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*Friday, November 8, from 11 to 7  
Saturday, November 9, from 10 to 3*

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**Get Movin' At Martin**

**Pilates & Core Stability**

**Mondays and Wednesdays, 9:15-10:15.** FREE introductory class

**Instructor:** Barbara Johnson

Cost: Members \$5. Non-Members \$10. Non-members please pay at the front desk.

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**Flex Exercise Class**

**Tuesdays and Fridays, 9:30.** Members free. Non-members \$5. Non-members please pay at the front desk.

Tuesday class led by Kathy McFarlane. Friday class led by Dot Small.

This chair exercise class focuses on flexibility and balance.

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**Tai Chi**

**Thursdays, 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.

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**Yoga**

**Thursdays, 10:15**

**Instructor:** Julie Russell

Cost: \$40 for 4 classes for members; \$80 for non-members. Single class cost: Members \$11. Visitors \$22.

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**Social**

**Potluck Luncheons: 3rd Tuesday of the month at 11:30**

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

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

**Tuesday, September 17**

**Guest Speaker: Director Gary Cordell, Tennessee Division of Consumer Affairs**

**Identity Theft:** How to Prevent it and what to do if you are a victim.

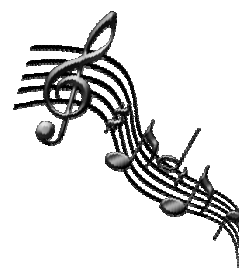
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**40's ~ 50's ~ 60's**

**Tuesday, October 15**

**Guest Entertainer Mark Edwards** will take us back to the 40's, 50's, and 60's to the sounds heard over the basement radio, at the corner bar, or in the booth of a city nightclub. Join us as we are taken back in time with his performance. He has performed all across the U.S. and Canada and will win you over with his heartfelt vocals and stylish interaction.

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**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.

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**Showtime**

**1st and 3rd Fridays at 1:00**

Bring your favorite beverage and snacks. Please let us know if you plan to attend.

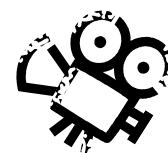
Suggestions welcome!

September 6: Oklahoma

September 20: And Justice For All

October 4: The Unsinkable Molly Brown

October 18: Charlie Wilson's War



# Health and Wellness

## Toss it!

*Presented by Whole Foods Cool Springs*



**Wednesday, September 11 at 1:00**

Nuts, seeds, and avocados are a great whole food sources of healthy fats. Get more of these cardio-protective fats into your diet by swapping them for the pressed oil in these simple and delicious salad dressings. Dori Wilbert, the Healthy Eating Specialist from Whole Foods Market will speak about the four healthy pillars of the Health Starts Here program and demonstrate several healthy no-oil recipes. Reservations required. Limited seating. Tasting: \$2.

## No Boundaries 5K Training

*Sponsored by Brentwood Fleet Feet*



**Saturday, September 14 at 7:30 a.m.**

Join Coach Carol and Coach Jenn for a nine-week training program for the November 16 Viva la Diva 5k benefiting FiftyForward. Training will take place at the Brentwood Fleet Feet store location. The training includes walking, running, yoga and stretching with four workouts weekly throughout the nine weeks. Participants will receive a tech tee, injury screenings and lots of accountability to reach their fitness goals. For more info, please contact Coach Carol Rolfes at [carol@fleetfeetnashville.com](mailto:carol@fleetfeetnashville.com) or Coach Jenn Urban at [jenn@fleetfeetnashville.com](mailto:jenn@fleetfeetnashville.com). Cost: \$125

## Back By Popular Demand Four-Handed Massage

*with Kathy McFarlane and colleague*

**Thursday, September 26**

Two therapists with customized pressure. Two therapists and four hands touch your body with choreographed, rhythmic movements that induce deep relaxation. Therapists perform a body massage, reflexology and hypnotic scalp massage to create a sense of calm and well-being. Organic aromatic oil soothes the senses and nourishes the skin. Emerge renewed and serene. Appointments accepted only with payment. Cash or check preferred. Cost: Member \$80. Non-Members: \$100.

## Caregiver Support Group Meeting

*at NHC Place Cool Springs*

**4th Thursday of each month at 4:00**

Join Hertha Hines at NHC Place Cool Springs for a discussion to help those who are caring for a family member or friend dealing with memory loss issues. This group meets at NHC Place Cool Springs located at 211 Cool Springs Boulevard, Franklin, TN. Please call Hertha at 778-6831 for your reservation.

## Back By Popular Demand "Part Two"

*Sponsored by Williamson Medical*

**Guest Speaker: Shannon Lankford, EMS Training Officer**

**Wednesday, October 2 at 11:30**

Let the experts at Williamson Medical Center show you how to treat minor scrapes and bruises yourself. Find out how to determine when to call in the professionals. Reservations required. Light lunch provided. Limited seating.

## Massage

Licensed therapist Kathy McFarlane is available every 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 cards available.

**Cancellation Policy:** To cancel a massage, please call 615-376-0102 at least 24 hours in advance; otherwise, you will be charged

## 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. (i.e. LTM and senior citizens). These discounts are only available at The Martin Center.

# Continuing Education

## NPT Preview Screening

*Aging Matters Series*

The series is part of a "multi-year initiative" designed to encourage a community discussion about the needs of Middle Tennessee's older citizens, including care, finances, end-of-life issues, dementia and Alzheimer's.

*Preview Screening:*

**Thursday, September 5 at 11:00**

**Documentary:** Aging Matters: End of Life Decisions

**Location:** Knowles Center, 174 Rains Avenue, Nashville

Please RSVP by calling NPT at 615-259-9325. Lunch provided. Reservations required.

Group will car pool from the Center leaving at 11:00.



**Tuesday, October 15**

**Documentary:** Aging Matters: Age of Champions

**Location:** Nashville Public Television, 161 Rains Avenue, Nashville

Please RSVP by calling 615-743-3400. Lunch provided. Reservations required.

Group will car pool from the Center leaving at 11:00.



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**Rock Lady**

*Light lunch provided*

**Tuesday, October 8 from 10:45 to 1:00**

Come to the Rock Lady's ranch ( aka Marilyn Duran) and learn about the wonderful world of gems and minerals. You will have a hands-on experience discovering how minerals are identified and see semi-precious gems in their natural state before being cut for jewelry. Come and enjoy the beautiful outdoors as you learn about nature's creations. Sit outdoors on her lovely patio and enjoy a light lunch. You might just come back with a "gem" of your own. Reservations limited to 15 so sign up early. Van: \$2. Leave the Center at 10:45.

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**Beaded Bookmarks**

*Give your time for a great cause*

**Thursday, October 24 at 1:00**

**Instructor:** Sherry Armstrong

Sherry wants to ask you to volunteer your time to help make beaded bookmarks for the Center to sell. All you need to do is donate an hour of your time to help the Martin Center raise funds that will directly benefit our Center and our members. This beaded bookmark craft is easy and fun to make and you will be helping raise money for the Center. They will fit any theme just by changing the colors and shapes of the beads. The group plans to meet monthly. Supplies included.

Please sign up if you can join us.

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**Elements of Writing**

**1st and 3rd Mondays at 11:00**

**Monday, September 16. October 7 and 21**

For fiction, non-fiction and, from time to time, poetry, we discuss some aspect of character or setting.

Several people read a portion of their work and receive friendly feedback from the rest of the group.

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**Current Financial Markets**

*sponsored by Merrill Lynch*

**Tuesday, October 1 at Noon**

**Facilitators:** Raj Patnaik and Zach Richards from Merrill Lynch

**Topic:** What does the current market mean to you?

Please join Raj Patnaik and Zach Richards from Merrill Lynch Wealth Management for another exciting "lunch and learn" session regarding the financial markets. Raj and Zach will be on hand to answer your questions about the current financial environment. As always, lunch will be provided! Reservations required.

# Continuing Education

## Tech Time with Betsy

*iPad / iPhone*

### Tuesday September 24 at 1:00

**Topic:** A basic primer on iPad/ iPhone with a question and answer session to follow. An introduction to all of the buttons on your device and basic settings. Limited to 6 members with little or no knowledge of the devices.

### Tuesday, October 22 at 1:00

**Topic:** Advanced iPad/ iPhone with a question and answer session to follow.

This advanced class will be limited to 8 members. Session will be based upon questions provided by those who attend. Members should have a working knowledge of their device and have owned it for at least two months. Reservations required.

## “I-Care” and Chocolate

*Sponsored by Cool Springs Eye Care*

### Wednesday, October 16 at 1:00

**Guest Speaker: Dr. Jeff Kegarise.** He is a graduate of the Ohio State University College of Optometry. For more than 20 years, he has lectured nationally on quality improvement in healthcare and co-authored chapters on leadership in practice management. Before taking over Cool Springs Eye Care ten years ago, he managed an ophthalmic referral center in Nashville.

**Topic:** Join us for an open discussion on the latest technology for eye care, cataract surgery, and much more. Dr. Jeff’s visit is always fun and lively with conversations regarding your eyes. Reservations required.

## Community Safety and Donuts

*Officers Samuel Bady and Mark Wood*

### Tuesday, October 29 at 10:00

Officers Samuel Bady and Mark Wood make up The Crime Prevention/Community Services Division of the Brentwood Police Department. Officers Bady and Wood have over 40 years of combined police experience. The Officers are certified D.A.R.E. instructors, certified Crime Prevention Specialist’s and are certified in Crime Prevention Through Environmental Design (CPTED). Join us for a discussion of your safety, your concerns and questions. Reservations required.



## Winesipper's with Cool Springs Wine and Spirits

Friday, September 27 at 5:30

Friday, October 25 at 5:30

*Wine pairing and lecture provided by Cool Springs Wines and Spirits.  
Catering by G Catering & Events*

*Cost: \$22.50. Guests: \$25. Reservations accepted only with payment. Menus at front desk.*



# Trips and Tours

## Come Grow With Us *Tennessee State Fair Free Day*

### Tuesday, September 10

This year's State Fair will showcase the culture and promise of the entire state of Tennessee, making it a true state fair. It will epitomize the best of Tennessee, emphasizing agriculture and youth, heritage and future, all in an educational and entertaining atmosphere. Join us for a free day at the fair with lunch included. Limited tickets available. Van: \$5. Leave the Center at 9:30.

### Lunch and *The Family*

*Genres: Action/Adventure, Comedy*

### September 16. Leave the Center at 10:45.

Cast includes: Robert DeNiro, Tommy Lee Jones, Michelle Pfeiffer

An American ex-Mafia boss and his family are transplanted to France through the witness-protection program, but draw the attention of underworld figures who are determined to see them dead in this darkly humorous action comedy starring RobeDeNiro and directed by Luc Besson. Brooklyn kingpin Fred Manzoni (DeNiro) had it all until the day he became a snitch. Lunch at Jim and Nicks BBQ Cool Springs. Leave the Center at 10:45. Van: \$5.

### Tennessee Winery Trail

*Amber Falls, Natchez Hills, and Keg Springs*

### Wednesday, September 18 at 10:30

Enjoy fellowship and flavorful wines as we wind our way around Tennessee to visit three unique and treasured wineries. First stop is the popular Amber Falls where we will enjoy lunch followed by a free tasting of their signature wines. We will then continue our journey to Keg Springs Winery and the newly opened Natchez Hills winery located only miles apart. Menu at the front desk.

Cost: \$15 includes mini-bus transportation, tastings, CLD licensed driver, parking and door-to-door service. Lunch TBD.

### Leiper's Fork Picnic with Aubrey

*Catch and Release*

### Monday, September 23. Leave the center at 9:30.

Is it true that they used to make moonshine in them thar hills? Why is Green's Grocery called Green's Grocery? Travel to Leiper's Fork for picnic and fishing excursion with Visionary Preservationist Aubrey Preston. Aubrey will open the doors of his mother's home and stocked pond for us to enjoy a beautiful day in Leiper's Fork.

Enjoy the lovely porches, country hillsides, playing cards or wet a line to catch the "big one". Reservations required.

Cost: \$10.00 includes mini-bus transportation, CLD licensed driver and door-to-door service. Lunch TBD.



### Jonathan's Grille

*Let's meet there!*

### Wednesday, September 25 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.

### Big Bad Wolf Smokehouse Grill and Providence

*Mt. Juliet, TN*

### Thursday, September 26

Big Bad Wolf Smokehouse Grill is Mt. Juliet's best kept secret for casual family dining. Specializing in various entrees ranging from barbeque (BBQ), brisket, chicken and ribs, the Big Bad Wolf menu has something for everyone. People come from all over Middle Tennessee to savor the flavors of their grill. You won't be disappointed! Weather permitting we will stop by Providence open air mall. At Providence Marketplace, convenience is king. Where else can you get chic apparel, household goods, a new smartphone, a new book or soccer gear, then catch a movie...all in one family-friendly location?

Cost: \$8.00 includes mini-bus transportation, CLD licensed driver and door-to-door service.

Leave the center at 10:30. Limited seating.

# Trips and Tours

## Historic Cookeville, TN Train Depot Museum

*On The Road Again With Joan*

### Thursday, September 26

Located on Cookeville's West Side, the depot built in 1909, is on the National Register of Historic Sites. In your guided tour of the Museum you will view, among other things, an HO replica of a 1955 Model Train loaded with a coal tippie, a scale model of the city and mining area as it was in 1955. Enjoy lunch on your own at Crawdaddy's Grill.

Schedule Pick up sites: Turner Center: 8:15 a.m. Donelson Station: 9:00 a.m.

Cost: \$25 per person includes transportation and tour with

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## Animalia and Dinner

*"with soul"*

### Wednesday, October 2 at 2:30

With soul is how they want you to think of our Animalia- a peaceful retreat for animals in Franklin where they receive the best medicine from the best doctors with the best knowledge- all wrapped and presented with soul, kindness and a genuine love for the animal kingdom. We have the opportunity to "sit and sip" on their beautiful patio and enjoy their peaceful surroundings. Reservations accepted only with payment. Group size is limited.

Cost: \$8.00 includes mini-bus transportation, CLD licensed driver and door-to-door service. Dinner to be determined.

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## 4th Annual Banana Pudding Festival

*Grinder's Switch Winery*

### Saturday, October 5 at 9:30

Let's visit the 4th Annual National Banana Pudding Festival and Cook-off, celebrating the ultimate comfort food, banana pudding. The National Banana Pudding Festival near Grinder's Switch Rail Station, the inspiration for Minnie Pearl's fictitious town. This event will include, in addition to a national cook-off for the best banana pudding in America, two stages with entertainment, a children's area, food and craft booths, and the Puddin' Path where you can sample lots of banana puddin' and so much more. When we leave the festival, we will travel to Grinder's Switch Winery. Their wines have won awards and medals across the country including the prestigious "Wines of the South" competition. The vineyards and tasting room welcome visitors and encourage guests to come and relax on the deck, take a walk through the vineyards or explore the surrounding countryside. The beautiful tasting room is nestled inside the cozy hand-built log cabin and offers an array of local hand-made crafts and other unique gift items.

Cost: \$15 includes mini-bus transportation, CLD licensed driver, festival admission and door-to-door service.

Leave the center at 9:30. Reservations accepted only with payment.

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## Mystery Day Trip

### Monday, October 14 at 10:00

Ready, set, go! Only requirement is to bring your sense of humor, thrill for adventure, appetite and wear comfortable shoes. We will leave the center at 10:00 and return by 3:00. That is all the details that can be shared.

Cost: \$10.00 mini-bus transportation, CDL licensed driver, and door-to-door service.

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## Blue Herron River Cruise and Catfish

*A cruise of tranquility on the Cumberland River*

### Tuesday, October 22 at 10:00

Travel to Ashland City and ride the Blue Heron, a true excursion boat that lets you get close to the water and wildlife. The Blue Heron is a 40' pontoon boat, especially built for nature excursions. The rear two-thirds of the board is covered by a roof, providing ample shade for our passengers with a restroom on board. Captain Jim Steele is a U.S. Coast Guard licensed Captain, full of fun and always mindful of your safety. Each cruise is a unique experience. We will have lunch at the Riverview Restaurant before the cruise.

Cost: \$20 includes cruise ticket, mini-bus transportation, CDL licensed driver, and door-to-door service.

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## Harrah's Casino in Metropolis, Illinois

### Thursday, September 19 and October 24.

**Pick up at Martin Center at 7:30.** Members of any FiftyForward Center may go for only \$5. Non-members \$10. Transportation and lunch are included. To register, call Janice Judd at 231-1235.

# Creative Arts

## Card Crusaders

*The Card Crusaders need you!*

### Monday and Wednesdays at 9:30

Join the fun each Monday and Wednesday to create beautiful Iris Folding cards to benefit the Martin Center. There is a job for everyone and proceeds from all the sales benefit our beautiful Center. If you would like more information on how you can help, please call Sherry at 615-376-0102 or email at [scoss@fiftyfoward.org](mailto:scoss@fiftyfoward.org).



## Stop and Shop at Martin

*Now Taking Holiday Orders*

Are you looking for a gift or card to send someone? The Card Crusaders now have more than 70 patterns including all occasion, holiday, wedding, birthday, thank you, and many more. So, come by and place your order early. Let them customize and design your business logo on a card. Handmade and only \$4!! They are beautiful and professionally made. All sales benefit the Center.

## Painting with “Winer’s” at Martin

### Thursday, September 26

#### Instructor: Barbara Bays

Bring your favorite beverage, a relaxed attitude, and paint a picture along with art instructor Barbara Bays. She will show you step-by-step how to paint a beautiful masterpiece that you will take home at the end of the day. Enjoy fellowship and fun. Cost: \$20 includes supplies. Reservations accepted only with payment.

## Painting Techniques That’s All the Rage

*Paint On Glass*



### Monday, September 30 at 3:00

#### Instructor: Barbara Bays

At the moment, it seems like hand painted wine and martini glasses are all the rage! And creating it yourself is even better! In fact, painting on wine glasses is a fun way to create unique, personalized, and inexpensive gifts for friends and family. As well as being a way to support all things handmade, this project is also a great crafty idea for those of you who enjoy creating beautiful handmade objects. If it’s a clear smooth plate, wine glass or bottles bring it and join the fun. Cost: \$10 includes painting supplies. Bring the item(s) you want to paint. Reservations accepted with payment.

## Make Your Own Canvas Portrait!

*Making Your Memories Into Art*

### Monday, October 7 at 2:00

#### Instructor: Barbara Bays

Bring a favorite photo whether it is your pet, family members or friends. Sherry will scan your 8/12 by 11 photo and laser print a copy at the center prior to the class. Barbara will demonstrate how you can transfer your photo onto canvas making your memory into art. You can expect an imperfect transfer. Using the imperfections are absolutely lovely! It's best to choose an image that is not incredibly detailed to work with. Each transfer is different. The more you experiment, the better! Cost: \$15 includes paint brush, supplies and canvas. Reservations accepted with payment.

## Watercolor Exploration with Barbara Bays

### Two-week series Tuesday, October 1 and October 8 at 1:00

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 414-0458.

Cost: \$20 for members. \$40 for non-members. Reservations accepted only with payment.

## Martin Members Only ~ 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. There will be no instructor so you can share your techniques with your peers. Martin members only. Please check programming schedule for availability. There will be **no** Open Studio on September 26.





# Games People Play

## Scrabble on Tuesdays!



All of the following activities are provided for Martin members free of charge.  
Guests are welcome to pay a \$5 fee to visit activities once.

**Billards**

Tuesdays and Thursdays at 10:15

**Bridge**

Wednesdays at 9:00

**Canasta**

Thursdays from 9:30-3:30

Bring your lunch.

**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

**Wii Games**

Mondays at 1:00

Choose from a variety of games to play.

Please let Sherry Coss know if you would like to facilitate a new game.

### M2: Martin Men

*Golf Trip*



**Thursday, October 17**

**Group Leader: Martin Member Ben Snyder**

Join Ben on a golfing excursion to play in the morning. We will play either Harpeth Hills or Forrest Crossing golf courses, depending on the schedule. Estimated cost: \$30. Please sign up by Monday, October 7. You will be contacted with trip details. Reservations required. Payment due day of golfing trip.

### Bridge: The Basics and Beyond

**Wednesdays at 12:30**

**Facilitator: Bettie Dugger**

Let's have fun! Join us each Wednesday for bridge lessons. Whether you are new or need to polish your game this is for you. Please call the center for your reservation.

### \$5 Jewelry Sale

*Williamson Medical Center*

**Thursday, September 5**

Save the Date for some "Sweetheart" Deals at the next Williamson Medical \$5 sale. There will be a wide variety of quality jewelry and accessories for men, women and children including rings, bracelets, necklaces, earrings, jewelry sets, wallets and watches. Cash, check and credit cards will be accepted. The sale will provide a great opportunity to purchase some extra gifts for your friends and family. Van: \$5. Leave the Center at 10:00. Lunch to be determined. Reservations required.

# Eudaimonia

## Volunteer Spotlight

**Thank you** and welcome to our newest Front Desk volunteer, Bobby a.k.a BJ Frost.  
Please introduce yourself and welcome her to the team.

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FiftyForward has a great tradition called TeleThank. Over the course of one or two days in July, staff made calls to all volunteers that support the organization throughout the agency. Volunteers at each Center also called all community and business supporters to thank them for their ongoing partnerships with FiftyForward. The TeleThank callers at the Martin Center were Vic Davis, Judy Chilton, Marilyn Nevens, Shirley Breece, Joyce Patton and Helen Landry. **Thank you** for your gracious calls to so many of our supporters.

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As you may have noticed the grounds on the property look fantastic through the hard work and efforts of the Garden committee. The City of Brentwood is also working with us by providing free mulch for the garden areas. It's been a great team effort. We also discovered a beautiful little tributary of the Harpeth River as we looked through the underbrush and we may be able to access that area soon.

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I want to stress the importance of this volunteer opportunity. People like to be remembered when they are down or not feeling well. Please help "Just Joan" do what she loves to do. Please give her names and/or addresses of members that are struggling with something. She loves to feel her actions make a difference. "**Just Joan**" is always at your disposal. She is ready to send a card of encouragement, sympathy, or concern to any member that needs to know the Martin Center is thinking about them.  
Let Kathryn know and she'll pass the info to "Just Joan."

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**Got Enough Stuff?**  
**Ask your Family and Friends to purchase**  
**a Martin Center Gift Card**  
*Sponsored by*



Use for **Center membership**, exercise and art classes, massages, books and more!

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**Save The Date**  
**Membership Discount Week October 14-18**  
**Renew or join during this week and receive \$10 off the regular price of \$120.**  
**If you renew after October 18th and before January 1, 2014**  
**you will receive \$5 off the regular membership rate!**

### Please Note

Trip costs are calculated with a formula that includes round trip mileage, parking, current price of gasoline, ticket cost for driver, estimated meal cost for driver, staff support, cost of annual insurance premium, annual maintenance cost and estimated driver cost.



# Save The Date

## Membership Discount Week October 14-18

Renew or join during this week and receive \$10 off the regular price of \$120.

If you renew after October 18th and before January 1, 2014  
you will receive \$5 off the regular membership rate!

### Nashville Symphony

**Thursday, October 3 at 9:30**

**Giancarlo Guerrero**, conductor, **Nathan Laube**, organ, **Jun Iwasaki**, violin,  
**Joan Tower** - Chamber Dance, **Stephen Paulus** - Grand Organ Concerto  
**Bruch** - Concerto for Violin No. 2, **Copland** - Billy the Kid Suite

Take a trip to the wild, wild West with Copland's *Billy the Kid*, a musical portrait of the legendary outlaw set against the backdrop of wide-open prairies and the raucous American frontier. Bruch's gorgeous Second Violin Concerto will transport you to another world entirely, with soaring, luxuriant melodies performed by our very own concertmaster, Jun Iwasaki. We'll also pay tribute to two contemporary American originals, Joan Tower and Stephen Paulus, whose music will be recorded for an upcoming Nashville Symphony release. Cost: \$8 includes mini bus transportation, door-to-door service.

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### Oktoberfest at Martin

*Featuring Jon Martin and his bluegrass buddies*



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

Bring your favorite beverage and join us on the back porch for bluegrass and burgers. Jon Martin and a few of his friends will provide musical entertainment while we enjoy our new back porch benches, patio furniture and roast marshmallows with our new outdoor fire pit and play a little horseshoe. Burgers catered by G Catering. Cost: \$10 includes burgers and fixin's, entertainment and marshmallows!

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### Seniors of the Sahara

*A comedy by Barbara Pease Webber*

**Thursday, October 10 at 10:30**

Now showing at Chaffin's Dinner Barn. Sylvia Goldberg, a respectable retired New Jersey school teacher, brings home more than just souvenirs upon returning from her grandson's wedding in Israel. Her troubles begin when she realizes that the old teapot she purchased at an outdoor market is actually a priceless relic containing a geriatric genie "Eugene" with a bad back and a penchant for vodka and V8. Reservations required. Cost: \$25 includes ticket to show and transportation.

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### Party on the Patio

*with FiftyForward guests*

**Monday, October 21 at 11:00**

Let's welcome our guests from FiftyForward Centers. Our sister centers will join us for a tour and enjoy lunch on our beautiful patio. Let's enjoying the beautiful outdoors, fellowship and fun. Cost: \$3. Reservations required.

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### The Healthy Living Expo

*Nashville Music City Center*

**Saturday, September 28, 9:00 am - 5:00 pm**

This is a wonderful opportunity so we wanted to include this information in our newsletter. There will be over 100 exhibitors with information on health, fitness, nutrition and green living. Visit participating Health Screening exhibitors for **FREE** and reduced cost health checks, flu shots, free allergy screenings and more. Sure to be a huge hit is the Eat Right Nutrition Stage. The stage will have a variety of vendors providing samples of healthy food choices. Nashville Music City Center is located at 201 5th Avenue South, Nashville. Check out their website at [www.thehealthylivingexpo/nashville](http://www.thehealthylivingexpo/nashville).

**Martin Center  
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**Save The Date!  
FiftyForward Martin Membership Renewal  
Discount Days October 14-18**

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Use for **Center membership**, trips, exercise and art classes, massages, books and more!  
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**8th Annual Art Show and Sale November 7, 8, and 9**  
*Presenting Sponsor*

