

**Get Movin' At Martin**

**Pilates & Core Stability**

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

**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.



**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, April 16**

**Guest Performer:** Derek Lorin is an acoustic jazzy-pop artist and singer/songwriter. He writes his own music and accompanies himself on the ukulele. Derek has since abandoned his heavy-produced pop music and stripped down to a raw, solo performance. He mixes his own signature blend of acoustic-based pop music with a sprinkling of jazz influence.

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**Tuesday, May 21**

**Guest Performers:** You are invited to join Mark VanSickle and Bill Thompson for an afternoon of Broadway, country and inspirational music. Tap along with some of your favorites for a fun-filled afternoon. **Morning Pointe** is our potluck sponsor.

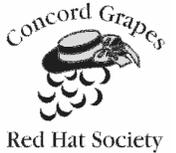
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**Concord Grapes Red Hat Society**

The Red Hat Cluster gathers the 2nd Friday of each month.

Call 376-0102 for schedule.

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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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**Now Showing: "Painted Veil"**

*Drama and Romance*

**Friday, May 10 at 1:30**

A couple with a broken relationship learns some valuable lessons about love, life, and sacrifice in this romantic drama based on a novel by W. Somerset Maugham. It's 1925, and Dr. Walter Fane (Edward Norton) is a physician and bacteriologist who has become smitten with Kitty (Naomi Watts), the beautiful daughter of a wealthy and socially prominent family. Join us to see how the story unfolds. Bring your favorite beverage and snacks. Reservation required.

# Health and Wellness



## 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: If you need to cancel a massage, please call 615-376-0102 at least 24 hours in advance; otherwise, you will be charged.

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## Manicures and Pedicures

3rd Monday of the month from 8:30 to 3:00  
**Monday, April 15 and May 20**  
Licensed cosmetologist Jeanne Bellinger provides pedicures for \$30, manicures for \$23, and toenail clips for \$15.  
Martin Members receive **\$5 discount** for services. Call Jeanne at **615-715-6128**.  
Please call Jeanne 24 hours in advance to cancel an appointment; otherwise, you will be charged.

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## Vitamin D: What You Need To Know

*Sponsored by Saint Thomas*

**Tuesday, April 9 at 11:30**  
**Guest Speaker: Dr. McCain**  
**Topic: Vitamin D.** Without a sufficient amount of **vitamin D**, calcium can't be absorbed properly, and this can lead to many problems, ranging from brain dysfunction to weakening of the bones. Find out what other symptoms can arise. Some sources also mention that a high enough D3 level will make your body resistant to H1N1, the swine flu virus. Lately there was an epidemic of H1N1 in the northern part of Finland. These are the people whose D3 levels are the lowest of all because in the midwinter there is basically no daylight. Reservations required. Lunch provided.

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## Caregiver Support Group Meeting

*at NHC Place Cool Springs*

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

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## "I-Care" and Chocolate

*Sponsored by Cool Springs Eye Care*

**Wednesday, May 29 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.

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## Vetting Service Providers

*Presented by Let's Get Moving!*

**Wednesday, May 1 at 10:00**  
**Guest Speaker: Cindy Natsch**  
**Topic:** How to be sure you are choosing the best provider! From time to time you may choose a service provider who is not good, and when this happens, it provides more stress and can cost you more money. Cindy will give you the tools to have the knowledge to ask the right questions to fit your needs. Take advantage of her extensive knowledge with no cost to you. Reservations required. Donuts and coffee provided.

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## Weight Watchers Meetings at Martin

**Tuesday mornings at 8:30 and Tuesday evenings at 5:30.**  
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

## AARP Free Tax-aid

**Tuesdays and Thursdays in April ending April 11 from 9-1:00. By appointment only.**

This service is provided by IRS trained volunteers. Please 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.

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## ***Car Fit: The Results May Surprise You!***

*Helping Mature Drivers Find Their Perfect Fit  
Sponsored by Nashville State Occupational Therapy*

**Friday, April 19 from 10:00 to 1:00**

Come witness the launch of this first-of-its-kind program that could make a lifesaving difference to both drivers and their loved ones. Developed through collaboration among the American Society on Aging, AAA, AARP and the American Occupational Therapy Association, *CarFit* is the first program to offer active adults the opportunity to check how their personal cars "fit" them. People over 65 are the fastest-growing population in the United States. By 2030, one in five drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads. Reservations required.

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## **Beaded Bookmarks**

*Give your time for a great cause*

**Thursday, April 25 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 the Center and its 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 let us know if you can join us.

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## **The Brentwood I Remember**

*Historical Seniors (rescheduled from March)*

**Thursday, April 4 at 10:00**

**Facilitated by:** Virginia Watson

**Guest Speaker:** John M. Oden

**Topic:** The Brentwood I Remember: A History of the Brentwood Community 1850 – 1950

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## **Discover The Civil War Tour**

*Historical Seniors*

**Thursday, May 2. Leave the Center at 9:30**

Let's travel to the Tennessee State Museum where Discover the Civil War will be the only venue in the Southeast to host this popular traveling exhibition from the National Archives. We will also view the original 13<sup>th</sup> Amendment and a copy of the Emancipation Proclamation. For more information regarding the exhibit, visit: [www.tnmuseum.org](http://www.tnmuseum.org). Limited seating.

Reservations required by Thursday, April 25. Van: \$5.

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## **Genealogy Workshop**

*Knowles Center Nashville*

**Monday, April 1.**

**Topic:** "Conservation Basics for Family Collections" presented by Ms. Carol Roberts

This workshop is an overview of archival preservation techniques to care for historic family records detailing collections and scrapbooks that can easily be preserved. Door prizes of archival supplies will be given at the end of the workshop.

**Reservation fee:** \$30 including lunch.

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

Call 743-3400 for your reservations or email [ssolesby@fiftyforward.org](mailto:ssolesby@fiftyforward.org)

# Continuing Education

## Norris & Norris, PLC

*Donating time for free consultations*

### 1st Monday of each month beginning May 7 from 9-Noon

Attorney Barbara Moss of Norris & Norris will be donating her time and expertise for the members of the Martin Center beginning May 7. She has been practicing law for more than 30 years and is well known to Nashvillians for her column "Learning the Law," which was featured in The Tennessean. The thirty minute session will give you the opportunity to ask relative questions in private focusing on the areas of TennCare planning, estate planning, probate and trust administration, crisis management, and most other relevant subjects. Please call the Center to make your appointment.

### Elements of Writing

**Facilitator: Sally Lee**

**1st and 3rd Mondays at 11:00-Monday, April 1 and 15; May 6 and 20.**

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.

### Tech Time

*Ipad, iPhone*

**Wednesday, May 15 at 1:00**

**Facilitator: Betsy Crossley**

Want to tailor your iPhone or iPad for your daily life? Explore the world of Apps that can help you organize your life, scrapbook on your mobile device, keep up with friends and pass the time with entertainment and music. We'll talk about mobile apps Pandora, SoundHound, Grocery IQ, Facebook, RedLaser, Dropbox, and Stumbleupon. Bring your iPad or iPhone 5. Limited to 6 people. Cost: \$2.

### Current Financial Markets

*sponsored by Merrill Lynch*

**Wednesday, May 22 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.



### Winesipper's with Scott

**Friday, April 19 at 5:30 (please note date change)**

Arugula with smokey bacon, sautee onions, roasted garlic with lemon vinaigrette, petite beef tenderloin with béarnaise, blue cheese mashed potatoes, green beans with tomatoes, rolls, butter, and Chef's dessert



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**Friday, May 31 at 5:30**

Tossed greens with olives, feta, tomatoes, cucumbers, red onion with Greek vinaigrette, Coq O Vin (wine braised chicken), wild rice Florentine, grilled asparagus, rolls, butter and Chef's dessert

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*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.*

# Trips and Tours

## Mystery Trip

**Friday, April 12 at 9:30**

Travel where no Martin members have traveled before. Wear comfy shoes, bring a relaxed attitude and maybe even a beverage or two. Limited seating. Reservations required. Van: \$7.

## Shopping Pass at Costco

*Free hotdog and drink*

**Monday, April 15 at 10:30**

Travel to Costco in Franklin for a unique dining experience. Freddie will treat everyone to a free hotdog and drink or there are other items for your taste buds. We will have reserved seating in their “dining hall” and be treated to door prizes and more. We will be given a free pass to shop and taste the samples served throughout the day. Reservations required.

Please let us know if you plan to meet the group at Costco.

## Harrah’s Casino in Metropolis, IL

**Monday, April 15.** Leave the Martin Center at 7:30.

Travel on a Mills motor coach to Metropolis, Illinois. Enjoy a buffet lunch, bingo on the bus, and good times with fellow passengers. The bus will leave Harrah’s at 4:00. Please call Shirely Breece at 373-2384 to make your reservation.

## Granite City

*“Where food and beer are more than a craft. It’s an art.”*

**Wednesday, April 17.** Leave the Center at 10:45.

Located on McEwen Drive beside the new Drury hotel in Cool Springs, check out this latest addition to the restaurant scene in Franklin. Granite City is an experience a thousand words couldn’t fully describe. Everything at Granite City is fresh and carefully crafted right in their kitchens - from scratch. Get ready for something a little out of the ordinary. Local reviews report that the Cheddar & Ale Soup is amazing. Van: \$5. We will need to know if you plan to meet the group at the restaurant.

## Lunch with Chef Lawson

*Compliments of Brentwood Morning Pointe*

**Thursday, April 18**

Let’s get a first hand peek of the beautiful building just off Wilson Pike called Brentwood Morning Pointe. We will have a personalized tour with Mandy and then be treated to lunch by Chef Lawson. He is a classically French trained American chef. Previously, Chef Lawson worked as Cooking School Director and a Chef Instructor at the Viking Cooking School in Franklin. He discovered his passion for cooking and love for Southern cuisine from his grandmother.

## Yarn Scarf Made Easy

*Let’s spread some sunshine to others*

**Friday, April 26 at Noon**

Everyone enjoyed making the scarves from multi-colored skeins that we all brought to assemble with Angie. That’s right—the scarves require absolutely no knitting. Let’s travel to NHC Place of Cool Springs for a complimentary lunch and share with their members how it is done. If you were not able to participate in our first gathering, please join us at NHC. Just grab your favorite yarn then get to knotting, tying or just plain old-fashioned braiding. We have yarn to share with NHC, but if you want to purchase something frilly for yourself, please do so. We will make a mystery stop on our way back to the Center. Reservations required.

## O’Rourke’s Pub

*Dickson, TN*

**Tuesday, April 30.** Leave the Center at 2:45.

Travel to Dickson, TN in comfort on a Grey Line mini-bus to O’Rourke’s Irish Pub. O’Rourke’s is named after Sherry’s sister-in-law and owned and operated by her brother, Dan. It is a local pub with a full bar and food service. Designed as a social club, it is a great place to relax and chat with friends. With their new expansions they now sport a new outdoor pool and tikki bar area where we can have a beverage and relax. Cost: \$20 includes transportation, CDL licensed driver and BBQ. Drink purchase separate. Reservations accepted only with payment.

# Trips and Tours

## Be An Artist For A Day

*Bring your imagination*

**Tuesday, May 7.** Leave the Center at 9:45.

Let's go to Third Coast Clay in the Factory in Franklin. Third Coast Clay is a groovy little pottery painting place offering pieces of "naked clay" ready to be decorated. They have all the supplies you need to create a ceramic memory. All you need to do is bring your imagination and get ready to have fun with some of your friends. When you arrive you will have your pick of the many choices offered and pay them directly. Car pool to the Factory. Lunch at Stoveworks.

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## Leiper's Fork with Aubrey Preston

*Day Trip*

**Monday, May 13.** 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? Let's travel to Leiper's Fork for a personalized guided tour with Visionary Preservationist Aubrey Preston. Aubrey will begin the tour at Animalia which is Ms. Preston's new, state-of-the-art wellness center for furry friends. Animalia means "with soul"—a peaceful retreat for animals 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. Animalia is committed to more natural methods of treatment for animals, and is constantly exploring new types of holistic approaches to animal health and well being. And the underwater treadmill is a must see! We will enjoy lunch at the Country Boy restaurant, owned by our friends Charlie and Shannon Martin. After lunch, Aubrey opens the doors of some of the homes and tells tales of the history within its walls.

Cost for members: \$12 includes mini-bus transportation, CLD licensed driver, tour, and door-to-door service.

Reservations accepted only with payment. Lunch not included.

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## {PUB}licity

*Bellevue's English Alehouse*

**Thursday, May 16 at 10:30**

**{PUB}licity:** An independently owned new addition to the restaurant choices in Bellevue. With a variety of beers and British selections, the menu has something that will appeal to everyone. If you are a bacon lover, you can check out the Bacon Sampler. Reservations required. Van: \$4.

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## Arrington Vineyards in April

*Lunch at Carrabba's*

**Tuesday, April 23.** Leave the Center at 10:45.

Enjoy Lunch at Carrabba's in Cool Springs and then travel to Arrington to enjoy a relaxing wine tasting while feasting your eyes on the beautiful rolling hills of Middle Tennessee. This trip continues to be a favorite of Martin members so you will not want to miss out on the experience. Limited seating for tasting. Van: \$7.

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## J J's Wine Bar

*Franklin, TN*

**Wednesday, May 22.** Leave the Center at 3:45. Limited seating. Van: \$5.

JJ's Wine Bar is an upscale wine bar with an edge, located in the heart of historic downtown Franklin. Situated on the corner of Main Street and 2nd Avenue, the building was originally a private residence and is now listed on the National Historic Registry. Inside, the atmosphere is fun, relaxed, and comfortable; decorated in an eclectic, hip style. The walls are adorned with artwork by local artists, available for purchase. They offer 28 different types of wine by the glass, dispensed in your choice of sizes—a taste, a half-serving, or full-serving, using a smart-card received at the front desk. Reservation required.

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## "The Big Wedding"

*Romance and Comedy*

**Thursday, May 2**

With an all-star cast lead by Diane Keaton, Robert De Niro, Susan Sarandon and Robin Williams The Big Wedding is an uproarious, romantic comedy about a weekend wedding celebration that has the potential to become a full blown family fiasco. Time: TBD. Van: \$4. This film has not been rated.

**Creative Arts**

**Stop and Shop at Martin**

Are you looking for a gift or card to send to 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. They can design game day cards with your favorite team colors! Handmade and only \$4!! They are beautiful and professionally made. All sales benefit the Center.

**Painting with “Winer’s” at Martin**

**Wednesday, April 24 and Thursday, May 23 at 2:00**

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 required.

**Watercolor Exploration with Barbara Bays**

**Tuesdays at 1:00, six-week series begins Tuesday, April 23**

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: \$50 for members. \$100 for non-members.

**3D or Not 3D That Is The Question**

*Two-day workshop rescheduled from March*

**Instructor: Bill Barnes**

**Times: 10:00 to Noon and 1:00 to 4:00**

Come study with Bill with the 3D See Thru Drawing Techniques of Robert Fawcett where objects look as if they were made of glass. This 3D drawing technique will provide you with an invaluable tool: Understanding how 3D objects relate in space: Break down complex shapes into simple shapes: understand cast shadows, reflective light and more. Lunch break from Noon to 1:00. Cost: \$60 per person. Bill Barnes’ biography at front desk. Call Center for new dates.

**Martin Members Only ~ Open Studio**

**Watercolor, Thursdays at 1:00**

Bring your brushes, pens, and paints and join us each Thursday afternoon for a Open Studio day at Martin. There will be no instructor so you can possibly learn from your peers. Martin Members only.

**Let’s Wine About it!**

*An Afternoon with Tim and Barbara Bays*

**Wednesday, May 8 at 2:00**

Frustrated? Frazzled? The Bays family teams up for a relaxing afternoon filled with inspirational and hysterical music by Tim and art illustrations by Barbara. Who or what keeps you from trying something new? Lets put pencil to paper and give it a fresh face and then give it a swift kick. No experience needed. Just an afternoon with friends. Reservations required. Cost: \$3.

**Looking for Gift Ideas?**

*Sponsored by BancorpSouth*

Stop by the Martin Center to purchase a Martin Center Gift Card. **The perfect holiday or birthday gift!** Ask your **family and friends** to purchase a Martin Center gift card for you to use for Center membership, exercise and art classes, massages, manicures, books, and more! One size fits all! Call 376-0102 for details. MasterCard / Visa accepted.

## 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 activities once.



### Billards

Tuesdays and Thursdays at 10:15

Members free.

### Bridge

Wednesdays at 9:00

Members free.

### Canasta

Thursdays from 9:30-3:30. Bring your lunch.

Members free.

### 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

### 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.

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## Genealogy

**Tuesday, April 9 and May 14 at 10:00**

**Facilitated by:** Virginia Watson

**Topic:** TBA

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## How Do Your Drugs Interact With You

*Sponsored by Williamson Medical*

**Monday, May 20 at 1:00**

**Guest Speaker:** Williamson County Medical Center's Pharmacist Debra Davis

Drug interactions may make your drug less effective, cause unexpected side effects, or increase the action of a particular drug. Some drug interactions can even be harmful to you. Reading the label every time you use a nonprescription or prescription drug and taking the time to learn about drug interactions may be critical to your health. You can reduce the risk of potentially harmful drug interactions and side effects with a little bit of knowledge and common sense.

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## Firearms and Permit Carry Class

**Instructor:** Leroy Harris

**Tuesday, May 28 at 9:00**

This course is a minimum of eight (8) hours and meets the requirement for applying for a Tennessee Handgun Carry Permit through the Department of Safety. The course consists of at least four hours of classroom instruction, which includes Safety, Nomenclature, Law and Shooting principles. The Shooting Range portion is also at least four hours and covers principles of personal protection, shooting fundamental drills, and the actual qualification course. \$70.00 dollars.

Call 615-376-0102 for any questions. Reservations required. Limited seating.

# Eudaimonia

## **JuliKate Jewelry Sale**

*portion of sales benefit the Martin Center*

### **Thursday, April 11 from 2-5**

JulieKate jewelry designs are all one of a kind. We love color and pieces that are comfortable and distinctive. The beads are purchased from around the world as well as from artists in our area. Handmade artisan beads and components make the jewelry exceptional. When you hold a Kazuri bead from Africa, you can feel the thumbprint of the woman who shaped it. And each woman in the Kazuri workshop makes enough money to support 18 people. Come hear the Kazuri story and see how our vision uses these small treasures to make jewelry you will be proud to wear. Not only can you shop for one of a kind jewelry there will also be a display of Martin Center treasures to purchase that are handmade by our members. Refreshments will be served. Enjoy shopping while helping a great cause ~ The Martin Center.

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## **Back By Popular Demand Four-Handed Massage**

*with Kathy McFarlane and colleague*

### **Thursday, April 18 and May 23.**

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. Appointment necessary. Cost: Member \$80. Non-Members: \$100.

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## **Paraffin Hand Treatment**

*With Kathy McFarlane*

### **Tuesday, April 16 and May 21.**

Paraffin hand treatments are used in spas and salons to lock in moisture. The wax is warm and soothing and your hands will be left feeling soft and supple. Kathy McFarlane will bring the salon to the Center. Reservations required. Cost: \$10.

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## **Red Solo Cup**

*Let's have a party!*

### **Thursday, April 25 at 2:30**

Join us on our beautiful patio to enjoy fellowship, fun and your favorite beverage. Relax while listening to Jon and some of his friends play some of your favorite music. Please bring snacks to share with others.

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## **Cumberland County Playhouse**

*Les Miserables*

### **Thursday, May 2.** Depart center at 7:30a.m.

Roundtrip motor coach; ham and biscuit upon departure, lunch at Cumberland Mountain State Park.

Complete itinerary at the front desk. Cost: \$98.00 includes transportation, all admissions, fees, taxes, and gratuities.

For more information call Sandy Green at 236-8344 or [sandy.green@franklinsynergy.com](mailto:sandy.green@franklinsynergy.com)

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## **Franklin Friday**

### **Friday, May 17 at 11:00**

Let's visit historic downtown Franklin. The rich history of Franklin dates back almost two centuries to its founding in 1799. From the days when early settlers carved farms out of the wilderness, the city and county boast many firsts, including the first Masonic Lodge in Tennessee, which is the first three-story building in the state. St.Paul's Church was the first Protestant Episcopal Church in Tennessee, while Liberty Methodist Church was the scene of the first Methodist Conference west of the Alleghenies. We will grab lunch and check out all the new shops on the square. A fun day with friends.

Reservations required. Limited seating. Van: \$5.

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## **M2: Motor Lane Museum**

### **Friday, May 3. Leave the center at 9:30**

This museum features the largest European collection of cars and motorcycles in the United States. This is a museum that skips most of the fancy exhibit space fillers and really focuses on the cars. Lane doesn't just have any car collection, but a focused collection of foreign, mostly European and mostly rare cars. Cost: \$10 includes tour and transportation. Lunch to follow.

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

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of Williamson County**

**Martin Center Staff**

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Phone: (615) 376-0102  
Fax: (615) 376-0124  
Center Hours: 8:30-3:30  
Monday through Friday

**2013 Music and Memories  
Thursday, June 13**



**Details inside.....**