

2013 August Highlights

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

Martin Center Staff

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Websites:
www.themartincentertn.org
www.fiftyforward.org
Big E! Site:
<http://themartincenter.tripod.com>

***Fifty
Forward***

It's Football Time in Tennessee!
Tennessee Sports Writer's Hall of Famer
Guest Speaker Joe Biddle
Tuesday, August 20



Sensuous Steel:
Art Deco Automobiles
Some of the most indispensable cars
all in one place!

Williamson County Fair
Senior Day

Teacup Creations Workshop

Pamper and Play



The FiftyFoward Martin Center
is proud to announce
the arrival of our *NEW* Ford E350
24-passenger Mini-Bus

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, August 20

Guest Speaker: Joe Biddle. After over 30 years of covering sports in Middle Tennessee, veteran writer Joe Biddle is headed for immortality. Biddle will be inducted into the Tennessee Sports Writers Association Hall of Fame at Cumberland University in July. The Johnson City native's work has appeared in The Banner, The Tennessean and many more publications. Currently Biddle's Beat and many more columns from the Hall of Famer can be read each week on wkrm.com. Biddle has been a fixture in Tennessee athletics covering the Titans, Commodores, Volunteers and more.

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**Tuesday, August 20**

Pariffin Hands at 1:00. Only \$8. Reservations required.

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### Please read update!

Time to renew membership for the Concord Grapes Red Hat Society. Details at the front desk.

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.

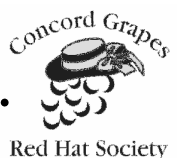
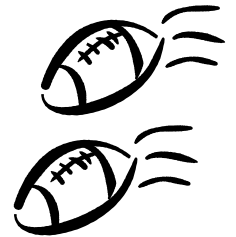
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### Showtime

*Check front desk for local listing*

**Fridays at 1:00**

Bring your favorite beverage and snacks. Reservation required.



# Health and Wellness

## Pamper and Play with Kathy

*Sponsored by Morning Pointe*



### Monday, August 5 at 1:00

Girls, back by popular demand, join Kathy for a fun-filled afternoon with some of your friends. Kathy has an afternoon planned full of laughter and relaxation. And, of course, there will be yummie surprises to stimulate your taste buds. She has been gathering surprises from her mom and friends down south. Sign up early because this is a Martin favorite. Reservations accepted only with payment. Seating is limited. Cost: \$7.

### 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.

### Paraffin Hands

#### Tuesday, August 20 at 1:00

Get soothing, fast-acting heat relief of minor aches and pains. Since 1962, physicians, physical therapists and arthritis specialists have recommended the paraffin therapy because it is one of the most effective methods of applying heat to relieve pain. It is effective on arthritis; inflammation; joint stiffness; muscle spasms; sports injuries; and dry, cracked skin.

Reservations required. Cost: \$8.

### Manicures and Pedicures

#### 3rd Monday of the month from 8:30 to 3:00

##### Monday, August 19

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.

### 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.

### 101 First Aid and Lunch

*Sponsored by Williamson Medical*

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

##### Wednesday, August 21 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.

### Back By Popular Demand Four-Handed Massage

*with Kathy and Donna*

#### Thursday, August 15

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. Emerge renewed and serene. Appointments accepted only with payment. Cash or check preferred.

Cost: Member \$85. Non-Members: \$100.

### 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

## Bridge: The Basics and Beyond

**Wednesdays, beginning August 14 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.

**Bridge:** played with a deck of 52 cards (take out the jokers) and four people sitting at a square table with the players who are sitting across from each other forming a partnership. Please call the center for your reservation. Details at front desk.

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## Historical Seniors

**Thursday, August 1 at 10:00.**

**Facilitated by: Virginia Watson**

**Guest Speaker: Colleen Spears**

**Topic:** It's About Time: A history of clock making in America

Colleen is a teacher of gifted education at Brentwood High School and lives here in Brentwood. She is a member of several patriotic groups including the Sarah Polk Chapter, DAR of which she has served as past regent, the U.S. Daughters of 1812, Nashville Chapter No.1, United Daughters of the Confederacy and the First Families of Tennessee. She is on the TN Society DAR Speakers Staff and reenacts in many Civil War groups and functions.

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## Genealogy

**Tuesday, August 13 at 10:00**

**Facilitator: Virginia Watson**

**Topic:** Meet at the Brentwood Library in the T. Vance Little History Room Holly Hebert, Librarian, to explain the usage of Vance's family files and also the new digital microfilm reader. The History Room will be closed to the public for one hour for the class so please feel free to stay.

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## Elements of Writing

**Facilitator: Sally Lee**

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

**Monday, August 5 and 19**

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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## Beaded Bookmarks

*Give your time for a great cause*

**Thursday, August 29 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. The group plans to meet monthly. Supplies included. Please sign up if you can join us.

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## Summer Singing Camp

*Sponsored by FiftyForward*

**Each Thursday in August at 10:00**

No audition, no reservations. If you can sing in the shower, you can sing with us at the Knowles Center.

August 1: Love Songs: August 8: Memory Lane: August 15: The Standards: August 22: Country: August 26: The Holidays

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## Winesipper's with Cool Springs Wine and Spirits

**Friday, August 30 at 5:30**

*Garden salad, grilled chicken with spinach artichoke sauce,  
wild rice, roasted carrots, rolls and Oreo Pie*

*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

## We're The Miller's

*Rated R Action /Adventure, Comedy*

### Monday, August 12. Leave the center at 10:45

Small-time pot dealer David (Jason Sudeikis) learns the hard way that no good deed goes unpunished; trying to help some teens, he is jumped by thugs and loses his cash and stash. Now, David's in big debt to his supplier and -- to wipe the slate clean -- he must go to Mexico to pick up the guy's latest shipment. To accomplish his mission, Dave devises a foolproof plan: He packs a fake family into a huge RV and heads south of the border for a wild weekend that is sure to end with a bang. Cast: Jennifer Aniston, Jason Sudeikis, Ed Helms, Emma Roberts, Will Poulter. Let's car pool. Reservations required.

## Brewhouse South

*Cool Springs : Let's meet there!*

### Tuesday, August 13

Let's have lunch at Brewhouse South where there is something for everyone. You can meet here at the center and car pool or meet the group at the restaurant. Either way, please make a reservation. Limited seating. Menu at the front desk. Meet at the center to car pool at 10:45 or meet at the restaurant at 11:00.

## Day Trip

### Graceworks, Goodwill and Viking

### Friday, August 16

Let's travel to Graceworks and visit their thrift store. Shop for clothes, lamp shades, tools, china, shoes, and more. The Viking Culinary Store in the Factory is having a going out of business sale so we see what treasures they have discounted! After shopping, we will have lunch at Stove Works. Reservations required. Leave the center at 9:30. Mini-bus: \$10 includes door to door service, CDL licensed driver, parking, mini-bus transportation.

## Frist Museum

*Sensuous Steel: Art Deco Automobiles*

### Monday, August 19 at 9:30

This fabulous exhibition of Art Deco automobiles from some of the most renowned car collections in the United States. Inspired by the Frist Center's historic Art Deco building, this exhibition features spectacular automobiles and motorcycles from the 1930s and '40s that exemplify the classic elegance, luxurious materials, and iconography of motion that characterizes vehicles influenced by the Art Deco style.

Fascination with automobiles transcends age, gender, and environment. While today automotive manufacturers often strive for economy and efficiency, there was a time when elegance reigned. Influenced by the Art Deco movement that began in Paris in the early 1920s and propelled to prominence with the success of the International Exposition of Modern Decorative and Industrial Arts in 1925, automakers embraced the sleek new streamlined forms and aircraft-inspired materials, creating memorable automobiles that still thrill all who see them. The exhibition features 18 automobiles and two motorcycles from some of the most important collectors and collections in the United States. Cost: \$15 includes admission to Frist Museum, door to door service, CDL licensed driver, parking, mini-bus transportation. Reservations required.

## Dinner Group

*Music City Flats Stone Oven and Bar*

### Monday, 26 at 3:45

Let's travel in our new mini-bus to the Gulch and dine at Music City Flats. The menu has something for everyone. Enjoy fire roasted spinach dip, baked macaroni and cheese with lobster, cedar plank salmon, signature soups, sandwiches and more! Full menu at front desk. \$10 includes door to door service, CDL licensed driver, parking, mini-bus transportation.

## Jonathan's Grille

*Let's meet there!*

### Wednesday, August 28 at 4:00

Enjoy an afternoon with friends over a cold beverage and great food. Let's meet at Jonathon'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.

# 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. Handmade and only \$4. They are beautiful!

## Painting with “Winer’s” at Martin

**Thursday, August 15 at 1:00**

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 accepted only with payment.*

## Watercolor Exploration with Barbara Bays

**Tuesdays at 1:00, six-week series**

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.

*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 **August 15**.

## Painting Techniques That’s All the Rage

*Paint on Glass*

**Wednesday, August 21 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.

## Tea Cup and Saucer Creation

**Instructor: Renee LaRose**

**Date: Thursday, August 22 and Friday, August 23**

**Time: 10—1**

Come join us for our 2-day workshop and learn how to transform your teacup and saucer into a work of art. It can be a plant hanger or bird feeder or whatever holder that you can hang practically anywhere! You will learn various methods in wire framing and embellishment techniques to customize your teacup. Please purchase your teacup and saucer prior to the workshop and bring to the Center so the instructor will have time to assemble prior to meeting. Please give them to Sherry Coss with your name. Cost: \$35 supplies include wiring, embellishments and tools. Please bring teacup and saucer by Thursday, August 15. Reservations accepted only with payment. Limited seating available.



# 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  
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

### Scrabble

Tuesdays beginning July at 10:00

### Wii Games

Mondays at 1:00. Choose from a variety of games to play.

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## Wii Bowling Tournament

*Bring it on!*

### Monday, August 26 at 1:00

The Card Crusaders purchased a new 70" flat screen TV for our pool room so let's bowl. Join us for an afternoon of fun with friends. Put on your game face and let's have a "friendly" Wii tournament. Bring your favorite snacks and beverage to share with others. Reservations required.



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## Polo Tropical

*Cool Springs*

### Friday, August 23



What began in Miami as a simple recipe for citrus-marinated grilled chicken has evolved into a world of tropical flavors, and is quickly transforming into a lifestyle of happy, healthy, laid-back fun. And is continually proving that life's better under the palm. Welcome to Pollo Tropical® where passion is married to freshness to create a one-of-a-kind experience. Our chickens are never frozen, and free of hormones and trans-fats. From our signature grilled chicken and slow roasted mojo pork, to world-renown Create Your Own TropiChops®, nothing surprises and delights like our fresh-made food served in a Caribbean inspired atmosphere. Reservations required. Leave the center at 10:45. Van: \$5

# Eudaimonia

## Volunteer Spotlight

### SAVE-THE-DATE

Eudaimonia, the annual volunteer recognition for Martin Center volunteers will be held August 29.

Details will be included in your personal invitation.

We want to recognize and **THANK** Reliant Bank for choosing us for a work-day site. 4 volunteers worked on the hillside amending soil around the base of the 100 seedlings that were planted recently.

Music & Memories 2013 was a huge success. For those who were able to attend, **thank you** for your support and we hope you had a fun-filled evening. We also want to **thank** the dozens of "Marvelous Martin Volunteers" that made the evening run smoothly.

If you haven't seen the Billiard Room lately please drop by and check it out. The Card Crusaders used their hard earned monies to purchase a flat screen TV and two ottomans. **Thank you** to Cindy Spitler, Martin member Phyllis Spitler's daughter-in-law. She is a professional home stager and volunteered to help us rearrange the room and really worked her magic. Joe Poag and Burke Taulein provided the muscle! We had quite a few members wonder where the new furniture came from. Everything was in that room from the day we opened, other than the tv and ottomans. Wow, what a difference a little rearranging can make!

We want to **THANK** Eagle Scout Tim Crosby who designed, built and installed two benches for the Horseshoe Pit. He did an excellent job and we look forward to using them in the coming weeks.

Check your calendar for dates.

**Thank You** to Wray Estes for spearheading a new volunteer initiative. She will be overseeing the collection of small electronic media devices, including cell phones, calculators, GPS, small ink cartridges, tablets, radar detectors, iPads, MP3 players, e-book readers, cameras, video game consoles etc. Anything that is brought in and can't be used will be donated to Goodwill. This Recycling program helps the planet and will also generate some funds for the Martin Center.

For the third year in a row we want to **THANK** the Catholic Heart Work Camp. The six teens and one adult cleaned gutters, moved plantings under the supervision of the Garden Committee, power washed the back porch and sidewalks, sanded, scrapped and painted the metal railings, and re-stained the wood benches on the back porch. There was a great article in The Tennessee about these impressive young people.

**Wish List:** Heavy Duty Paper Shredder

Remember "Just Joan" for cards of encouragement. Call Kathryn for details.

*Christmas in July* netted \$318. **THANK YOU** to the Fluffettes for organizing it.




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

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**United Way  
of Williamson County**

A decorative border of colorful balloons (blue, pink, orange) surrounds the central text. Each balloon is tied with a black string.

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is proud to announce  
the arrival of our *NEW* Ford E350  
24-passenger Mini-Bus**