

# February and March Highlights

**FiftyFoward 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

**Martin Center Staff**

**Center Director**  
Joyce Keistler  
jkeistler@fiftyforward.org

**Program and Partnership Director**  
Sherry Coss  
scoss@fiftyforward.org

**Interim Volunteer Director**  
Shirley Bledsoe  
martinoffmgr@fiftyforward.org

**Williamson County Staff**

**FLIP Coordinator**  
Stephanie Teague  
steague@fiftyforward.org

**Living at Home Coordinator**  
Jennifer Broadrick  
jbbroadrick@fiftyforward.org

**Websites:**  
www.themartincenter.tn.org  
www.fiftyforward.org  
Big E! Site:  
http://themartincenter.tripod.com

# *Fifty Forward*



## **Nashville Symphony Curb Dress Rehearsal**

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## **2013 Football Season Overview**

*with*  
SEC Referee Tom Ritter  
Head Line Judge Tim Beard

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## **Looking for the Perfect Gift? Purchase your Martin Center Gift Card**

*Sponsored by BancorpSouth*

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**Need a Valentine card  
or  
an all occasion card for someone special?**

**Stop by the Martin Center  
Card Crusaders have more than 70 designs**

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**Culinary Chef Tom Loftis**  
*Randy Rayborn School of Culinary Arts  
Nashville State Community College*



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**Valentine's Day Dinner**  
*Amerigo's in Brentwood*



**Details Inside.....**

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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, February 18**

**2013 Football Season Overview: Behind-the-scenes stories on coaches and players of the game.**

Football officials... the men on the field we all love to hate and complain about. But without these keepers of the rules, a football game could not progress with any sort of structure or sanity. This is a unique opportunity to find out what the men in stripes are required to do to perform their jobs on and off the field.

**Guest Speaker:** SEC Referee Tom Ritter and SEC Head Line Judge, Tim Beard will join us to discuss what it is like to be an SEC football official and work some of the biggest rivalry games in the 2013 Collegiate Football league.

**Topics include:** Background information, weekly and yearly regimens, and a look at this past year in college football.

Question and answer session to follow.

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**Tuesday, March 18**

**Celebrate!** This potluck program will be dedicated to our new members.

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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**

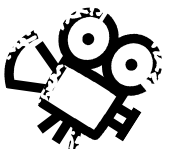
Bring your favorite beverage and snacks. Please let us know if you plan to attend.

Suggestions welcome!

Friday, February 21: Calendar Girls

Friday, March 21: Exotic Marigold Hotel

Friday, March 7: To Catch A Thief



# Health and Wellness

## Children Of Aging Parents: Where Do I Even Start?

FiftyForward Martin Center and The People’s Church announce:

**Topic:** Crucial Conversations of Children with Aging Parents

**Location:** The People’s Church, Franklin Campus, 828 Murfreesboro Rd, Franklin

**Time:** Tuesdays from 6-7:30 p.m. in the Chapel

**Dates:**

Tuesday, February 4: How to take the car keys away and help maintain independence

Tuesday, February 11: Honoring your loved one with a meaningful goodbye

Tuesday, February 18: The myths and truths of financing long-term care

Tuesday, February 25: Why can’t Mom or Dad snap out of it? Could it be depression?

**Register:** thepeopleschurch.org under Groups Tab. **Contact:** Hertha Hines (hbhines51@aol.com), 615.778.6831 or Jim and Cathy Cornwell (steppingstones234@yahoo.com), 615.775.7220



## Health Benefits of Chocolate

*Sponsored by Williamson Medical*

### Thursday, February 13 at Noon

Join us for a light lunch and a lively discussion on chocolate. Chocolate is made from plants, which means it contains many of the health benefits of dark vegetables. These benefits are from flavonoids, which act as antioxidant. Antioxidants protect the body from aging caused by free radicals, which can cause damage that leads to heart disease. Dark chocolate contains a large number of antioxidants (nearly 8 times the number found in strawberries). Light lunch will be provided.

Reservations required. 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

## Life Line Screening

*For appointment call 1-800-324-1851*

### Thursday, February 27 from 8:30 to 5:00

Life Line Screening uses painless ultrasound to see the plaque build-up in your arteries which is a leading cause of stroke.

Life Line Screening has screened over 6 million participants and has partnered with hospitals across the country.

Stroke/Carotid Screening ~ Heart Rhythem Screening ~ Abdominal Aortic Aneurysm Screening ~ Peripheral Arterial Disease Screening and Osteoporosis Screening. Get all 5 screenings for only \$149.00.

## Easy Moves: A Body In Motion Stays In Motion

*Sponsored by Williamson Medical*

### Thursday, March 6 at Noon

Too tired. Didn’t sleep well. Not enough time. It’s so easy to just give in to that mindset. The body has cellular memory, and once you set it in motion, it miraculously knows what to do. Your body will fight you, curse you, scream at you, but if you lovingly nudge it along, it will respond. Join us for a discussion on practical and safe ways to incorporate exercise into your routine. Reservations required. Light lunch provided.

## Home Gadget Guru

*Simplify your daily tasks*

### Friday, March 7 at 10:00

Are you frustrated with small tasks? This is an opportunity to find out how you can enhance your daily life. Many of us are not aware of little gadgets that can simplify your daily routine. Tools that can assist getting in and out of your car, pulling up socks, all types of devices designed to help that you are not aware exists. The Occupational students from Nashville State will bring numerous items that can help in a variety of ways. Assistive equipment is any kind of tool or device that can simplify everyday tasks. Reservations required.

# Continuing Education

## Culinary Director Chef Tom Loftis

*Randy Rayburn School of Culinary Arts*



### Friday, February 14 at 10:30

Back by popular demand, Chef Tom Loftis, **Director of Nashville State Randy Rayborn School of Culinary Arts**, will join us once again. These treats are guaranteed to delight you this winter season.

Reservation required. Limited seating.

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## Financial Fraud

### Wednesday, February 19 at 1:00

**Topic:** What You Must Know and Do to Help Prevent Financial Abuse

**Guest Speaker:** Joseph Budd

- Learn about situations to beware of
- Learn techniques that are used by unscrupulous people
- Learn what you can do to protect yourself against fraud and financial abuse

Reservations required. Limited seating available. Light refreshments served.

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## CPR Training and Overview

*Brentwood Fire Department*

### Thursday, February 20 at 10:00

**Instructor:** Mike McCutcheon, Brentwood Fire and Rescue

As the emergency medical coordinator, Mike McCutcheon is involved with education, administration and works as a liaison between the fire department and the Williamson County emergency services. There is no better way to protect loved ones than by taking Adult CPR training. Imagine being the only person present when a child chokes on something or an elderly person suddenly stops breathing! In order to save lives, one needs a level head, an understanding of how to administer cardiopulmonary resuscitation, and the courage to put appropriate training to beneficial use. There will never be a better time than now.

Reservations required.

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## Tech Time with Betsy

*Advanced group*

### Friday, February 21 at 9:30

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

You must have your device for at least one year.

Reservations required. Class is limited to 15.

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## Rock Lady

*Light lunch provided*



### Thursday, February 27 from 10:45 to 1:00

Bring your gems and let's visit 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.

You might just come back with a "gem" of your own.

Reservations required. Class is limited to 10. Van: \$2. Leave the Center at 10:45.

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## Financial Fitness with A Twist

*sponsored by Merrill Lynch*

### Wednesday, February 26 at Noon

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

**Topic:** Physical and Financial Fitness

This month they will bring a registered dietitian to discuss with us healthy eating, cooking and exercise. 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

## AARP Free Tax-aide

**Tuesdays and Thursdays beginning February 4 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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## Veterans Affairs

*Tennessee Department of Veterans Affairs*

**Monday, March 10 at 10:00**

**Guest Speaker:** Mark A. Breece, Assistant commissioner Tennessee Department of Veterans Affairs

Join Mr. Breece for an in-depth discussion to connect Veterans, dependents and survivors with federal, state and local employment and financial resources as well as benefits. Take advantage of this opportunity to learn about innovative streamlined processes and programs available. Question and answer session to follow. Reservations required.

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## Elements of Writing

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

**Monday, February 3 and 17 and March 3 and 17**

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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## Gather Round Book Group

**Wednesday, March 19 at noon**

The Gather Round Book Club is designed for anyone interested in connecting with great literature. Each week a short story by a well-known author will be read aloud to the group for the first 30 minutes followed by lively discussion around universal themes. Members will leave with a few "thoughts to ponder" and we'll share our observations at the beginning of our next group. Bring your lunch and join us by the fireplace!

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## Do You Hear What I Hear?

*Snack and Learn*

**Wednesday, February 19 at 10:00**

**Guest Speaker:** Dr. Alicia Barker

She specializes in amplification for adults, diagnostic testing and working with the music industry for hearing conservation. According to the Hearing Health Foundation, hearing loss occurs in 1 out of 5 adults. This will be a great opportunity for you to meet your Vanderbilt Audiologist and learn about the Audiology services that are provided through the Vanderbilt Bill Wilkerson Center in Franklin. Refreshments will be served. Reservations required.

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## On My Own Terms

*Casual Conversation with Carol*

**Monday, February 24 at 10:00**

No one likes talking about the day they'll be gone, but if we don't, we leave some of the most important decisions that will need to be made in life (or death) to chance and unnecessarily burden our loved ones. The internet is great for vast amounts of information, but it can't have a cup of coffee with you and discuss your specific questions and concerns. What documentation do you need? Is your documentation current? Join us for a casual question and answer session with Carol Austin. Breakfast donuts will be served. Reservations required.

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## Decision-Making with Confidence

*What you need to know*

**Tuesday, March 25 at 10:00**

**Guest Speaker:** Matthew Herman, living and health care choices

Probably the greatest reason why decision-making can be very intimidating is the fear of making the wrong choice. Sometimes we can be so overwhelmed with knowledge that our decisions not only affect us but also those around us that we tend to end up not making any decision at all. Families faced with senior living and health care decisions have more choices available to them now than ever before. While the options are numerous, there are some consistent factors that affect nearly everyone's decision. Reservations required. Light refreshments will be served.

# Trips and Tours

## Monuments Men

*Chicago Pizza*

### Friday, February 7 at 10:45

Travel to Cool Springs and have lunch at Chicago Pizza. After lunch go to Cool Springs Thoroughbred to see Monument Men. Cowriter and director George Clooney adapts author Robert M. Edsel's book *The Monuments Men: Allied Heroes, Nazi Thieves, and the Greatest Treasure Hunt in History* to tell the incredible true story of the seven art historians and museum curators who went behind enemy lines during World War II on a mission to recover some of the world's greatest works of art. **Stars:** George Clooney, Cate Blanchett, Matt Damon, Bill Murray, John Goodman, and Jean Dujardin star. **Rated:** PG 13. Van: \$4. Reservations required. Please let us know if you plan to meet us at Chicago Pizza.

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## Cozymel's

*Cool Springs*

### Tuesday, February 11 at 10:45

Nestled in Cool Springs on Westgate Circle is Cozymel's. Join us for a tasty lunch with something for everyone. Fresh authentic Mexican fare, sizzling fajitas, fresh guacamole, frosty margaritas and delicious homemade desserts. Menu at the front desk. Van: \$4. Reservations required. Please let us know if you plan to meet us at Cozymel's.

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## Valentine Dinner

*Amerigo Italian Restaurant*

### Thursday, February 14 at 4:15

Travel to Amerigo's in Brentwood and enjoy delicious Valentine dinner. Amerigo's is a casual, energetic, affordable neighborhood Italian restaurant serving a blend of traditional and modern Italian cuisine. Their restaurants are warm and inviting, with friendly yet professional service. Van: \$4. Reservations required. Limited seating. If you plan to drive on your own, please let us know at the front desk.

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## Jonathan's Grille

*Let's meet there!*

### Wednesday, February 19 at 4:00

#### Wednesday, March 19

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.

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## Day Trip

### Tuesday, February 25 at 9:30

**Stop One: Richard Brown's Mercantile** where everything is **50%** off for Martin members. Items include lights, rugs, fabric, furniture, vacuum cleaners, chandeliers, archery targets and much more!

**Stop Two: Cross Corner Grille** is in the heart of Brentwood, Cross Corner is truly your neighborhood bar and grill. The bar side is always full of regulars where everyone knows your name. They have daily food and drink specials and a rotating draft wall. **About the Chef:** Devin Malcolm Former Executive Chef at Ellendale's, Wildwood, Mack & Kate's, Macke's, and now Cross Corner Bar & Grill in Brentwood, he brings an ambitious attitude that translates to pure comfort into the dishes he prepares. A mix between his upscale dining experience and Deep South decadence

**Stop Three: Couture for a Cause** is a nonprofit consignment clothing store in Brentwood. Couture for a Cause strives to enhance philanthropic giving in the community by providing an additional way for individuals to give to nonprofit agencies, and by helping to create awareness for local charities.

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

Reservation required.



# Trips and Tours

## McKay's Books and Bargains and Red Robin

*Nashville, TN*

**Friday, February 28 at 9:00**

McKay Used Books, CD's & More is a one-of-a-kind shopping experience. Everything you find at McKay was brought by other customers and because of that, you truly never know what you're going to find. Every visit to McKay is a unique adventure. <http://mckaybooks.com/>

**Lunch:** We will visit Red Robin known as the Gourmet Burger Authority offering more than two dozen innovative gourmet burgers served with Bottomless Steak Fries™ (which means free refills!) and more than 100 different toppings for guests to customize their favorite burger. While Red Robin has been grilling up gourmet burgers for more than 40 years, the menu also offers a variety of salads, entrees, soups and wraps made with the freshest ingredients, many of which are made in-house.

Cost: \$7.50 includes mini-bus transportation, CDL licensed driver, and door to door service.

Reservations required. Limited seating.



## Blackhorse Pub and Beachaven Winery

*Clarksville, TN*

**Tuesday, March 4 at 9:45**

**Stop One:** The Blackhorse Pub and Brewery in Historic Downtown Clarksville is known for fresh brewed, handcrafted beer, gourmet pizza, steaks and pastas, salads and sandwiches. They are Clarksville's only microbrewery, serving the freshest handcrafted ales. They brew on-site daily, right in the heart of downtown Clarksville.

**Stop Two:** Let's shop, taste and tour Beachaven winery on our way home. Learn about our wine-making process, see the crusher, press, bottling machine, tanks, and acres of grapes during your 15-20 minute guided tour. Wine sampling is a complimentary service at Beachaven. Their relaxing environment encourages tastings to be at your leisure. Have one taste or a taste of all of our wines. Every wine is made by Beachaven. If you fall in love with one of our wines, you may purchase a bottle to enjoy on their lawn.

Cost: \$12 includes mini-bus transportation, CDL licensed driver, and door to door service.

Reservations required. Limited seating.



## Burger Republic

*Lenox Village*

**Tuesday, March 11 at 10:30**

Burger Republic opened in Lenox Village Town Center off Nolensville Pike last summer. Since then, the South Nashville eatery has garnered a reputation as a place of comfort and quality by offering something for everyone. In addition to the use of only certified Black Angus beef, Burger Republic now serves 20 beers on tap, has flat-screen televisions on every wall, to top it all off, has hand-spun and -mixed milkshakes. For those over 21, the spiked milkshakes add a modern twist to the traditional favorite. Van: \$4. Reservations required. Limited seating.

Please let us know if you plan to meet us at Burger Republic.



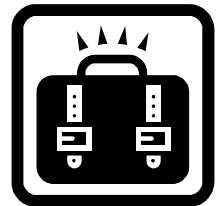
## Unclaimed Baggage

*Scottsboro, Alabama*

**Thursday, March 20 at 8:30**

Unclaimed Baggage is a shopping paradise filled with a dazzling selection of thousands of items that change daily. You never know what you'll find! Unclaimed Baggage is something you MUST experience at least once in your life. An astonishing variety of clothes, gadgets, books and lost treasures have found their way to the store. Merchandise seen at the Unclaimed Baggage Center includes not only unclaimed luggage from airlines, bus lines and trains but also unclaimed articles left on planes, in airports, and in rental cars, as well as unclaimed air cargo and other cargo property. Lunch to be determined.

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



# Creative Arts

## Card Crusaders

*The Card Crusaders need you!*

### Monday and Wednesdays at 9:00

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).

## Crochet with Kathy

*Beginners 101*

### Monday, February 17 at 10:00

If you are brand new to crochet, the vast array of available hooks, yarns, stitches and patterns can seem overwhelming. What should a beginner learn first? Which hooks and yarns should you use? When there are so many options, how do you know where to start? Let's explore the possibilities. Reservations required.

## Easy Convertible Charm Necklace to Bracelet

### Thursday, February 20 at 1:00

**Instructor:** Barbara Bays

Create a piece with double the value and endless elegance when you make the Convertible Necklace to a Charm Bracelet. A bracelet pattern and a necklace pattern in one, Barbara will teach you how to create a beautiful multistrand necklace that can be converted into a bracelet and back again, depending on your mood. It's like giving two looks in one!

Cost: \$12 includes supplies. Reservations required. Class size is limited.

## Toilet Paper Roll Decorations

*Crafty Crusaders*

### Wednesday, February 12 at 2:00

Join us for this crafty recycling project and create a fun ornament by using toilet paper tubes and while you are at it, help save the planet by recycling the excess cardboard that is generally thrown away after the toilet paper is gone. So, save your toilet paper rolls and join us for an afternoon of fun and fellowship. Reservations required. Class size is limited.

## Painting with "Winer's" at Martin



### Wednesday, March 5 at 2:00

**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: \$15 includes supplies. Reservations accepted only with payment. Class size is limited.

## Hello Kitty Kitty

*So simple even a caveman could do it!*

**Instructor:** Barbara Bays

### Friday, March 14 at 1:00

Using watercolor and pen and ink together is a fun art project. The properties of these mediums compliment each other nicely. The two mediums are truly a match made in heaven. Cost: \$8 supplies included.

## Watercolor Exploration with Barbara Bays

### Six-week series Tuesdays beginning 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. Martin members only. Please check programming schedule for availability.





# 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.

**Billiards**

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**

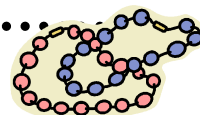
Tuesdays at 10:00

**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.



**Beading Buds**

*Give your time for a great cause*

**Thursday, February 27 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. Supplies included. Please sign up if you can join us.

**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.

**Inclement Weather Policy**

In the event Williamson County schools are closed due to inclement weather, all Center programming will be cancelled. Please call the Center at 615-376-0102.



## **FiftyFoward Care Management**

Care Management is a free program supporting older adults who struggle with day-to-day obstacles including limited resources (social, financial and support), functional limitations, and isolation that make safely and comfortably living alone a challenge. With information, consultation and referral to community resources, customers feel connected, engaged and valued. Without services, they can have more health problems, not have their basic needs met and prematurely or unnecessarily enter higher levels of care. For more information or to request assistance, call us at (615) 743-3416 if you live in Davidson County and (615) 376-4334 if you are a Williamson County resident.

**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!



### **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.

## Nashville Symphony

*Curb Dress Rehearsal*



**Thursday, March 13 at 9:15**

Nashville Symphony Music Director **Giancarlo Guerrero**, conductor / **Ben Folds**, piano

**Wagner** - Prelude and Liebestod from *Tristan und Isolde*

**Bartók** - Miraculous Mandarin Suite

**Rossini** - William Tell Overture

**Ben Folds** - Piano Concerto (World Premiere)

Be one of the very first to hear pop icon Ben Folds premiere his brand-new piano concerto, co-commissioned by the Nashville Symphony. He'll bring his knack for memorable melodies and sophisticated musicianship to the stunning sound of a full symphony orchestra. The William Tell Overture — best known as the theme of *The Lone Ranger* — will add to the fun, while Bartók's *Miraculous Mandarin* and Wagner's *Tristan und Isolde* will show off the exceptional musicians in our GRAMMY®-winning orchestra. Reservations required. Limited tickets available.

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

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### Lunch and Movies

*NOAH*

**Friday, March 28 at 10:45**

The Biblical Noah suffers visions of an apocalyptic deluge and takes measures to protect his family from the coming flood. Academy Award-winner Russell Crowe stars as Noah, a man chosen by God for a great task before an apocalyptic flood destroys the world. Adventure, Drama, Fantasy. **Stars:** Russell Crowe, Jennifer Connelly and Anthony Hopkins.

Van: \$4. Lunch at Friday's in Cool Springs. Reservations required. Please let us know if you plan to meet us at Friday's.

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### Mandy's Minute To Win It

*Sponsored by Morning Pointe*



**Wednesday, March 12 at 2:00**

**Hostess:** Mandy Beach

Minute to Win it was a highly popular NBC TV game show. The idea of the game is to perform several tasks with simple items that are found around the house. The rules state, and as the name clearly signifies, these tasks need to be completed in 60 seconds or less. And because these games are so simple, these can be played with absolute ease from home by just about anyone. Prizes included. Light refreshments served. Reservations required.

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### Taste of Williamson

*Proceeds benefit Martin Center*

**Sunday, March 9 from 7-9 pm**

The area's best chefs unite for one night only at the Cool Springs Galleria. At the event you will enjoy sampling the restaurants signature items, beverages and enjoy live entertainment all for a great cause.

Tickets in advance: \$35 (\$20 of each ticket sold at the Martin Center will benefit the center). \$40 at the door.

Tickets are available for purchase at the Martin Center.

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### O'Rourke's Pub

*Dickson, TN*

**Monday, March 17 at 2:45**

Travel to Dickson, TN and celebrate St. Patrick's day at the 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. Reservations required. Drink purchase separate

\*Cost: \$ 20 includes mini-bus transportation, CLD licensed driver, meal, non-alcoholic beverage and door-to-door service.

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### 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 The Martin Center location.

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

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## **Children Of Aging Parents**

**FiftyForward Martin Center and The People's Church announce:**

### **Where Do I Even Start?**

**Topic:** Crucial Conversations of Children with Aging Parents

**Location:** The People's Church, Franklin Campus, 828 Murfreesboro Rd, Franklin

**Time:** Tuesdays from 6-7:30 p.m. in the Chapel

**Dates:**

Tuesday, February 4: How to take the car keys away and help maintain independence

Tuesday, February 11: Honoring your loved one with a meaningful goodbye

Tuesday, February 18: The myths and truths of financing long-term care

Tuesday, February 25: Why can't Mom or Dad snap out of it? Could it be depression?

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**Register:** [thepeopleschurch.org](http://thepeopleschurch.org) under Groups Tab

**Contact:** Hertha Hines ([hbhines51@aol.com](mailto:hbhines51@aol.com)), 615.778.6831

Jim and Cathy Cornwell ([steppingstones234@yahoo.com](mailto:steppingstones234@yahoo.com)), 615.775.7220

