

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2012			The Martin Center 960 Heritage Way Brentwood, TN 37027 615-376-0102			1
2	3 Pilates 9:15 Card Crusaders 10:00 Poker 10:30 Elements of Writing 11:00 Wii Games 1:00 Tree Lighting in Brentwood 5:30	4 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 Weight W. 5:30	5 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil with Renee TBA	6 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Watercolor 1:00 Christmas Party 5:00	7 Flex Exercise led by Dot Small 9:30 Game Day 11:00	8 <i>Crossword Tournament Nashville Downtown Library 9:00-1:00</i>
9	10 Pilates 9:15 Card Crusaders 10:00 Poker 10:30 Wii Games 1:00 Making the Most of the Holiday Season 1:00	11 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Cross Corner Grill 10:45 Game Day 11:00 Watercolor 1:00 Weight W. 5:30	12 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil with Renee TBA Holiday Cooking 11:30	13 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Chaffin's Barn 10:30 Watercolor 1:00 Winesippers 3:30	14 Flex Exercise led by Dot Small 9:30 Game Day 11:00 Red Hat Day Micro Mess Holiday Wreaths 1:00 Santa's Spectacles 3:45	15
16	17 Foot/Hand Care 8:30 Pilates 9:15 Card Crusaders 10:00 Holiday Safety 10:00 Poker 10:30 Elements of Writing 11:00 Wii Games 1:00	18 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Potluck: 11:30 Mark Edwards Watercolor 1:00 Weight W. 5:30	19 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil with Renee TBA Carrabba's and Christmas lights 3:45	20 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Book Review 11:15 Watercolor 1:00	21 Flex Exercise led by Dot Small 9:30 Game Day 11:00 It's A Wonderful Life 2:00	22
23 White Christmas at Franklin <hr/> 30	24 Pilates 9:15 Card Crusaders 10:00 Poker 10:30 Wii Games 1:00 <hr/> 31	25 Center Closed	26 Center Closed	27 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 NHC Place 4:00	28 Flex Exercise led by Dot Small 9:30 Game Day 11:00	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2013		1 Center Closed	2 Bridge 9:00 Pilates 9:15 Oil: Renee: TBA	3 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Billiards 10:15 Yoga 10:15	4 Flex Exercise led by Dot Small 9:30 Kaluki 10:15 Game Day 11:00	5
6	7 Pilates 9:15 Card Crusaders 10:00 Poker 10:30 Elements of Writing 11:00 Wii Games 1:00 Medicare Simplified	8 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Ted's Burgers 10:45 Game Day 11:00 Watercolor 1:00 Weight W. 5:30	9 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil: Renee: TBA Mike Verbal and Lunch Noon	10 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Nashville Symphony 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Watercolor 1:00	11 Flex Exercise led by Dot Small 9:30 Red Hat Day Game Day 11:00 Painting with Winer's 3:00	12
13 Brain Food	14 Footcare 8:30 Pilates 9:15 Card Crusaders 10:00 Poker 11:00 Wii Games 1:00	15 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Potluck: 11:30 Streets of Brentwood Watercolor 1:00 Weight W. 5:30	16 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil: Renee: TBA Cool Springs Eye Care Dr. Kegarise 1:00	17 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Knitting 10:00 Yoga 10:15 Book Review 11:00 Watercolor 1:00 Gun Tour 9:45	18 Flex Exercise led by Dot Small 9:30 Game Day 11:00 Goodwill and Nana's for Lunch 9:30	19
20	21 Center Closed	22 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 Weight W. 5:30	23 Bridge 9:00 Pilates 9:15 Card Crusaders 10:00 Oil: Renee: TBA Raj with Meryll Lynch Noon	24 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Knitting 10:00 Yoga 10:15 Watercolor 1:00 Caregiver Support NHC 4 :00	25 Flex Exercise led by Dot Small 9:30 Game Day 11:00	26
27	28 Pilates 9:15 Card Crusaders 10:00 Flower Tour 12:30 Poker 11:00 Wii Games 1:00	29 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 Weight W. 5:30	30	31	The Martin Center 960 Heritage Way Brentwood, TN 37027 615-376-0102	