

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pilates 9:15 Poker 10:00 Genealogy Workshop Knowles Center Noon Writing 11:00 Wii Games 1:00	2 Massage 8:30 Weight W. 8:30 Tax 9:00 Flex 9:30 Pilates 9:15 Billards 10:15 Poker 10:30 Game Day 11:00 Weight W. 5:30	3 Bridge 9:00 Pilates 9:15 Dulcimer 10:00 Oil with Renee TBA	4 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Historical Srs. 10:00 Knitting 10:00 Yoga & Billards 10:15 Open Studio 1:00	5 Flex Exercise led by Dot Small 9:30 Kaluki 10:15 Game Day 11:00	6
7 Civil War Museum Women's Group Chico's	8 Pilates 9:15 Poker 10:30 Wii Games 1:00	9 Massage 8:30 Weight W. 8:30 Tax 9:00 Flex 9:30 Genealogy 10:00 Billiards 10:15 Saint Thomas: Vitamin D Game Day 11:00 Weight W. 5:30	10 Bridge 9:00 Pilates 9:15 Dulcimer 10:00 Oil with Renee TBA	11 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Open Studio 1:00 Jewelry and Craft Sale 2:00-5:00	12 Mystery Trip 9:30 Flex Exercise led by Dot Small 9:30 Horseshoes 10:00 Kaluki 10:15 Game Day 11:00 Red Hat Day	13
14	15 Harrah's Foot/Hand Care 8:30 Pilates 9:15 Poker 10:30 Costco 10:00 Elements of Writing 11:00 Wii Games 1:00	16 Massage 8:30 Weight W. 8:30 Flex 9:30 Billiards 10:15 Game Day 11:00 Potluck 11:30 Watercolor 1:00 Weight W. 5:30	17 Bridge 9:00 Pilates 9:15 Oil: Renee: TBA DAW: Granite City 10:45	18 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Lunch with Chef Lawson 11:00 Watercolor 1:00 Open Studio 1:00 Caregiver Support	19 Car Fit 10:00 Flex Exercise led by Dot Small 9:30 Kaluki 10:15 Game Day 11:00 Fire Pit Friday 1:00 Winesippers 5:30	20 Southern Women's Show April 18-20
21	22 Pilates 9:15 Poker 10:30 Wii Games 1:00	23 Massage 8:30 Weight W. 8:30 Flex 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 #2 Weight W. 5:30 Carrabba's and Winery 10:45 Weight W. 5:30	24 Bridge 9:00 Pilates 9:15 Third World Clay Dulcimer 10:00 Oil with Renee TBA Painting with Winer's 2:30	25 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Open Studio 1:00 Beading Buds 1:00 Party on the Patio with Jon and friends	26 Flex Exercise led by Dot Small 9:30 Horseshoes 10:00 Kaluki 10:15 Game Day 11:00 Complimentary Lunch and Scarf making at NHC Noon	27
28	29 Hot Donuts with Team Care 10:00 Pilates 9:15 Poker 10:30 Wii Games 1:00	30 Massage 8:30 Weight W. 8:30 Flex 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 O'Rourke's Pub 2:45 Weight W. 5:30				The Martin Center 960 Heritage Way Brentwood, TN 37027 615-376-0102 www.themartincentertn.org Monday—Friday 8:30a.m. to 3:30 p.m.

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2013			1 Bridge 9:00 Pilates 9:15 Vetting Providers 10:00 Geriatric Council 3:00	2 Cumberland 7:30 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting/Historical 10:00 Yoga 10:15 Billiards 10:15 Watercolor 1:00 Lunch and Movie TBA	3 Flex Exercise led by Dot Small 9:30 M2: Motor Lane Museum 9:30 Kaluki 10:15 Game Day 11:00	4 .
5	6 Norris & Norris free consultations 9:00 Pilates 9:15 Poker 10:30 Elements of Writing 11:00 Wii Games 1:00	7 Massage 8:30 Weight W. 8:30 Pilates 9:15 Billiards 10:15 Poker 10:30 Third Coast Clay 9:45 Game Day 11:00 Watercolor 1:00 #3 Weight W. 5:30	8 Bridge 9:00 Pilates 9:15 DAW: PUBLICity 10:30 Oil with Renee TBA Music and Painting 2:00	9 Massage 8:30 Health Fair 10:00 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Watercolor 1:00 Open Studio 1:00	10 Flex Exercise led by Dot Small 9:30 Horseshoes 10:00 Kaluki 10:15 Game Day 11:00 Red Hat Day Painted Veil 1:30	11
12	13 Pilates 9:15 Poker 10:00 Leiper's Fork 9:30	14 Massage 8:30 Weight W. 8:30 General Jackson ?? Flex Exercise 9:30 Genealogy 10:00 Billiards 10:15 Game Day 11:00 Watercolor 1:00 #4 Weight W. 5:30	15 Bridge 9:00 Pilates 9:15 Oil with Renee TBA Tech Time 1:00 JJ's Wine Bar 3:45	16 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 DAW: Publicity Watercolor 1:00 Caregiver Support Open Studio 1:00	17 Flex Exercise led by Dot Small 9:30 Franklin Friday 11:00 Kaluki 10:15 Game Day 11:00	18
19	20 Foot/Hand Care 8:30 Pilates 9:15 Poker 10:00 Elements of Writing 11:00 Your Meds and Reaction 1:00	21 Massage 8:30 Weight W. 8:30 Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Potluck: 11:30 Watercolor 1:00 #5 Weight W. 5:30	22 Bridge 9:00 Pilates 9:15 Oil with Renee TBA Meryll Lynch / Raj Noon	23 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Painting with Winer's 2:00	24 Flex Exercise led by Dot Small 9:30 Horseshoes 10:00 Kaluki 10:15 Game Day 11:00	25
26	27 Center Closed	28 Massage 8:30 Weight W. 8:30 Firearms Class 9:00? Flex Exercise 9:30 Billiards 10:15 Game Day 11:00 Watercolor 1:00 #6 Weight W. 5:30	29 Bridge 9:00 Pilates 9:15 Oil with Renee TBA Cool Springs Eye Care: Dr. Kegarise Noon	30 Massage 8:30 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Open Studio 1:00 Beading Buds 1:00	31 Flex Exercise led by Dot Small 9:30 Game Day 11:00 Winesipper's 5:30	