

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

# August 2014

FiftyFoward Martin Center  
 960 Heritage Way, Brentwood, TN 37027  
 (P) 615-376-0102 (F) 615-376-0124  
[www.fiftyforward.org](http://www.fiftyforward.org)                      [www.themartincenter.org](http://www.themartincenter.org)  
<http://themartincenter.tripod.com>

					1  Flex with Dot 9:30 Game Day 11:00	2
3	4 Card Crusaders 9:00 Pilates 9:15 <b>(Benchmark Rental 9:15 to Noon)</b> Poker 10:30 Elements of Writing 11:00	5 Massage 8:30  Weight Watchers 8:30 Scrabble 10:00 Billiards 10:15 Game Day 11:00	6  Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 Bridge Lessons 12:30	7  Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15	8  Flex with Dot 9:30 Game Day 11:00 <b>Showtime at Martin 1:00 - The Music Man</b>	9
10	11 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 <b>Lunch with Raj and Zach Noon</b> Wii Games 1:00	12 Massage 8:30  Weight Watchers 8:30 Scrabble 10:00 Billiards 10:15 Game Day 11:00 <b>Showgun Japanese Steak house 10:45</b>	13  Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 <b>Maximizing Your Doctor Appointment 11:30</b> Bridge Lessons 12:30	14 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Open Studio 1:00 <b>Culinary Demonstration 2:00</b>	15  Flex with Dot 9:30 Game Day 11:00 <b>Showtime at Martin 1:00 - The Fortune Cookie</b>	16  <b>Please note: August 19 One Day Card Extravaganza Sale at Martin</b>
17	18 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 Elements of Writing 11:00 <b>Aging in Place 10:00</b>	19 Massage 8:30 Weight Watchers 8:30 <b>One Day Card Sale</b> Scrabble 10:00 Billiards 10:15 <b>Cup of Joe 10:45</b> Game Day 11:00 <b>Football Time 11:30</b> Watercolor 11:00 #1	20  Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 Tennessee Winery Tour <b>10:15</b> Bridge Lessons 12:30	21 Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga & Billiards 10:15 Open Studio 1:00 Beading Buds 1:00	22  Flex with Dot 9:30 Game Day 11:00 <b>Bunko 1:00</b>	23
24	25 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 <b>Pamper and Play "All About the Bass" 1:00</b>	26 Massage 8:30  Weight Watchers 8:30 Scrabble 10:00 Billiards 10:15 Game Day 11:00 Watercolor 11:00 #2 <b>Defibulator and CPR Training 1:00</b>	27  Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 <b>Carol Austin Noon</b> Bridge Lessons 12:30 <b>Creative Doodling 1:00</b> <b>Johnathon's 4:00</b>	28  Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga & Billiards 10:15 Open Studio 1:00	29  Flex with Dot 9:30 Game Day 11:00 <b>Showtime at Martin 1:00 - The Butler</b>	30
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  <b>Center Closed</b>	2 Massage 8:30  Weight Watchers 8:30 Kathy: Easy Moves 9:30 Scrabble 10:00 Billiards 10:15 Game Day 11:00 Watercolor 11:00#3	3  Walking 9:00 Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 <b>NPT with Gretchen 10:00</b> Bridge Lessons 12:30 <b>Stretchy Rings 1:00</b>	4 Massage 8:30  Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Open Studio 1:00	5  <b><u>Please note there is a large rental at the Center all day</u></b>  Flex with Dot 9:30 Game Day 11:00	6
7	8 Walking 9:00 Card Crusaders 9:00 Pilates 9:15 <b>(Benchmark Rental 9:15 to Noon)</b> Poker 10:30 Elements of Writing 11:00	9 Massage 8:30  Weight Watchers 8:30 Kathy: Easy Moves 9:30 Scrabble 10:00 Billiards 10:15 <b>Copper Kettle 10:30</b> Game Day 11:00 Watercolor 11:00#4	10 Walking 9:00 Bridge 9:00 Pilates 9:15 Card Crusaders 9:00 Bridge Lessons 12:30 <b>Dinner Group: Sole Mio 3:45</b>	11 Massage 8:30  Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga 10:15 Billiards 10:15 Beading Buds 1:00	12  <b>Center Closed FiftyFoward Staff Retreat</b>	133
14	15  Walking 9:00 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 <b>Rainbow Running Horse</b> Ink pen and watercolor 1:00	16 Massage 8:30  Weight Watchers 8:30 Kathy: Easy Moves 9:30 Scrabble 10:00 Billiards 10:15 Game Day 11:00 <b>Potluck 11:30</b> <b>WHOO? Is Cooper?</b> Watercolor 11:00 #5	17  <b>Amish Trip 8:30</b> Walking 9:00 Bridge 9:00 Card Crusaders 9:00 Pilates 9:15 Bridge Lessons 12:30	18 Massage 8:30  <b>M2: Men's Breakfast 8:15</b> Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga and Billiards 10:15 <b>Chaffin's Barn 10:15</b> Open Studio 1:00	19  Flex with Dot 9:30 Game Day 11:00 <b>Showtime at Martin 1:00- Gypsy</b>	20
21	22  Walking 9:00 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 <b>Trip to the "Hood" 10:15</b>	23 Massage 8:30  Weight Watchers 8:30 Kathy: Easy Moves 9:30 Scrabble 10:00 Billiards 10:15 <b>Lunch and Sleep Center Tour at Williamson Medical 10:15</b> Watercolor 11:00 #6	24  Walking 9:00 Bridge 9:00 Pilates 9:15 Card Crusaders 9:00 Bridge Lessons 12:30 <b>Jonathon's 4:00</b>	25 Massage 8:30  Tai Chi 9:00 Canasta 9:30 Knitting 10:00 Yoga & Billiards 10:15 <b>Ladies Lunch and Fashion 11:30</b> Open Studio 1:00 <b>Wine and Dine at 5:00</b>	26  Flex with Dot 9:30 Game Day 11:00 <b>Bunko 1:00</b>	27
28	29  Walking 9:00 Card Crusaders 9:00 Pilates 9:15 Poker 10:30 <b>Dick's Last Resort 10:30</b>	30  <b>September 2014</b>				<p>FiftyFoward Martin Center 960 Heritage Way, Brentwood, TN 37027 (P) 615-376-0102 (F) 615-376-0124 www.fiftyforward.org www.themartincentertn.org http://themartincenter.tripod.com</p>