



# July 2026

## FiftyForward Martin Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk \* require advance registration.** Please register at [fiftyforward.org/member/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 10:30 a Day Trip- <b>Restaurant at Henry            Horton*</b> 10:30 a Community Art Summer Activity w/Frist Museum* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	<b>2</b> 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p Bingo	<b>3</b> <b>Fifty Forward            Centers and            Offices closed            for 4<sup>th</sup> July            Holiday</b>
<b>6</b> 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements	<b>7</b> 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Congressional Constituent Service 10 a Chair Yoga 10 a Ship Medicare Support Session* 10:45 a Day Trip- <b>Music City Archery*</b> 11 a SAIL Fitness 12 p Mah Jongg 1 p AI Presentation* 1 p Line Dancing 2:30 p Ukulele Practice	<b>8</b> 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12 p <b>Potluck Lunch*</b> 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	<b>9</b> 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 11 a <b>Golden Games*</b> 12:30 p Open Art Studio 1 p <b>Downsizers Club*</b>	<b>10</b> 9 a Digital Literacy Class* 10 a Euchre 10 a Billiards 10:15 a <b>Mystery            Lunch*</b> 10:30 a Open Art Studio 12 p Mah Jongg
<b>13</b> 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1:30 p Mindful Movements 6 p Day Trip-The Time Jumpers 3 <sup>rd</sup> & Lindsley*	<b>14</b> 8:30 a Kiko the ESA 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 11 a SAIL Fitness 12 p Mah Jongg 1 p Line Dancing 2:30 p Ukulele Practice	<b>15</b> 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes 1 p <b>Concert-Music Men*</b>	<b>16</b> 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 12:30 p <b>Breast Cancer            Presentation*</b> 1p Bingo	<b>17</b> 9 a Digital Literacy Class* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg 5p Day Trip- <b>Nashville Sounds            Baseball Game*</b>
<b>20</b> 9 a Card Crusaders 10 a Active Strength Circuit 10 a Billiards 12 p Hand & Foot 1 p Bunco 1 p <b>More Than a Will-            Legacy Organizing for            People You Love</b> 1:30 p Mindful Movements	<b>21</b> 8:30 a Kiko the ESA 8:30a Day Trip- <b>Cumberland Caverns-            Cardwell Mountain            History Walking Tour*</b> 9:30 a Scrabble 10 a Billiards 10 a Chair Yoga 10 a Book Group 11 a SAIL Fitness 12 p Mah Jongg 1 p Line Dancing 1 p <b>Pink Ride            Presentation*</b> 2:30 p Ukulele Practice	<b>22</b> 9 a Bridge-Morning 9 a Card Crusaders 10 Full Body Strength 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	<b>23</b> 7 a Early Bird Walking 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Chair Yoga 11 a SAIL Fitness 12:30 p Open Art Studio 1 p <b>Tennessee SHIP            Medicare Presentation</b>	<b>24</b> 9 a Digital Literacy Class* 10 a Euchre 10 a Billiards 10:30 a Open Art Studio 12 p Mah Jongg



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<b>27</b> <b>9 a</b> Card Crusaders <b>10 a</b> Active Strength Circuit <b>10 a</b> Billiards <b>11:15 a</b> Advisory Council Meeting <b>12 p</b> Hand & Foot <b>1 p</b> Bunco	<b>28</b> <b>8:30 a</b> Kiko the ESA <b>9:30 a</b> Scrabble <b>10 a</b> Billiards <b>10 a</b> Chair Yoga <b>11 a</b> SAIL Fitness <b>12 p</b> Mah Jongg <b>1 p</b> Line Dancing <b>2:30 p</b> Ukulele Practice	<b>29</b> <b>9 a</b> Bridge-Morning <b>9 a</b> Card Crusaders <b>10</b> Full Body Strength <b>12:30 p</b> Bridge- Afternoon <b>1 p</b> Mexican Train Dominoes <b>2 p</b> Book Group- Historical	<b>30</b> <b>7 a</b> Early Bird Walking <b>9:30 a</b> Rummikub <b>10 a</b> Billiards <b>10 a</b> A Stitch in Time <b>10 a</b> Chair Yoga <b>11 a</b> SAIL Fitness <b>12:30 p</b> Open Art Studio	<b>31</b> <b>9a</b> Digital Literacy Class <b>10 a</b> Euchre <b>10 a</b> Billiards <b>10:30 a</b> Open Art Studio <b>12 p</b> Mah Jongg <b>5 p</b> Sock Hop*
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### Art & Music

**Card Crusaders Mondays and Wednesdays, 9:00 a - 3:00 p** Over a decade ago a couple of widows started this card making mission with the purpose in mind to help the Martin Center with a few necessities and bring joy to others. Names are currently being taken for those that would like to make a commitment to the Card Crusader mission. Training is available for beginners. Experienced card designers are welcome to learn more.

**Maker's Monday –No Makers Monday in July**

**Open Art Studio Thursdays, 12:30 - 3:00 p and Fridays, 10:30 a - 1:00 p** Artists of all media types (except oils) are welcome to meet for an opportunity to work on their current projects. Join lively conversation and art!

**A Stitch in Time Thursdays, 10:00 a - 12:00 p** Calling all knitters, crocheters, quilters, and yarn lovers! You're invited to work on your current projects and engage in wonderful conversations.

**Ukulele Practice Tuesdays, 2:30 – 3:30 p** Bring your ukulele and join us for a fun and relaxed practice session at Fifty Forward Martin Center! Whether you're a beginner or a seasoned player, this class is perfect for

improving your skills, learning new songs, and enjoying music with friends. All skill levels are welcome, and you'll love the supportive, creative atmosphere. Join us on Tuesdays in the Art Room and discover the joy of making music together!

### Events, Presentations, and Special Occasions

**AI Presentation Tuesday, July 7, 1p**

Intro to Artificial Intelligence - Join John Ulett for an introduction to artificial intelligence. He will cover the basics and teach you how to use different AI platforms. He is also happy to answer any AI-related questions that you might have. **Registration is required. Cost Free.**

**Breast Cancer Awareness Presentation w/Tennessee Department of Health**

**Thursday, July 16, 12:30 p** Ever heard of breast health with lemons? Join our interactive Know Your Lemons Foundation class to learn the signs of breast cancer, what to look for, feel confident in doing a Breast Self-Exam and why early detection matters. Knowing your body can help protect your health! **Registration is required. Cost Free.**

**Congressional Constituent Services Mobile Office Tuesday, July 7, 10 a** The first Tuesday of each month, the Congressional District TN



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05 will have a caseworker at the Martin Center. This is your opportunity to meet with a case worker to ask questions or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). **Open to the Public.**

**Community Art Teacher Summer Activity w/Frist Museum Wednesday, July 1, 10:30a-Noon.** Participants will use blind contour techniques to create colorful pastel drawings inspired by surrealist automatism. **Registration is required. Limit 15. Cost Free.**

**Digital Literacy Class Fridays 9a-Noon** Through our partnership GNRC, you can join the Digital Literacy for Seniors (DLS) program and take home a FREE Chromebook after completing 15 hours of training! Classes meet Fridays at the Martin Center starting July 10, from 9a – Noon. Participants must attend all sessions. What you'll learn: Internet basics, safety, and navigation, setting up Google accounts & email Accessing telehealth and so much more! Don't miss this opportunity to boost your tech skills and take home a Chromebook. **Limited to the first 15 members that sign up. You must attend all classes.**

**Downsizers Club Thursday, July 9, 1 p** Join us for Downsizers Club at FiftyForward Martin Center. This supportive and interactive group is designed for anyone feeling overwhelmed by their belongings or considering a move to a

home that better fits their needs. Come for encouragement, practical strategies, and a welcoming environment where progress happens one step at a time. **Registration Required.**

**Golden Games Thursday, July 9, 11a** Let the games begin! Get ready for a fun-filled afternoon with lots of laughter and friendly competition. Participants will take part in some light-hearted, minute-to-win-it style games (think opening a package while wearing oven mitts; scooping cotton balls into a bowl while blindfolded) and the top places will be awarded with prizes. This will be a teams activity. Registration is required. If you do not have a team but still want to participate, please let staff know.

**Kiko the ESA- Tuesdays, ALL DAY** We're excited to spend time with **Kiko**, the friendly, loving, and certified emotional support animal who belongs to our very own Liz Smith! Kiko will be spending every Tuesday at the center, ready to greet you with tail wags and unconditional affection. Spending time with emotional support animals like Kiko can help reduce stress, ease feelings of loneliness and sadness, and even lower blood pressure. Stop by anytime to say hello, sit with Kiko, and experience the joy that only a furry friend can bring.

**Monthly Musical Concert ft. Music Men**



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**Wednesday, July 15, 1p** Come enjoy nostalgic duets by Larry & David, featuring hits from Neil Diamond, Simon & Garfunkel, the Everly Brothers and more! **Registration is required. Cost: \$5.00**

### [More Than A Will: Legacy Organizing for People You Love](#) **Monday, July 20 1p**

You may have a will, but much of your life is now digital. Estate planning answers who is in charge. Legacy organizing provides the information, organization, and direction loved ones need to carry out the plan. Join Pam Parker of Life Well Organized to learn what legacy organizing is, why it matters, and how to prepare before a crisis, incapacity, or loss." **Registration required. Cost Free.**

[Pink Ride](#) **Tuesday, July 21, 1p** Come learn about Nash Pink Car, the most charming pink car transportation service in Nashville! At Nash Pink Car, they believe that every ride should be a memorable experience. The fleet of uniquely pink cars is sure to turn heads and spread joy wherever they go. Whether you're heading to a special event, a night out with friends, or simply want to add a dash of color to your everyday commute, the pink cars are ready to make your transportation a delightful experience. **Registration is Required. Cost: Free.**

[SHIP Medicare Support Sessions](#) **Tuesday, June 9, 10 a (State Health Insurance Assistance Program (SHIP) Representative: Nancy Parker.** This is an unbiased and informed

resource. Schedule an appointment or feel free to drop by and ask a question! Do you have any questions or concerns about your Medicare? Or are you new to Medicare? Changing your plan? **Open to the Public. To register for appt please call 615-873-4379 or email [tnshipvol@comcast.net](mailto:tnshipvol@comcast.net). Please be sure to leave a message.**

### [Sock Hop](#) **Friday, July 31, 5 p**

Join us for a Summer Sock Hop featuring DJ Damon, an amazing DJ. Slip on your saddle shoes, grab your poodle skirts, and get ready to twist the night away. Light refreshments will be served. **Registration required. Cost: \$5**

### [Tennessee SHIP Medicare Presentation](#)

**Thursday, July 23 at 1p** Learn about Medicare from certified SHIP Counselors-Nancy Parker & Jane Schaefer.

- **Medicare Costs in 2026**
- Medicare Parts A / B / D Enrollment, Costs, Benefits
- Medicare Advantage plans
- Medigap / Medicare Supplement Plans
- Medicare Assistance programs (Extra Help, QMB, SLMB, QI1). **Registration required. Cost Free.**

### [Exercise](#)

#### [Active Strength Circuit Mondays](#)

**10 - 11a** Join Liz for a fun, full-body circuit designed to build strength, balance, and energy! This class uses hand weights, resistance bands, and exercise balls—no machines required. Perfect for all fitness levels,



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each station targets a different area of the body so you leave feeling strong, confident, and energized. Come ready to move, have fun, and get stronger with every rotation! **Cost: FREE**

### **Chair Yoga Tuesdays and Thursdays, 10 a**

Instructor: Melissa Clinton, certified in Silver Sneakers, Yoga, and holds a bachelor's degree in Exercise Science. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate. **No Class July 9. Cost: \$5 per person if you do not have insurance benefits.**

**Fitness Room Weekdays, 8:30a-3:30p** Check out our new fitness room featuring free weights, cardio drumming, ellipticals, treadmills, and stationary bikes. Whether you're looking to build strength, boost your cardio, or just keep moving, there's something for everyone. Come give it a try!

### **Full Body Strength with Melissa**

**Wednesdays, 10:00 - 11:00 a** Instructor: Melissa Clinton, certified instructor in Silver Sneakers and holds a bachelor's degree in Exercise Science. Full Body Strength is similar to Pilates. There will be strength training with a focus on balance and stretching using small hand weights, resistance bands, and mini exercise balls to rebuild muscle as you age. Skill Level: Beginner, Intermediate. **\$5 per person or insurance benefit.**

### **Mindful Movements with Ron Mondays, 1:30**

**p** Your instructor is Ron Lee, who holds certifications with Yoga Alliance, Mindfulness-

Based Stress Reduction, and Meditation. This class integrates qigong, tai chi, yoga, and stretching. The exercises can be performed either seated in a chair or standing. The primary goals of the class are relaxation and improved flexibility through graceful movements, designed specifically for beginners to intermediate levels. This class incorporates some history and principles of the movements, enhancing the overall experience and providing deeper meaning. **Cost: FREE. No Class July 27.**

### **SAIL Fitness with Melissa Tuesdays and Thursdays, 11:00 a - 12:00 p**

Instructor: Melissa Clinton, certified in Silver Sneakers, Yoga, and holds a bachelor's degree in Exercise Science. The SAIL (Stay Active and Independent for Life) class is a 12-week evidence-based strength, balance and fitness program for adults 65 and older. Skill Level: Beginner, Intermediate, Advanced. **No Class July 9. Cost: FREE**

**Walking—Early Bird Walking Thursdays, 7:00 - 8:00 a** Join other early risers to get some steps in with friends while walking around the loop at Tower Park. Bring a Guest!

### **Walk Rain or Shine – Indoors! Monday –**

**Friday, 8:30 a -3:30 p** A walking map is available, and signs are posted to guide you along our indoor walking track. Just eight laps around our beautiful center equals one mile! Drop by anytime—arrive early or stay after your regular program—to burn calories, decrease stress levels and improve mobility. Skill Level: Beginner, Intermediate.

### **Fifty Forward News**

**Advisory Council Meeting Monday, July 27, 11:15 a - 12:15 p** The advisory council is a volunteer group of ambassadors for programs, events and services offered by the Martin Center.

### **Games**

**Billiards Tuesdays and Thursdays, 10:00 a - 12:00 p (for any group play).** The pool table is available all week for members to enjoy. You will find a blend of camaraderie and fun in our billiards group. All skill levels are invited. Billiard Tables are available all week for individuals to play!

**Bingo Thursdays, July 2 & 16, 1 p** Join us for an exciting afternoon of bingo at Fifty Forward Martin Center! Whether you're a seasoned player or trying your luck for the first time, there's fun (and prizes!) for everyone. Grab a friend, enjoy some laughs, and see if you can shout "Bingo!"

**Bridge- Morning Wednesdays, 9:00 a - 12:00 p** Join your friends for a fun game or two in this experienced Bridge Group.

**Bridge- Afternoon Wednesdays, 12:30 - 3:30 p** Join your friends and learn how to play with the social Bridge Group.

**Bunco Mondays, 1-3 p** Join us for a fun-filled game of Bunco! Roll the dice and enjoy lively conversations. Whether you're a seasoned player or new to the game, everyone is welcome. No experience is needed! Registration is required.

**Euchre Fridays, 10:00 a** Beginners will be taught and those experienced can play right away. Euchre is a fun card game full of strategy and teamwork. With a distinctive deck and fast-paced play, it's all about winning tricks and outmaneuvering your opponents.

**Hand and Foot Canasta Mondays, 12:00 - 3:00 p** All levels of experience are welcome! If you are interested in learning, please register in advance to begin your learning experience.

**Mah Jongg Tuesdays and Fridays, 12:00 - 2:30 p** Played in the American Mah Jongg style those experienced in any Mah Jongg styles are welcome and can jump in and play and those learning can observe and learn step by step. Our experienced players will help you get a Mah Jongg card. FYI: A 2026 Card is recommended and can be purchased for \$14 or \$15 (through <https://www.nationalmahjonggleague.org/store>)

**Mexican Train Dominoes Wednesdays, 1:00 p** Whether you are a seasoned player or new to the game, Mexican Train Dominoes offers endless excitement for everyone.

**Rummikub Thursdays, 9:30 a** Looking for a fun way to spend your Thursday? Join our Rummikub group! Whether you're experienced or just learning, you'll enjoy this mix of strategy, luck, and friendly conversation. New players are always welcome!

**Scrabble Tuesdays, 9:30 a - 12:00 p** Attention of wordsmiths and language enthusiasts! It's time to dust off your dictionaries and sharpen



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your wits as we dive into the timeless classic game of Scrabble.

### Socials and Groups

**Book Group 3rd Tuesday of each month, July 21, 10:00 a** Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is ***Theo of Golden* by Allen Levi.**

**Book Group-Historical Books Last Wednesday of each Month, July 29, 2 p**  
ATTENTION HISTORY LOVERS! Would you like to read and meet with other history lovers to discuss books? Come join! This month's selection is ***Bury My Heart at Wounded Knee: An Indian History of the American West* by Dee Brown**

**Cocktails and Conversation-**  
**No Cocktails and Conversation in July.**

**Line Dancing Tuesdays, 1:00 - 2:15 p**  
Instructor: Helen Settles Beginners, intermediate or line dancing pros are welcome to this Line Dancing Class. This class is truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

**Potluck Lunch Wednesday, July 8, Noon.**  
**Arrive 11:30 – 11:45 a to bring your dish for the kitchen to organize and have a conversation with others.** Registration is required. Your contribution of a dish (even if you need to buy it) makes enough food for everyone. Let us know what dish you will bring. If bringing or buying a dish isn't an option, you

can join the fun with a \$10 contribution. Come enjoy food and fun with your FiftyForward members.

### DAY TRIPS

#### **Registering and Payments for Trips:**

Payments and registrations are made via our new portal, which can be accessed online or at the kiosk located at the Center. Payments must be made at the time of registration to hold your spot for day trips and events that have a cost.

The portal can be accessed at

<https://fiftyforward.org/member/>

#### **The Restaurant at Henry Horton**

**Date: Wednesday, July 1**

**Cost: \$20.00 + lunch**

**Registration is required, and space is limited to 13 members.**

**The bus departs at 10:30a & returns at approx. 2:30 p**

Enjoy a relaxing meal at The Restaurant at Henry Horton State Park, nestled inside the beautiful Henry Horton State Park near the scenic Duck River. With its casual, airy atmosphere, comfortable seating, and spacious bar, it's the perfect place to unwind after a day outdoors. You can enjoy fresh, satisfying meals inside or out on the patio surrounded by lush park views—perfect for a summer day with friends, great food, and a peaceful Tennessee backdrop.

#### **Music City Archery**

**Date: Tuesday, July 7**

**Cost: \$35.00 + lunch**

**Registration is required, and space is limited to 13 members.**



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**Bus departs at 10:45 a & returns at approx. 2:30p**

First, we'll enjoy lunch at Quinn's Neighborhood Pub and Eatery and then discover the fun of trying something new with an outing to Music City Archery! Archery is something many people have never experienced, but once they do, they quickly discover how enjoyable, accessible, and confidence-building it can be. Whether you're aiming for the bullseye or just having fun with friends, this unique social activity is sure to be a memorable adventure!

### Mystery Lunch

**Date: Friday, July 10**

**Cost: \$15.00 + lunch**

**Registration is required, and space is limited to 13 members.**

**The bus departs at 10:15 a & returns at approx. 1:30 p**

Join us for a day of food & fun as we dine the day away to a mystery lunch. Here's are clues to tantalize your taste buds:

- \* You'll probably smell lunch before you see it
- \* You may want extra napkins for this outing
- \* Today's lunch may involve sauce decisions

### The Time Jumpers at 3<sup>rd</sup> and Lindsley

**Date: Monday, July 13**

**Cost: \$35.00 (+ food optional)**

**Registration is required, and space is limited to 12 members.**

**The bus departs at 6 p & returns at approx 9 p**

Get ready for an unforgettable afternoon with The TIME JUMPERS at the legendary 3rd & Lindsley, one of Nashville's most iconic live music venues! This award-winning Western

Swing band features some of Nashville's finest musicians, delivering incredible harmonies, top-notch musicianship, and classic country swing favorites. With Grammy nominations and a reputation as one of Music City's favorite live acts, this is a show you won't want to miss! Food available for purchase at 3<sup>rd</sup> and Lindsley.

### Nashville Sounds Baseball Game

**Date: Friday, July 17**

**Cost: \$50.00 (+ food optional)**

**Registration is required, and space is limited to 12 members.**

**The bus departs at 5 p & returns at approx. 10 p**

Enjoy an exciting night out with the Nashville Sounds at First Horizon Park! Take in the energy of a live minor league baseball game as you cheer on the Sounds in the heart of Music City. After the final pitch, the night continues with their signature fireworks show, lighting up the Nashville sky in a spectacular display. With great food, a lively crowd, and a festive atmosphere, it's the perfect way to enjoy a summer evening together.

### Cumberland Caverns- Cardwell Mountain History Walking Tour

**Date: Tuesday, July 21**

**Cost: \$55.00 + lunch**

**Registration is required, and space is limited to 13 members.**

**The bus departs at 8:30 a & returns at approx. 4 p**

Step into Tennessee's underground history on the Cardwell Mountain History Walking Tour at Cumberland Caverns! Designed for curious

explorers and history lovers, this relaxed 45-minute journey takes you 333 feet below the surface—no stairs required.

Travel back in time as you learn about the cave's early discovery, the daring pioneers who first explored its depths, the "Meat Grinder," and the historic saltpeter mining that once helped produce gunpowder. You'll also hear the story of the cave's founders and the iconic chandelier suspended in the famous Volcano Room.

### **Physical Expectations**

- Walking distance: 0.75 miles
- Dress prepared for the 0.25 mile walk to/from cave
- All walking: Rocky, dirt surface with a few uneven slopes to walk up and down
- NO STAIRS
- Must be able to stand for entire tour duration (45 minutes)
- No places to sit during tour
- Not handicapped accessible

### **TRIP GUIDELINES**

**Minimum number**— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance.

**Staff Support**— Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.**

Most trips require a fair amount of walking. If you are unsure, please call **615-743-3487** for more

information.

**Payment**— Trips must be paid for at the time of registration, in order to hold your seat. **Note: Non-members pay an additional \$5 per person.**

**Departure Time**— Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

**Cancellations and No Shows**— A refund will be issued if a cancellation is given more than 24 hours prior to a trip scheduled for departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

**Attendance**— Cancelling or not showing up for two or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions**— Exceptions may be considered by center staff in extreme situations.