

A Publication of
 FiftyForward Bordeaux
 3315 John Mallette Drive
 Nashville, TN 37218
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Center Open/Mon.- Fri./8a.m.-4p.m.

February Highlights

- ◆ Feb. - 1st *Wear Red*
- ◆ Feb - 5th *Metro Wind Ensemble*
- ◆ Feb - 6th *United Street Tour*
- ◆ Feb - 8th *RUMMIKUB Tournament*
- ◆ Feb - 12th *CHEF Brown Presentation*
- ◆ Feb - 13th *Lakisha L. Simmons, Author*
- ◆ Feb - 14th *Relationship Expert*
- ◆ Feb - 18th *African American Reads*
- ◆ Feb - 20th *Music City Icons*
- ◆ Feb - 21 *Computer Club*
- ◆ Feb - 22 *Field Trip Juicy Seafood*
- ◆ Feb - 26 *Flower Power*
- ◆ Feb - 27 *Second Harvest*
- ◆ Feb - 28 *Black History Program*



February Birthdays

- Blanche Harris—Feb 2nd
- Isabel Rodriguez—Feb 7th
- Annie Merritt — Feb 9th
- Robert Dowell — Feb 10th
- Estella Davis-Tallie — Feb 18th
- Lee Chamber—Feb 23rd
- Lillie Osborne—Feb 25th
- Margaret Thompson—Feb 28th

OUR MISSION

FiftyForward supports, champions and enhances life for those 50 and older.

We are happy to provide FREE Wi-Fi here at the center. Look for the FiftyForward Guest Network



FIRST PROGRAM ACTIVITY OF THE NEW YEAR!



January 2, 2019 Dr. Katherine Brown presented Hands on CPR Dr. Brown has spent 10 years not only saving lives but also strategically from a single storefront on Chicago’s South Side to a business that takes her around the world. Her next goal is to reach the \$1 million revenue mark. That’s why she connected with Mildred Walters at the Pathway Women’s Business Center. As a WBC client Dr. Brown received transparent, honest advice about her goals. She also received a primer on government contracting, a potential means to achieve her revenue goals. Dr. Brown is now a part of the WBC community, a community that will support her with education and advice just as she does for the many communities where she works.



Day of beauty, with Michelle Harris owner of Scensible Oils and Martha Lupai with Neta’s Natural Hair. The Members were excited to meet two women business owners that are on Jefferson Street in our community. Both talked about taking care of your skin and hair the proper way, which is directly related to health.



Melvin D. Fowler
Center Director

Patricia Malone
Assistant Center Director

Address:
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Advisory Council

- Ann Black, Chair
- Jean Arnell
- Brenda Gilmore
- Phyllis Cain, Secretary
- Pastor James Larkin
- Felicia Johnson
- Frederick Johnson
- Breonus Mitchell
- Carletha McNeil
- Brian Wilkins
- Catrena Thompson
- Florence Woods,
Vice President
- Clara Williams

MEMBERSHIP

New and existing FiftyForward members are being asked to complete brand new applications for 2019. These forms have some additional information needed for record keeping purposes mandated by our funding agencies.

Annual membership: \$144/year: (\$12/month)

Please see staff if you have questions.

Scholarships are available!

Reminder:
Invite your friends, family, neighbors, and other community members to join.

MLK Celebration

On Friday, January 18, 2019, FiftyForward Bordeaux had 43 members and guest attended the MLK Program. Members and guest enjoyed themselves, celebrating the life and legacy of Martin Luther King. Speech by TSU student, Drama and Debate team member reciting “I Have A Dream”, entertainment by Metro Wind Ensemble and luncheon provided by FFB members and guest.



Dr. Kings favorite meal was Fried Chicken, Pickled Pig Feet, Peach Cobbler and Pecan pie and we had more then enough food for our celebration.



DIRECTOR'S MESSAGE

We watch the bird fly away and may be fooled into thinking that it has abandoned its work. But a nest is not built if the materials are not sought and brought back to the tree. There are times when we must get away from our work in order to locate the resources we need to complete it. We may require new information or inspiration, or simply a break in which to rest and refresh our spirit. We don't need to feel guilty for these times and we should resist the taunts of others who do not understand our work habits or need. As long as we get back to our task, as long as we do not lose sight of our ultimate goal, we can fly away with impunity.





Connect with us!

Learn more about the programs and services of FiftyForward. Visit www.fiftyforward.org

Connect with us on social media:
www.facebook.com/FiftyForward
 See photos of past special events:
<https://www.flickr.com/photos/fiftyforward/albums>



Watch videos:
<https://www.youtube.com/user/FiftyForwardTN>

Quote of The Month

You've got to find a way to make people know you're there.

Nikki Giovanni

TRUE FACTS ABOUT February

American Heart Month



FiftyForward Bordeaux Inclement Weather Policy!

If **Metro Schools** are closed, we will NOT have our regular daytime programming, classes, events or scheduled trips. However, our office will still open, although possibly on a delayed schedule.

2019



- ◆ March -1st - Arts & Crafts
- ◆ March 4th - Grocery Store
- ◆ March 6th - Bus Safety Tips
- ◆ March 11th - Quilting by Hand
- ◆ March 12th Metro Wind Ensemble
- ◆ March 15th- St Patrick Day Celebration
- ◆ March 18th—Mexican Food Dish
- ◆ March 21st—Computer Club
- ◆ March 25th— Second Harvest
- ◆ March 29th—Field Trip
- ◆ March Birthday Party Celebration

RENT OUR FACILITY FOR MORE INFORMATION

CALL 615-248-2272

- Baby Showers
- Graduation Parties
- Bridge Club
- Chess Club
- Social Club
- Church Meetings

Community Research with Meharry Medical College with Dr. Wyche-Etheridge, Kimberlee.



Wear Red February 1, 2019 Field Trip to Matthew Walker Comprehensive Health Center



Special Thanks to Our Supporters

