

A Publication of
FiftyForward Bordeaux
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3315 John Mallette Drive Nashville, TN 37218 | (615) 248-2272

Center Open/Mon.- Fri./8a.m.-4p.m.

March 2019

- ◆ March – 1st Smiles Dental Presentation
- ◆ March – 5th Mardi Gras "Fat Tuesday"
- ◆ March – 8th WeGO Bus Transit Trip
- ◆ March 13th Cigna Health Laminating Medicare
- ◆ March 15th St. Patrick Day, everything green.
- ◆ March 18th Mexican Dish Day
- ◆ March 19th Nutrition Garden
- ◆ March 20th Diabetes on the GO!
- ◆ March 21st Walk Across TN.
- ◆ March 25th UTK Extension
- ◆ March 27th Spades Tournament
- ◆ March 27th RUMMIKUB Tournament
- ◆ March 29th PF Chain Field Trip



LOVE WAS IN THE AIR!



On February 14, 2019. Aaron Jordan "The Relationship Expert" provided meaningful information regarding how to deal with relationships. Aaron, also told us his story and provided some tools on how you can grow after being broken. Aarons website states, "Often times, in life, we get motivation and inspiration from certain places to get us through, but where is the motivation and pick me up for our mindset after we have experienced some the most traumatic hurts in our relationship and dating experiences. He goes on to say, "I'm on a MISSION to EMPOWER and ENRICH men and women on understanding the POWER they possess in their relationships. Enriching to overcome brokenness, you are Valuable. "Know Your Worth!" There were many questions from our members and Aaron gave away a book. We look forward to Aaron returning soon! Now when Aaron isn't providing relationship advice, he is well versed in the retail and business financial industry, helping every day people execute a plan for their financial short and long term goals. Also assist small businesses with Fifth Third Bank as a Financial Center Manager. Valentine Day's was magical here at FFB. We even had our MTA Driver enjoying our Day!



March Birthdays

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 and type in 50Forward as the Password.



Melvin D. Fowler
Center Director

Patricia Malone
Assistant Center Director

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Phyllis Cain, Secretary

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Felicia Johnson

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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.

Celebrating Black History Month, Chakita Patterson, Founder of, United Street



Tours. United Street Tours is a walking tour company that gives cultural tours in Nashville, TN. We are committed to teaching cultural awareness and cultural understanding. Chakita says "Our tours aren't just about sights and sounds. We help you connect the dots so you can truly begin to understand Nashville's thriving cultural scene". Chakita, also engaged our members with an experience down memory lane, our members are true Nashvillians!!



Celebrating Black History Month. February 7, 2019, African American Read In, the National Hook up of Black Women, Bridgette Long Hickey, read and engaged our members with a discussion about Harriet Tubman. Bridgette laughed and engaged our members. Bridgette is a Lt. Colonel in the United States Army.

Celebrating our African American Authors in Nashville! Rita P. Mitchell spoke and signed books we were absolutely intrigued with the wealth of information she provided our members. Rita's book is entitled "Own Your Phenomenal Self" Joyce shown in the picture has finished the book and has written Rita a letter.

Lakisha L. Simmons, Ph.D. presented on Mental Health & Self Care. Her workbook provides a blueprint to assist and guide you through your most difficult times. "The Unlikely AchieveHer" 11 Steps to a Happy and Prosperous Life Workbook.



Renee Bobb, provided a powerful session on Financial Empowerment, 10 Strategies to Getting Your Financial Life in Order. Renee is an Author, Speaker and Trainer. She provided a one on one session with Belinda Harris to help Belinda with her book.



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>



Jodi, my awesome friend, dropped by on a Friday afternoon to sketch a few members. Just see how Melvin turned out!!



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

April

- ◆ 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

Women's History Month



Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia.

DIRECTOR'S MESSAGE

After reading Rita P. Mitchel "Own Your Phenomenal Self" there were three takeaways for me: 1. Strengthening your core is a process and does not happen in a day; master the basics so that you can move forward stronger and with confidence. 2. Don't be afraid of new opportunities and challenges. Strengthening your core equates to taking risks. 3. Your core is who you are, what you are about, and your strength of resolve. Know and LISTEN to your inner core so you know when to stay and when it is time to change. So with that said, Strengthen Your Core!

Melvin D. Fowler, Center Director



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