

FFB Is On the Move! #catchthebordeauxwave!!

### FiftyForward Bordeaux

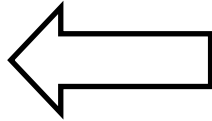






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# Fifty Forward

## February 2019

\* All Activities Are Subject To Change \*

Open: Monday–Friday from 8am -4pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Don't Forget To Pay Your Monthly Membership</i></p>	<p><b>2019 Membership Fees Dues:</b> \$12.00 per/month \$144.00 - Annually</p>				<p><b>1 Wear Red</b> Matthew Walker Field Trip 10AM</p> 	<p><i>Be Kind and You Will Feel It in Your Heart!</i></p>
<p><i>Don't forget to sign into My Senior Center EACH DAY!</i></p>	<p><b>4 UTK Extension Living Well 10:30AM</b> Word of the Day 11AM</p>	<p><b>5 Quilting By Hand 10AM</b> Sports 4 All 10:30AM Metro Wind Ensemble 1PM</p>	<p><b>6 Living At Home – 8AM</b> United Streets Tour 9:30AM Rita P. Mitchell 11AM</p>	<p><b>7 BINGO</b> BIBLE STUDY 11AM African American Read in 12PM Advisory Board Meeting 2PM</p>	<p><b>8 Social Services 9AM</b> Bus Safety Tips 10AM RUMMIKUB Tournament 11AM</p>	
<p><b>10</b></p> 	<p><b>11 Living Well 10:30AM</b> MCI Alzheimer's Program 10:00AM —12:00PM</p>	<p><b>12 Quilting By Hand 10AM</b> CHEF BROWN 11AM Metro Wind Ensemble 1PM</p>	<p><b>13 Arts and Crafts 10AM</b> Word of Day! 11AM</p>	<p><b>14 VALENTINES</b> Relationship Expert Radio Personality Aaron T Jordan Jr Know Your Worth BIBLE STUDY 11AM</p>	<p><b>15 TSU Volunteers 10AM</b> CHAT AND CHEW Leadership 101 11AM</p>	<p><b>16 Don't Forget To Pay Your Monthly Membership Dues !</b></p>
<p><b>17 Did you invite a "Friend"</b></p>	<p><b>18 Living Well 10:30AM</b> VOC Presentation 1-2 PM African American Read in Week 12PM</p>	<p><b>19 Sports 4 All 10AM</b> Nutrition Garden 9:30AM Quilting By Hand 10AM Dr. Lakisha Simmons 1PM AchieveHer Period Project</p>	<p><b>20 Living At Home 8AM</b> Cigna Health 9AM Music City Icon 10AM</p>	<p><b>21 Computer Club 10AM</b> Bible Study 11AM African American Read in 12PM</p>	<p><b>22 Field Trip Juicy Seafood 11AM</b></p>	<p><b>23 Heritage</b> For us, Africa is not so much a lost continent as an imagined one</p>
<p><b>24</b></p> 	<p><b>25 MCI Alzheimer's Program 10:00 AM —12:00PM</b> Music Seniors 11:30AM</p>	<p><b>26 Quilting By Hand 10AM</b> Flower Power 10:30AM Word of The Day 11AM Metro Wind Ensemble 1PM</p>	<p><b>27 Word of the Day 10:30AM</b> Fun Fact about U! 11AM Volunteer Meeting 11:30 Fire Drill 1PM</p>	<p><b>28 Black History Program 10AM</b> Soul Food Day!!!! BIRTHDAY CELEBRATION</p>	<p>Black History Month must be more than just a month of remembrance; it should be a tribute to our History and reminder of the work that lies in the months and years ahead!</p>	