

FiftyForward Bordeaux

Our mission is to support, champion and enhance the lives of those 50 and older.

August 2019

A publication of
FiftyForward Bordeaux
3315 John Mallette Drive
Nashville, TN 37218
Office 615-248-2272
Fax 615-248-7607

Center hours: Monday-Friday,
8 a.m.-4 p.m.

August Highlights

August 1: *Driving to the Poles*
August 5: *Aging Mastery Program*
August 1: *Domestic Violence Presentation*

August 6: *Field Trip, Matthew Walker*
Celebrate Seniors
August 6: *Safety Tips*
August 7: *Diabetes on the Go!*
August 8: *All of Us Research Program*
August 13: *Quilting by Hand*
August 14: *Victims of Crime*
August 14: *UHC Ice Cream Social*
August 12: *AMP RECAP*
August 26: *Arts and Craft*
August 28: *Diabetes on the Go!*
August 30: *Labor Day Celebration*



August Birthdays

Emma Hardin — Aug. 5
Zakiyyah Salaam— Aug. 12
Mary Owns—Aug. 14
Charles Black—Aug. 16
Winford Nance—Aug. 17
Linda Jackson—Aug. 17
Dorothy Starnes—Aug. 18
Kathleen Talley—Aug. 18
Edith Floyd—Aug. 28
Norman William—Aug. 30

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



August

**Fifty
Forward.**
Love life at 50+

Hats Off to Bordeaux!

FiftyForward Bordeaux had a wonderful time at the 10th Annual Hats off to Bordeaux! Benefiting FiftyForward Bordeaux. Vicki Yates was our emcee for the afternoon.



DIRECTOR'S MESSAGE

Exercise Daily

I have discovered that exercising does not necessarily mean power lifting at the gym or training for a marathon. A short walk around the office or simply standing up to stretch during a break at work can offer immediate relief from a stressful situation. Getting your blood circulating releases endorphins and can improve your mood almost instantly.



Melvin D. Fowler, Center Director

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Center Director

Patricia Malone
Assistant Center Director

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Advisory Council

Ann Black, Chair
Phyllis Cain, Secretary
Shirley Crawford
Brenda Gilmore
Felicia Johnson
Frederick Johnson
Pastor James Larkin
Carletha McNeil
Billye Sanders
Catrena Thompson
Brian Wilkins
Florence Woods, Vice—Chair

MEMBERSHIP

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.

Hats Off to Bordeaux!

Continued from page 1

In memory of Eva Jean Arnell we have established the “Volunteer of the Year Award.” Robert Arnell was awarded the volunteer award this year. Eva Jean Arnell was a phenomenal member and Advisory Council Member.

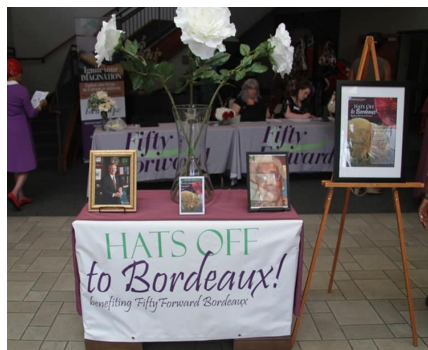
She became a FiftyForward Bordeaux member in 2015 and was selected to serve on the FiftyForward Bordeaux Advisory Council in 2017.

When asked to help out, she would immediately assist with a helping hand or a monetary contribution.

She attended the program on a regular basis with her two sons, Robert and Vincent.

She rarely missed field trips, unless she was getting her hair or nails done.

Jean will be missed for her unwavering support, and her beautiful smile will live on in her two sons Robert and Vincent Arnell.



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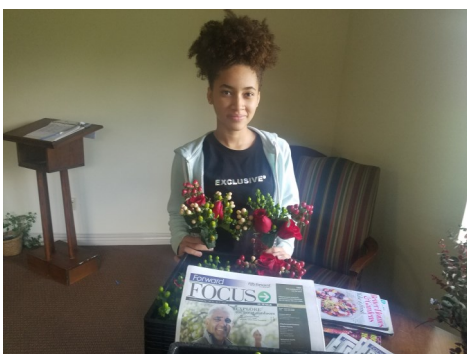
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FiftyForward Bordeaux, Opportunity Now Student, Imani Kimber.

Imani was a joy to have in the center daily. She came into the center every day willing to assist in any area that we requested. We will truly miss her willing to serve attitude.



Imani left us with two quotes

- ◆ “FiftyForward taught me how to converse with others and have a good time while also learning how a workplace functions.”
- ◆ “Everyone there treated me like family and I loved spending my time there. I looked forward to coming in every day.”

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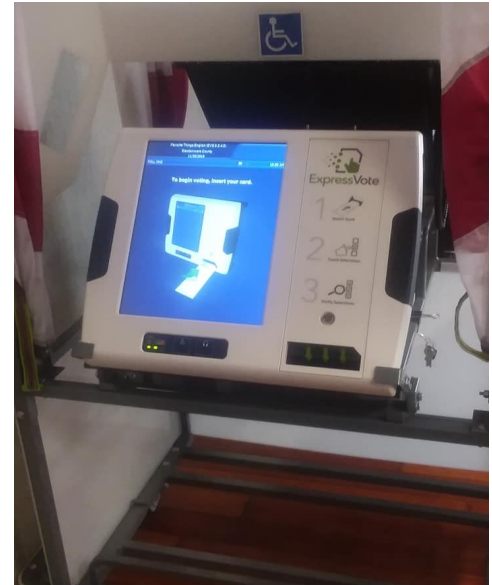
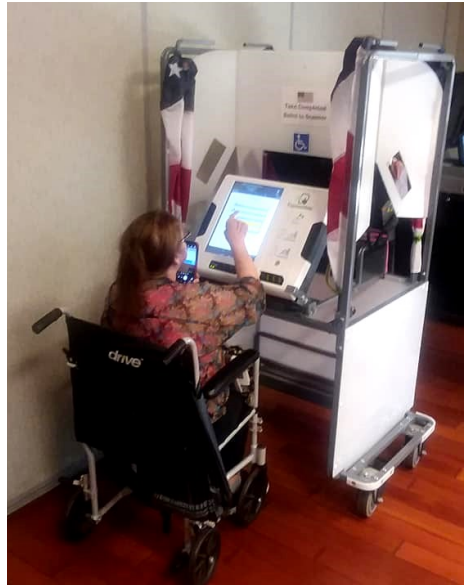
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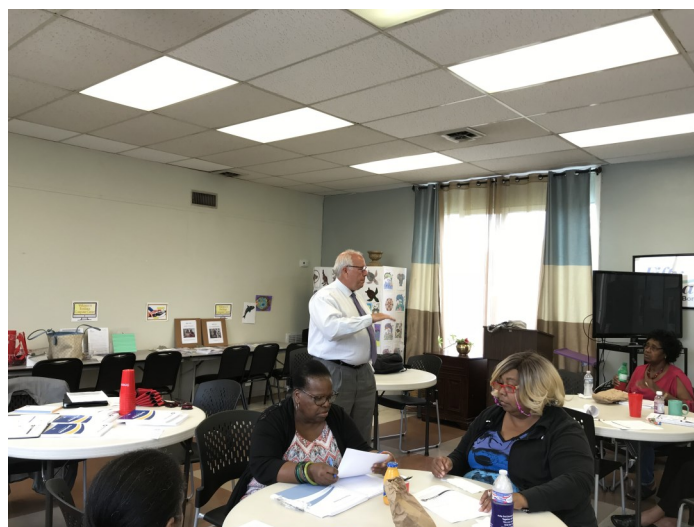
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FiftyForward Bordeaux and FiftyForward Knowles partnered together for the new voting machine demonstration with the Mayor's Office and the Election Commission.



Aging Mastery Program for our Financial Fitness with Synovus,
Chuck Hughes, CTFA, Vice President



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

After a lifetime of working, raising families, and contributing to the success of this nation in countless other ways, senior citizens deserve to retire with dignity. **Charlie Gonzalez**

What is Labor Day?

Labor Day in the United States of America is a public holiday celebrated on the first Monday in September. It honors the American labor movement and the contributions that workers have made to the development, growth, endurance, strength, security, prosperity, productivity, laws, sustainability, persistence, structure, and well-being of the country. It is recognized as a federal holiday.

SEPTEMBER

September highlights

- Sept. 1: Labor Day Center Closed
- Sept. 3: Quilting by hand
- Sept. 5: Advisory Board Mtg.; Center will close early
- Sept. 4: Diabetes on the GO
- Sept. 11: Walking Club YMCA
- Sept. 12: All of Us Research Program
- Sept. 13: BINGO
- Sept. 18: Walking Club Hadley Park
- Sept. 20: United Healthcare BINGO
- Sept. 25: Tournaments
- Sept. 28: Diabetes on the GO
- Sept. 26: Bible Study
- Sept. 26 Birthday Celebration
- Sept. 27: Field Trip TBD
- Sept. 28: Diabetes on the GO

Our center is available as an event venue. For more information, call 615-248-2272.

It can be the perfect venue for:

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

Salmon Salad

The buttery flavor of salmon and spicy profile of the beet salad combine into one light and refreshing recipe, perfect for any night of the week!

- ¼ cup red onions, thinly sliced
- 3 cups mixed greens
- 2 tablespoons pistachios, chopped

Salad Instructions:

- Combine salmon, avocado, beets, and onions. Toss with a small amount of dressing.
- Toss greens with dressing. Arrange on an appropriate salad plate. Top with salmon mixture. Garnish with pistachios. Serve immediately.

Dressing Ingredients:

- 2 tablespoons of white wine vinegar
- 1 tablespoon olive oil
- ½ teaspoon orange zest
- ¼ teaspoon chili powder
- Ground black pepper to taste

Dressing Instructions:

Whisk together vinegar, oil, zest, and chili powder. Season to taste. Set aside.

Salad Ingredients:

- 6 ounces skinless salmon fillet, cooked and flaked.
- ½ avocado, peeled, pitted, and diced
- ½ cup cooked beets, diced

