






FiftyForward Bordeaux is on the move!
#catchthebordeauxwave!!

FiftyForward Bordeaux
3315 John Mallette Dr.
Nashville, TN. 37218
615 248 -2272



September 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 and transportation</i></p>	<p>“Center” Closed for Labor Day</p>	<p>3 Quilting By Hand 10 a.m. Sports 4 All 10 a.m. MW Ensemble 12 p.m.</p>	<p>4 <i>Living At Home 8 a.m.</i> <i>Safety Tips 9 a.m.</i> Diabetes on the GO 10 a.m. Matthew Walker</p>	<p>5 Let's Get Digital 9:30 a.m. Bible Study 11 a.m.</p>	<p>6 <i>Find Design 9 a.m.</i> <i>Cigna HealthSpring Practical Nutrition 10a.m.</i> <i>Google Fiber 1 p.m.</i></p>	<p>7 </p>
<p>8 <i>World Alzheimer's Month</i> <i>Healthy Aging Month</i></p>	<p>9 <i>UTK Extension 10 a.m.</i> Volunteers Meeting 1 p.m.</p>	<p>10 <i>World Suicide Prevention Day</i> Quilting By Hand 10 a.m.</p>	<p>11 <i>Walking Club 9 a.m.</i> <i>Alzheimer's Presentation Speaker 10 a.m.</i></p>	<p>12 Drive to the polls 10 a.m. All of Us 10 a.m. Bible Study 11 a.m.</p>	<p>13 </p>	<p>14 Did you invite a “Friend” this month?</p>
<p></p>	<p>16 <i>UTK Extension 10 a.m.</i> Walking Club 11 a.m.</p>	<p>17 Quilting By Hand 10 a.m. Sports 4 All 10 a.m. <i>Nutrition Garden 10:30 a.m.</i></p>	<p>18 National HIV/AIDS and Aging Awareness Day 10 a.m. Speaker Tournaments 11 a.m.</p>	<p>19 Let's Get Digital 9:30 a.m. <i>Bible Study 11 a.m.</i></p>	<p>20 BINGO In House 10 a.m.</p>	<p>21</p>
<p>22</p>	<p>23 <i>Falls Prevention Day 10 a.m. (Speaker)</i> <i>UTK Extension 1 p.m.</i></p>	<p>24 <i>Quilting By Hand 10 a.m.</i> <i>MW Ensemble 12 p.m.</i> Flower Power 10:30 a.m.</p>	<p>25 Diabetes on the GO 10 a.m. Matthew Walker Field Trip to FiftyForward Martin Center 11 a.m.</p>	<p>26 <i>Second Harvest 9:30 a.m.</i> <i>Bible Study 11 a.m.</i></p>	<p>27 <i>Cigna-HealthSpring 10 a.m.</i> BINGO! 11 a.m.</p>	<p>28</p>
<p>29 World Heart Day</p>	<p>30 <i>UTK Extension 10 a.m.</i> <i>Walking Club 11 a.m.</i></p>	<p>.</p>	<p></p>	<p></p>	<p></p>	<p>31</p>
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