

March 2021 FiftyForward Bordeaux Program Calendar

Our centers are offering indoor programs beginning Feb. 1. Please carefully read the program description page to learn more about each offering. You **MUST** register in advance if you wish to participate in any of indoor programs. To register, please email mfowler@fiftyforward.org or call **FiftyForward Bordeaux** at **615-248-2272** to sign up. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 10 a.m. – 2 p.m. Membership Portal Training	3 11 a.m. BINGO 12:30 p.m. BINGO 2 p.m. BINGO	4 11 a.m. Chair Exercise 12:30 p.m. Chair Exercise 1:30 p.m. Chair Exercise	5 No In-Center Programming	6
7	8 11 a.m. Walking Club 1 p.m. Walking Club	9 10 a.m. – 2 p.m. Membership Portal Training	10 11 a.m. Women's Appreciation Zoom Luncheon	11	12 No In-Center Programming	13
14	15 10 a.m. Arts & Crafts 11 a.m. Arts & Crafts 1 p.m. Arts & Crafts	16 10 a.m. – 2 p.m. Membership Portal Training	17 10 a.m. – 12 p.m. Metro Police Q & A Community Meeting	18 11 a.m. Chair Exercise 12:30 p.m. Chair Exercise 1:30 p.m. Chair Exercise	19 No In-Center Programming	20
21	22 11 a.m. Walking Club 1 p.m. Walking Club	23 10 a.m. – 2 p.m. Membership Portal Training	24 11 a.m. BINGO 12:30 p.m. BINGO 2 p.m. BINGO	25 12 p.m. Zoom Chat and Chew w/Melvin	26 No In-Center Programming	27
28	29 10 a.m. Arts & Crafts 11 a.m. Arts & Crafts 1 p.m. Arts & Crafts	30 10 a.m. – 2 p.m. Membership Portal Training	31			

FiftyForward Bordeaux PROGRAM INFORMATION



Program also offered on Zoom



Denotes member-led program



Denotes Facebook program

Membership Portal Training Tuesday's, March 2,9,16, 23 & 30, 10 a.m. (Group 1) , 11 a.m. (Group 2), 12 p.m. (Group 3). If you have not completed your membership in our new "Membership Portal," we have scheduled each Tuesday in the month of March to assist members with logging in and exploring the new portal. Please call the main office at 615-248-2272 to register.

Walking Club– Hardman Park (Outdoors) Monday, March 8, 11a.m. (Group 1), 1 p.m. (Group 2)

Per [a review in the International Journal of Technology Assessment in Health Care](#), you may be more likely to stick with exercising when walking with a group compared to a solo walking routine. (In fact, many of those who walked with others were still going strong half a year later.) Even better, participants in a walking group also showed an increase in quality of life.

BINGO Wednesday, March 3 & 24, 11 a.m. (Group 1), 12:30 p.m. (Group 2), 2 p.m. (Group 3) Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

Low Impact Chair Exercise w/Hiedy Thursday, March 4 and Thursday, March 18, 11 a.m. (Group 1), 12:30 p.m. (Group 2), 1:30 p.m. (Group 3) Hiedy will keep you moving to some good old Jazz music during her 30-minute sessions. A body in motion is a mind in motion.



Women's Appreciation Zoom Luncheon Wednesday, March. 10, 11 a.m. on Zoom. FiftyForward Bordeaux staff will host a Zoom luncheon to show our appreciation for our great women members!

Metro Police Department Q & A Community Meeting Wednesday, March. 17, 10 a.m. Members will engage in dialogue with Office Booker and Officer Reid to discuss needs for the North Nashville Bordeaux community.

Arts and Crafts Thursday, March 15 and Monday, March 29, 10 a.m. (Group 1), 11:30 a.m. (Group 2), 1 p.m. (Group 3) Creating arts and crafts keeps your mind stimulated and can help prevent emotional illness. Enjoy some social and emotional fun through these arts and crafts sessions.



Zoom Video Chat w/Melvin & Hiedy Thursday, March 25, 12 p.m. on Zoom. Zoom Video Chat is a way for FiftyForward Bordeaux staff to keep the social line open and to help members not feel so isolated during this COVID-19 pandemic.

Walking Club–Timothy Park (Outdoors) Monday, March. 22, 10 a.m. (Group 1), 11 a.m. (Group 2)

Per [a review in the International Journal of Technology Assessment in Health Care](#), you may be more likely to stick with exercising when walking with a group compared to a solo walking routine. (In fact, many of those who walked with others were still going strong half a year later.) Even better, participants in a walking group also showed an increase in quality of life.