

# FiftyForward Bordeaux May 2021 Program Calendar

Our centers are now offering indoor programs. 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](mailto: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	3 11:30 a.m. Walking Club  1 p.m. Walking Club	4 10 a.m. Membership Portal Training 11 a.m. Cards 12:p.m. Cards 2 p.m. Cards	5 11:30 a.m. Luau Event Outdoor Fun	6 11 a.m. Mother's Day Zoom Event	7 No In-Center Programming	8 8 a.m. Gardening Project CGS & TSU Outside
9	10 11a.m. Arts & Crafts 12 a.m. Arts & Crafts 1 p.m. Arts & Crafts	11 10 a.m. Membership Portal Training  11 a.m. Board Games 12: p.m. Board Games 2 p.m. Board Games	12 11 a.m. BINGO  12:30 p.m. BINGO  2 p.m. BINGO	13 11 a.m. Chair Exercise  12:30 p.m. Chair Exercise  1:30 p.m. Chair Exercise	14 No In-Center Programming	15
16	17 11 a.m. Music for Seniors  1 p.m. Walking Club	18 10 a.m. Membership Portal Training 11 a.m. Cards 12:p.m. Cards 2 p.m. Cards	19 10 a.m. Volunteer Welcome Back Event Robin Johnson	20 11 a.m. Chair Exercise  12:30 p.m. Chair Exercise  1:30 p.m. Chair Exercise	21 No In-Center Programming	22
23	24 11a.m. Arts & Crafts 12 a.m. Arts & Crafts 1 p.m. Arts & Crafts	25 10 a.m. Medicare Presentation  11 am. Board Games 12 p.m. Board Games	26 11 a.m. BINGO  12:30 p.m. BINGO  2 p.m. BINGO	27 12 p.m. Zoom Chat and Chew w/Melvin	28 No In-Center Programming	29
30	31 FiftyForward Centers and Offices Closed for Memorial Day					

# FiftyForward Bordeaux May 2021 PROGRAM INFORMATION

 Program offered on Zoom

 Denotes member-led program

 Denotes Facebook program

## **Walking Club– Hardman Park (Outdoors) Monday, May 3, 11:30 a.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.

**Membership Portal Training Tuesdays, May 4, 11, 18, 10 a.m.-2 p.m.** If you have not completed your membership form in our new “Membership Portal,” we have scheduled each Tuesday in the month of May to assist members with logging in and exploring the new portal. Please call the main office at 615-248-2272 to register and schedule a time to meet with staff.

**Playing Card Group Tuesday, May 4 and May 18, 11 a.m. (Group 1), 12 p.m. (Group 2), 2 p.m. (Group 3)** FiftyForward Bordeaux welcomes back our card playing members.

**Luau Event—Outdoors Wednesday, May 5, 11:30 a.m.-1 p.m.** FiftyForward Bordeaux will host it’s first Luau Event. Members will enjoy a variety of FUN games outside. Wear your comfortable clothes and shoes. It is going to be FUN.

## **Mother’s Day Zoom Event, Thursday, May 6, 11 a.m.**

 **on Zoom.** FiftyForward Bordeaux members will reminisce and celebrate our mothers through storytelling.

**Bordeaux Gardening Project Saturday, May 8, 8 a.m.** Members will join forces with CGS and TSU to plant fresh vegetables in our high rise gardening beds.

**Arts and Crafts Monday, May 10 and Monday, May 24, 11 a.m. (Group 1), 12 p.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.

**Board Games Day Wednesday, May 11 and May 25, 11 a.m. (Group 1), 12 p.m. (Group 2), 2 p.m. (Group 3)** Board games are BACK! Members will participate in a variety of board games such as Rummikub, puzzles, checkers and many more.

**BINGO Wednesday, May 12 & 26, 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, May 13 and Thursday, May 20, 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.

**Music for Seniors Monday, May 17, 11 a.m.** Music for Seniors connects area musicians with older adults through live and interactive music programs designed to engage, entertain and educate seniors – promoting health and wellbeing, reducing isolation and enriching the lives of all participants.

**Walking Club–Timothy Park (Outdoors) Monday, May 17, 1 p.m.** 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.

**Volunteer Welcome Back Event Wednesday, May 19, 10a.m.-10:45 a.m.** FiftyForward Bordeaux welcomes back its Volunteers. Robin Johnson, Director of Volunteer Engagement will give an overview of what it means to volunteer for FiftyForward.

**Medicare Update w/ Physician Mutual Tuesday, May 25, 10 a.m.** Members will be educated in regards to their rights and entitlement to Medicare. Dr. Bennis and Mrs. Barbara Bailey from Physician Mutual will give a presentation.

**Chat & Chew w/Melvin & Hiedy Thursday, May 27, 12 p.m. on Zoom.**  Topic of discussion: What is May Day? Do your research and share your discovery with the group.