

## July 2021 FiftyForward Bordeaux Center Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. To register, please use the Membership Portal: <https://fiftyforward.org/member/#myaccount>. We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11 a.m. Chair Exercise 12 p.m. Chair Exercise 1 p.m. Chair Exercise	2 No In-Center Programming	3
4	5 FiftyForward Centers & Office Closed for July 4 Holiday	6 10 a.m. Membership Portal Training 11 a.m. Cards & Board Games	7 11 a.m. BINGO 12:30 p.m. BINGO 2 p.m. BINGO	8 11 a.m. Chair Exercise 12 p.m. Chair Exercise 1 p.m. Chair Exercise	9 No In-Center Programming	10
11	12 11 a.m. Arts & Crafts 12 p.m. Arts & Crafts 1 p.m. Arts & Crafts	13 10 a.m. The Oak Tree Advisors—Harry Perret 10 a.m. Membership Portal Training 11a.m. Cards & Board Games	14 11 a.m. UT/TSU Extension - Wellness Program	15 11 a.m. Chair Exercise 12 p.m. Chair Exercise 1 p.m. Chair Exercise	16 No In-Center Programming	17
18	19 11 a.m. Music for Seniors 1 p.m. Walking Club	20 10 a.m. Membership Portal Training 10:30 a.m. Gardening & Nutrition Program 11a.m. Cards & Board Games	21 11 a.m. BINGO 12:30 p.m. BINGO 2 p.m. BINGO	22 11 a.m. Chair Exercise 1 p.m. Chair Exercise 12 p.m. Zoom Chat and Chew w/Melvin	23 No In-Center Programming	24
25	26 11a.m. Arts & Crafts 12 a.m. Arts & Crafts 1 p.m. Arts & Crafts	27 10 a.m. Membership Portal Training 11 a.m. Cards & Board Games	28 10 a.m. AmeriCorps Senior Volunteer Project 11 a.m. UT/TSU Extension - Wellness Program	29 11 a.m. Chair Exercise 12 p.m. Chair Exercise 1 p.m. Chair Exercise	30 No In-Center Programming	31

# FiftyForward Bordeaux Center PROGRAM INFORMATION



**Low Impact Chair Exercise Thursdays, July 1, 8, 15, 22 & 29, 11 a.m. (Group 1), 12 p.m. (Group 2), 1 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.

**Membership Portal Training Tuesdays, July 6, 13, 20 & 27, 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 July 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.

**Board Games Day Tuesdays, July 6, 13, 20 & 27, 11 a.m.**  
Board games are BACK! Members will participate in a variety of board games such as Rummikub, puzzles, checkers and many more.

**Playing Card Group Tuesdays, July 6, 13, 20 & 27, 11 a.m.**  
FiftyForward Bordeaux welcomes back our card playing members. If you are a spade player, you do not want to miss out. Bring a friend and let’s play!

**BINGO Wednesdays, July 7 & 21, 11 a.m., 12:30 p.m. & 2 p.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

**Arts and Crafts Mondays, July 12 and 26, 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.

**The Oak Tree Advisors Tuesday, July 13, 10 a.m.** Harry Perret is an advocate for seniors. Harry works for The Oak Tree Advisors Company. Harry’s approach is one without pressure and he truly comes from a place of loving support. Harry is armed with knowledge in Medicare, Medicaid & TennCare.

**UT Extension and TSU Cooperative Extension w/Ebone Wednesdays, July 14 & 28, 11 a.m.** FiftyForward Bordeaux welcomes back UT Extension and TSU Cooperative Extension to continue to help members with eating healthy and making better food choices.

**Music for Seniors Monday, July 19, 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– Hardman Park (Outdoors) Monday, July 19, 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.

**UT Extension and TSU Gardening/Nutrition w/Mary Wakefield Tuesday, July 20, 10:30 a.m.** FiftyForward Bordeaux welcomes back UT Extension and TSU Cooperative Extension Gardening and Nutrition Program with Mary Wakefield. Topics include gardening tips and focus on nutrition & eating healthy and making better food choices.

**Chat & Chew w/Melvin & Hiedy Thursday, July 22, 12 p.m. on Zoom.** Topic of discussion: What Does Independence Day mean to you.

**AmeriCorps Seniors Volunteer Project Wednesday, July 28, 10 a.m.** This group provides support to families who have seriously ill children in either Vanderbilt or Centennial Children’s Hospital. Volunteers will be putting together snack bags, sorting donated baby clothes, etc.

