

October 2021 FiftyForward Bordeaux Program Calendar

Please carefully read the program description page to learn more about each offering and to see which programs require registration. Events with an asterisk* require advanced 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 No In-Center Programming 10 a.m. Grocery Shopping -Walmart*	2
3	4 11:30 a.m. Walking Club* 1 p.m. Walking Club*	5 10 a.m. Membership Portal Training* 11 a.m. Cards & Board Games*	6 10 a.m. Volunteer Mtg* 11 a.m. UT/TSU Extension Wellness Program*	7 10:30 a.m. Cigna Get Fit Giveaway event for SENIORS * 12 p.m. Fall Festival *	8 No In-Center Programming 10 a.m. Trip to Long John Silver's*	9
10	11 11 a.m. Arts & Crafts* 12 p.m. Arts & Crafts* 1 p.m. Arts & Crafts*	12 10 a.m. Membership Portal Training* 11 a.m. Artful Tuesday* 12 p.m. Cards & Board Games*	13 11 a.m. BINGO* 12 p.m. BINGO * 2 p.m. BINGO *	14 11 a.m. Chair Exercise* 12 p.m. Chair Exercise* 12 p.m. Chat & Chew w/ Mr. Fowler * 1 p.m. Chair Exercise *	15 No In-Center Programming 10 a.m. Trip to Movie Opry Mills Mall*	16
17	18 11 a.m. Music for Seniors * 1 p.m. Walking Club *	19 10 a.m. Membership Portal Training* 10:30 a.m. Gardening & Nutrition Program* 11 a.m. Cards & Board Games*	20 10 a.m. AmeriCorps Senior Volunteer Project* 11 a.m. UT/TSU Extension Wellness Program*	21 11 a.m. Chair Exercise* 12 p.m. Chair Exercise* 1 p.m. Chair Exercise*	22 No In-Center Programming 10 a.m. Trip to National Museum of African American Music *	23
24	25 11 a.m. Arts & Crafts * 12 p.m. Arts & Crafts* 1 p.m. Arts & Crafts*	26 10 a.m. Membership Portal Training* 11 a.m. TSU Snap Ed Program* 12 p.m. Cards & Board Games*	27 11 a.m. Breast Cancer awareness presentation * 12 p.m. BINGO * 2 p.m. BINGO *	28 11 a.m. Chair Exercise* 12 p.m. Chair Exercise* 1 p.m. Chair Exercise*	29 No In-Center Programming 10 a.m. Trip to Slim & Husky's Pizza *	30

FiftyForward Bordeaux PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

Grocery Shopping—Field Trip Friday, October 1, 10 a.m. Bordeaux Center members will Grocery Shop at local Walmart.

Walking Club—Hartman Park (Outdoors) Monday, October 4, at 11:30 a.m. (Group 1), 1 p.m. (Group 2); Monday, October 18 at 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.

Membership Portal Training Tuesdays, October 5, 12, 19 & 26, 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 August 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 & Board Games Tuesdays, October 5 and 19 at 11 a.m., and October 12 and 26 at 12 p.m. FiftyForward Bordeaux welcomes back our card playing members and board games. If you are a spade player, you do not want to miss out. We also have a variety of board games such as Rummikub, puzzles, checkers and more. Bring a friend and let's play!

FiftyForward Bordeaux Volunteer Meeting Wednesday, October 6, 10 a.m. Regular monthly Volunteer meeting with FiftyForward Bordeaux Volunteers. The purpose of this meeting is to discuss upcoming programs that will need the assistance of Bordeaux Volunteers. Also get feedback and Ideas of new innovating programs that may fit with FiftyForward Bordeaux mission.

UTExtension and TSU Cooperative Extension w/Ebone Wednesday, October, 6 & 20 11 a.m. FiftyForward Bordeaux welcomes back UTExtension and TSU Cooperative Extension to continue to help members with eating healthy and making better food choices.

Cigna Get Fit Giveaway event for SENIORS Thursday, October 7, 10:30 a.m. To get you motivated and keep you motivated to stay active. All participants will receive a free resistance band OR a pedometer (step tracker), a healthy living tips pamphlet, a healthy “pre-packaged” snack.

Fall Festival Thursday, October 7, 12 p.m. FiftyForward Bordeaux welcomes you to some fall fun festivities! Grab your sweaters and boots as we enjoy some outdoor activities

Long John Silver—Field Trip Friday, October 8, 10 a.m. FiftyForward Bordeaux members will enjoy lunch from 11am—1pm at Long John Silver's Buds Restaurant located at 5321 Hickory Hollow Ln, Antioch, TN 37013

Arts and Crafts Monday, October 11 and 25, 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.

STEAM/Artful Tuesday -Tuesday, October 12, 11 a. m. Join us as we experiment with oil and paint.

BINGO Wednesdays, October 13 & 27, 11 a.m. (Group 1), 12 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 Thursdays, October 14, 21, & 28, 11 a. m. (Group 1), 12p.m. (Group 2), 1p.m. (Group 3) Hiedy will keep you moving to some good old Jazz music during her 30-minute sessions.



Chat & Chew w/Melvin & Thursday, October 14, 12 p.m. on Zoom. Join Bordeaux Center Director, Melvin Fowler.

Opry Mills—Movie—Field Trip Friday, October 15, 10 a.m. Bordeaux Center members will enjoy movie at Opry Mills Mall. **Cost: FREE**

Music for Seniors Monday, October 18, 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.

Gardening/Nutrition w/Mary Wakefield Tuesday, October 19, 10:30 a.m. 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.

AmeriCorps Seniors Volunteer Project Wednesday, October, 20, 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.

National Museum of African American Music Field Trip Friday, October, 22, 10 a.m., Cost: Over 65 years is \$18.75, under 65 is \$24.95. FiftyForward Bordeaux members will get an opportunity to explore the rich African American music culture, the tour typically lasts about 90 minutes.

TSU Snap Ed Tuesday, October 26, 11 a.m. SNAP-Ed is an evidence-based program that helps people lead healthy, active lives.

Breast Cancer Awareness Presentation Wednesday, October 27, 10 a.m. Join us we share safety tips on how to maintain/check for healthy breast habits.

Slim & Husky's Pizza—Field Trip Friday, October 29, 10 a.m. FiftyForward Bordeaux members will enjoy lunch from 10am—1pm at Slim & Husky's Pizza Restaurant located at 911 Buchanan St., Nashville, TN 37208