

## December 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 11 a.m. UT/TSU Extension Wellness Program* 12:30p.m. BINGO * 2 p.m. BINGO *	2 11 a.m. Chair Exercise* 12 p.m. Chair Exercise* 1 p.m. Chair Exercise*	3 No In-Center Programming 9 a.m. Field Trip Grocery Shopping*	4
5	6 11 a.m. Arts & Crafts* 12 p.m. Arts & Crafts* 1 p.m. Arts & Crafts*	7 10 a.m. SNAP Nutrition Program* 11 a.m. Cards & Board Games* 12 p.m. Hot Dog Day*	8 10 a.m. Volunteer Mtg* 10 a.m. Walk with a Doc—Centennial Park*	9 9 a.m. All of Us Cafe* 10 a.m. Cards & Board Games* 1 p.m. BINGO*	10 No In-Center Programming	11
12	13 10 a.m. Cards & Board Games* 11 a.m. Music for Seniors* 12 p.m. Christmas Luncheon*	14 10 a.m. SNAP Graduation* 10:30 a.m. Gardening & Nutrition Program* 11 a.m. Cards & Board Games*	15 11 a.m. BINGO* 12:30 p.m. BINGO* 2 p.m. BINGO*	16 11 a.m. Chair Exercise* 12 p.m. Chair Exercise* 1 p.m. Chair Exercise*	17 No In-Center Programming	18
19	20 11 a.m. Arts & Crafts* 12 p.m. Arts & Crafts* 1 p.m. Arts & Crafts*	21 11 a.m. Membership Portal Training 11 a.m. Cards & Board Games* 12 p.m. Chat & Chew	22 10 a.m. Nature Walk* 11 a.m. Cards & Board Games* 12 p.m. New Years Eve Luncheon*	23 11 a.m. Cards & Board Games* 12 p.m. Hot Chocolate Day*	24 FiftyForward Centers & Offices Closed for the Holiday	25
26	27 FiftyForward Centers & Offices Closed for the Holiday	28 FiftyForward Centers & Offices Closed for the Holiday	29 FiftyForward Centers & Offices Closed for the Holiday	30 FiftyForward Centers & Offices Closed for the Holiday	31 FiftyForward Centers & Offices Closed for the Holiday	

# FiftyForward Bordeaux PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**UTExtension and TSU Cooperative Extension w/Ebone**  
**Wednesday, December 1, 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.

**FiftyForward Bordeaux BINGO** **Wednesday, December 1, 12:30 & 2 p.m.; Wednesday, December 15, 11 a.m., 12:30 & 2 p.m.**  
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** **Thursday, December 2 & 16, 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 exercise sessions. A body in motion is a mind in motion.

**Grocery Shopping—Field Trip** **Friday, December 3, 9 a.m.**  
Bordeaux Center members will Grocery Shop at local Walmart.

**Arts and Crafts** **Monday, December 6 and 20, 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.

**TSU Snap Ed** **Tuesday, December 7, 10 a.m.** SNAP-Ed is an evidence-based program that helps people lead healthy, active lives.

**Playing Card Group & Board Games** **December 7, 9, 13, 14, 21, 22, & 23, 10 a.m.-2 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!

**Hot Dog Day** **Tuesday, December 7, 12 p.m.** Bordeaux Center members will enjoy some delicious Hot Dogs with the trimmings. **If weather permits!**

**FiftyForward Bordeaux Volunteer Meeting** **Wednesday, December 8, 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.

**Walk With A DOC – Centennial Park (Outdoors)** **Wednesday, December 8, 15, 10 a.m.** With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends. Join us by attending a Walk near you, or let us help you start a healthcare provider-led Walk of your own.

**All of Us** **Thursday, December 9, 9 a.m.** Come and meet *All of Us* staff and learn how you can be included in shaping the future of health care for you, your family, your community, and generations to come by joining us for an *All of Us* Research Program education session.

**BINGO with Happy Heart Smile** **Thursday, December 9, 1 p.m.**  
Come join us for some great BINGO with Happy Heart Smile Organization. They have the BEST MUSIC!

**Music for Seniors** **Monday, December 13, 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.

**Christmas Luncheon** **Monday, December 13, 12 p.m.** Come and join us for some FUN and Eating to celebrate a year of THANKS at FiftyForward Bordeaux Center.

**TSU Snap Ed—Graduation** **Tuesday, December 14, 10 a.m.**  
SNAP-Ed is an evidence-based program that helps people lead healthy, active lives.

**Gardening/Nutrition w/Mary Wakefield** **Tuesday, December 14, 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.

**Membership Portal Training** **Tuesday, December 21, 10 a.m.-2 p.m.** If you have not completed your membership form in our new "Membership Portal," we have scheduled this time 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.

 **Chat & Chew w/Melvin &** **Tuesday, December 21, 12 p.m. on Zoom.** Join Bordeaux Center Director, Melvin Fowler with current events discussions.

**Nature Walk** **Wednesday, December 22, 10 a.m.** Bordeaux Center members will enjoy a nice winter walk in the neighborhood as we seek out local bird species.

**New Years Eve Luncheon** **Wednesday, December 22, 12 p.m.**  
Members will bring in the 2022 New Year with music, games and food.

**Hot Chocolate Day** **Thursday, December 23, 12 p.m.** Members will enjoy some delicious Hot Chocolate from around the world. **You Must Bring Your Own Decorative Hot Chocolate Cup!**

**Please note FiftyForward Centers & Offices are Closed for the Holiday on these days: December 24, 27, 28, 29, 30 and 31.**