

## January 2022 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
	FREE Transportation if you live within a 2 mile radius of the Center!					1 Happy New Year
2	3 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> Arts & Crafts * <b>12 p.m.</b> Arts & Crafts*	4 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> Line Dance *	5 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> BINGO* <b>12:30p.m.</b> BINGO *	6 <b>9 a.m.</b> All of Us Cafe* <b>10 a.m.</b> TSU Eat Well Feel Well* <b>11 a.m.</b> Cards & Board Games	7 No In-Center Programming <b>10 a.m.</b> Trip to Grocery Shopping*	8
9	10 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> BINGO * <b>1 p.m.</b> Painting Class 101 w/Mr. Fowler*	11 <b>10 a.m.</b> Membership Portal Training* <b>11 a.m.</b> Cards & Board Games*	12 <b>9 a.m.</b> Skyline CarFit Drive-Thru at Madison Station* <b>10 a.m.</b> Walk with a Doc—Centennial Park* <b>10 a.m.</b> Volunteer Mtg*	13 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> MLK Program * <b>1 p.m.</b> BINGO—Happy Heart Smiles*	14 No In-Center Programming	15
16	17 FiftyForward Centers & Offices Closed for MLK, Jr. Holiday	18 <b>9 a.m.</b> Cards & Board Games* <b>10 a.m.</b> Membership Portal Training* <b>11 a.m.</b> Line Dance* <b>1 p.m.</b> FiftyForward Care Management Presentation	19 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> BINGO* <b>12:30p.m.</b> BINGO *	20 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> Chair Exercise*	21 No In-Center Programming	22
23	24 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> Music for Seniors*	25 <b>10 a.m.</b> Membership Portal Training* <b>11 a.m.</b> Cards & Board Games*	26 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> We Go Presentation*	27 <b>9 a.m.</b> Cards & Board Games* <b>10 a.m.</b> TSU Eat Well Feel Well* <b>11 a.m.</b> Chair Exercise* <b>12 p.m.</b> Chat & Chew*	28 No In-Center Programming	29
30	31 <b>10 a.m.</b> Cards & Board Games* <b>11 a.m.</b> Arts & Crafts * <b>1 p.m.</b> Painting Class			FREE Transportation if you live within a 2 mile radius of the Center!		

# FiftyForward Bordeaux PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

## **Playing Card Group & Board Games Weekly, January 3, 4, 5, 6, 10, 11, 13, 18, 19, 20, 24, 25, 26, 27 & 31, 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!

**Arts and Crafts Monday, January 3 and 31, 11 a.m. (Group 1) and 12 p.m. (Group 2)** 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.

**Line Dancing Tuesday, January 4 and 18, 11 a.m.** Line dancing is a great form of exercise for the senior community to **improve strength and muscle function**, increase balance and flexibility as well as improve cardiovascular and heart health. This program will be lead by members at FFB.

**Bingo Wednesday, January 5 (11 a.m. & 12:30 p.m.), Monday, January 10 at 11 a.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

**All of Us Café Thursday, January 6, 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 educational session.

**TSU Eat Well Feel Well Thursday, January 6 & 27, 10 a.m.** This is an evidence-based program that helps people lead healthy and active lives.

**Grocery Shopping—Field Trip Friday, January 7, 10 a.m.** Bordeaux Center members will Grocery Shop at the local Walmart.

**Painting Class 101 Monday, January 10, 1 p.m.** Painting classes enable seniors to make new friends and **use their social skills** in a very relaxed, no pressure atmosphere. Painting forces people to use both sides of their brain simultaneously. This helps creativity and increases cognitive function. Learning a new skill increases brain activity without struggle. Come join us for our first painting class of the year as we sip on hot tea have treats to take to-go.

**Membership Portal Training Tuesdays, January 11, 18, 25, 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.

**FiftyForward Bordeaux Volunteer Meeting Wednesday, January 12, 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.

**Skyline Medical Center CarFit (Drive-Thru Program at Madison Station) Wednesday, Jan. 12, 9-11 a.m., sign up in advance.** Join Skyline Medical Center as they present "CarFit," an educational drive-thru program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance your safety as drivers, and/or increase your mobility in the community. A team of trained technicians will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. **Members will need to drive themselves to Madison Station.**

**FiftyForward Bordeaux Volunteer Meeting Wednesday, January 12, 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, and get feedback and ideas for innovating programs that may fit with our mission.

**Walk With A DOC – Centennial Park (Outdoors) Wednesday, January 12, 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.

**MLK Program Thursday, January 13, 11 a.m.** Join Bordeaux Center Director, Melvin Fowler as we travel back in time to the life and works of Martin Luther King, Jr. This will be an open discussion with members and guests. Coffee will be provided to all participants and we'll have treats to take to-go.

**BINGO with Happy Heart Smile Thursday, January 13, 1 p.m.** Come join us for some great BINGO with Happy Heart Smile Organization. They have the BEST MUSIC!

**FiftyForward Supportive Care Management Presentation Thursday, January 18, 1 p.m.** Come join FiftyForward Supportive Care Manager Director, Kristen Maloney, and learn about their trusted community partners providing resources to help older adults. This includes Conservatorship, housing, transportation, health-care, counseling, and in-home assistance.

**Music for Seniors Monday, January 24, 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.

**WE GO Presentation Wednesday, January 26, 11 a.m.** Latoniza Pritchard will give update on prices increases and what to expect when you catch a ride with WE GO.

**Low Impact Chair Exercise Thursday, January 20 & 27, 11 a.m.** Hiedi will keep you moving to some good old Jazz music during her 30-minute sessions. A body in motion is a mind in motion.



**Chat & Chew w/Melvin & Thursday, January 27, 12 p.m. on Zoom.** Join Bordeaux Center Director, Melvin Fowler for a current events discussion.

**Please note that FiftyForward Centers & Offices are Closed on Monday, January 17 for the MLK, Jr. Holiday.**