

# July 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.

| S  | Mon  | Tue   | Wed  | Thu  | Fri  | Sa |
|----|--|---|--|--|--|----|
|    |  |   |  |  | 1<br>10 a.m. Trip to Grocery Shop                              | 2  |
| 3  | 4<br>FiftyForward Centers & Offices Closed for 4th Of July   | 5<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10:30–11:30 a.m. Class Chair Yoga at NPL Bordeaux Branch  | 6<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. Bible Study<br>11 a.m. Bingo   | 7<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. TSU Healthy Cents w/ Cheryl Johnson<br>11 a.m. Jason's Deli—Lunch Bunch              | 8<br>10:30 a.m. Trip to Turnip Green Creative Reuse for Fabric | 9  |
| 10 | 11<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>12 p.m. Amish Quilting Workshop   | 12<br>9 a.m. Cards and Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. Line Dancing<br>11:30 a.m.-1 p.m. Wellness Talk and Box Lunch with Michelle from Dedicated Senior Medical Center | 13<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>9-10 a.m. Walk with a Doc-Centennial Park<br>11 a.m. Squeeze The Day Listening Party Featuring Larry Talley<br>1 p.m. Volunteer Mtg   | 14<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. All of Us Café' & Rummikub Tournament<br>11 a.m. Chair Exercise<br>1 p.m. BINGO HHS | 15<br>No In-Center Programming                                 | 16 |
| 17 | 18<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. Nature Walk<br>11:30 a.m. Alzheimer's Education with Pamela from Vanderbilt | 19<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10:30 a.m. TSU Gardening Club<br>12p.m. BINGO  | 20<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>9 a.m.—Noon Meet with Care Manager Ron Henson<br>10 a.m. Bible Study<br>12 p.m. Ice Cream Social and Talent Show with Michelle from DSMC<br>1 p.m. Membership Portal Training | 21<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. TSU Healthy Cents w/ Cheryl Johnson<br>11 a.m. Kabuto Hibachi Grill –Lunch Bunch    | 22<br>No In-Center Programming                                 | 23 |
| 24 | 25<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>11 a.m. Music for Seniors presenting Geary Moore<br>12 p.m. Amish Quilting Workshop | 26<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. Line Dancing<br>11 a.m. Beaman Park Nature Walk  | 27<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>10 a.m. Bible Study<br>12 p.m. Talk with Community Organizer Jackie Sims  | 28<br>9 a.m. Cards & Board Games<br>9:30 a.m. Word Search & Puzzles<br>11 a.m. Chair Exercise<br>12 p.m. Chat & Chew w/Mr. Fowler                                  | 29<br>7 a. m. Trip to visit the Amish in Ethridge, TN          | 30 |
| 31 |  |   |  |  |  |    |

## FiftyForward Bordeaux PROGRAM INFORMATION



Program also offered virtually




Denotes member-led program


**Grocery Shopping—Trip Friday, July 1, 10 a.m. Departure** Members will travel to the grocery store for a social shopping trip.

**Cards & Board Games Group Drop by Monday—Thursday in July 9 a.m. - 2 p.m.** FiftyForward Bordeaux welcomes back our card and board game playing members. If you are a spades player, you do not want to miss out. We also have a variety of games such as Rummikub, puzzles & checkers. Bring a friend and let's play!

**Word Search & Puzzles Drop by Monday—Thursdays in July, 9:30 a.m.** Members will enjoy word search and puzzles activities as a group to boost brain activity and increase vocabulary.

**Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, July 5, 10 a.m. Departure; 10:30-11:30 a.m. Class** Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Whether you are a senior looking for gentle, supportive yoga or someone who spends long hours working in a chair, this class helps you incorporate the health benefits of yoga into your daily routine.

 **Bible Study Wednesdays, July 6, 20, & 27; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study Class.


 **BINGO Wednesday, July 6, 11 a.m. & Tuesday, July 19, 12 p.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

**TSU Healthy Cents with Cheryl Johnson Thursdays, July 7 & 21; 10 a.m.** Eating On The Run is an evidence-based program that helps members focus on Eating healthier on the RUN by watching what you eat. Members will Graduate and receive certificates for participating in the 6 week class.

**Jason's Deli—Lunch Bunch Thursday, July 7, 11 a.m. Departure** Members will travel to Jason's Deli for Lunch.

**Turnip Green Creative Reuse—Trip Friday, July 8, 10:30 a.m. Departure** Members will travel to Turnip Green Creative Reuse to buy fabric for our Amish Quilting Workshop. Materials in the retail space are "name your own price" That means you can take what you need, and donate any monetary amount you are comfortable with.

**Amish Quilting Workshop Mondays, July 11 & 25, 12 p.m.** Margaret Jane will teach an Amish Quilting Workshop to prepare for our trip to Amish Country at the end of the month.

 **Line Dancing Tuesdays, July 12 & 26, 10 a.m.** Line Dancing is a great form of exercise to improve strength and muscle function, increase balance and flexibility as well as improve cardiovascular and heart health. This program is led by members of FiftyForward Bordeaux.


**Wellness Talk and Box Lunch with Michelle from Dedicated Senior Medical Center Tuesday, July 12, 11:30 a.m. - 1 p.m.** Roughly 26.9 million people have diabetes. But did you know that diabetes can be prevented and in some cases, reversed, with the proper diet and exercise? Join Michelle from Dedicated Senior Medical Center to learn ways to improve your diet so you can feel your best! Box lunch will be provided along with a raffle drawing and surprise giveaway!

**Trip—Walk w/a Doc at Centennial Park (Outdoors) Wednesday, July 13, We will begin pickup at 8 a.m. and head directly to the park. You may also meet us at the park at 9 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.

**Squeeze the Day Podcast Listening Party Wednesday, July 13, 11 a.m.** Let's listen together to the newest FiftyForward podcast. Featuring Larry Talley.

**FiftyForward Bordeaux Volunteer Meeting Wednesday, July 13, 1 p.m.** Regular monthly Volunteer meeting to discuss upcoming programs that will need the assistance of Bordeaux volunteers. We'll also get feedback and ideas for new innovative programs that may fit with the FiftyForward Bordeaux mission.

**All of Us Café & Rummikub Tournament Thursday, July 14, 10 a.m.** Come and meet *All of Us* staff and learn how you can be included in shaping the future of healthcare for yourself, your family, your community, and generations to come. Sign-ups for private appointments during this time are available in the Membership Portal or by registering with staff. Beginning in April, *All of Us Café* will host quarterly Rummikub Tournaments. 1st, 2nd and 3rd place winners.

 **Chair Exercise Thursdays, July 14 & 28, 11 a.m.** Keep moving to some good old Jazz music during this 30-minute sessions. A body in motion is a mind in motion.

**BINGO w/ Happy Heart Smile Thursday, July 14, 1 p.m.** Come join us for some great BINGO with the Happy Heart Smile Organization. They have the BEST MUSIC!

**Nature Walk Monday, July 18, 10 a.m.** If weather permits, Fifty Forward Bordeaux members will enjoy a nature walk in the community and observe local native birds, insects, trees as we enjoy the outdoors.

**Alzheimer's Education with Pamela from Vanderbilt Monday, July 18, 11:30 a.m.** Pamela Cowley will present "Alzheimer's: Facts, Fiction and the Shady Myths," a general Alzheimer's 101 presentation. We will also have some fun separating the facts from fiction.

**TSU Gardening Club Tuesday, July 19, 10:30 a.m.** Members learn gardening tips and nutrition ideas for a healthy eating lifestyle.

**Membership Portal Training Wednesday, July 20, 1 p.m.** Come to this session to learn more about logging in and signing up for events through FiftyForward's online Membership Portal.

**Kabuto Hibachi Grill—Lunch Bunch Thursday, July 21, 11 a.m. Departure** Members will travel to Kabuto Hibachi Grill for Lunch.

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**Ron Henson – FiftyForward Living at Home Care Manager Wednesday, July 20, 9 a.m.—Noon** FFB welcomes Ron each month on the third Wednesday. Please plan to meet with Ron if you have questions about things like benefits, insurance, housing, food or other essential services. Ron will be here to help!

**Ice-cream Social and Talent Show with Michelle from Dedicated Senior Medical Center Wednesday, July 20, 12 p.m.** Join Michelle and Dedicated Senior Medical Center for an ice cream social. Get your vocals ready! Prepare to be entertained with a talent show! Participants who sing solo, a duet, or even a trio will receive prizes!

**Music for Seniors presenting Geary Moore Monday, July 25, 11 a.m.** Members will enjoy music by Music for Seniors.

**Beaman Park Nature Walk Tuesday, July 26, 11 a.m. Departure** If weather permits, Fifty Forward Bordeaux members will enjoy a nature walk at Beaman Park and observe local native birds, insects, trees as we enjoy the outdoors.

**Talk with Community Organizer Jackie Sims Wednesday, July 27, 12 p.m.** Jackie Sims from The People's Alliance for Transit, Housing, and Employment (PATHE) will speak with us about transit, housing, and employment justice.

**Chat & Chew w/Melvin Thursday, July 28, 12 p.m.** Join Bordeaux Center Director for current events discussions.

**Visit the Amish in Ethridge, TN—Trip Friday, July 29, 7 a.m. Departure** We will drive 80 miles to visit an Amish Market and Heritage Center.