

August 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.

Su	Mon	Tue	Wed	Thu	Fri	Sa
	<p>1</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance</p>	<p>2</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch</p>	<p>3</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. BINGO 1 p.m.-2 p.m. CGR Color Psychology</p>	<p>4</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Frist Art Museum - Knights in Armor Tour</p>	<p>5</p> <p>10 a.m. Grocery Shopping—Walmart</p>	<p>6</p>
7	<p>8</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11:30 a.m. Alzheimer's Education with Pamela from Vanderbilt</p>	<p>9</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles</p>	<p>10</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 8 a.m. Walk with a Doc-Centennial Park 11 a.m. Squeeze The Day Podcast Listening Party Featuring Joe Murray</p>	<p>11</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. All of Us Café' & Rummikub Tournament 1 p.m. BINGO with Happy Heart Smile</p>	<p>12</p> <p>No In-Center Programming</p>	<p>13</p>
14	<p>15</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance</p>	<p>16</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10:30 a.m. TSU Gardening and Nutrition Program</p>	<p>17</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9 a.m.–Noon Meet with Care Manager Ron Henson 10 a.m. Bible Study 1 p.m.-2 p.m. CGR Color Psychology</p>	<p>18</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Lunch Bunch—Nashville Farmer's Market</p>	<p>19</p> <p>8 a.m. Meharry School of Dentistry Adopt-A-Grandparent Day</p>	<p>20</p>
21	<p>22</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m.-12 p.m. All of Us—The Immortal Life of Henrietta Lacks Movie Screening</p>	<p>23</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch</p>	<p>24</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. Active Shooter Training 1 p.m.-2 p.m. CGR Color Psychology</p>	<p>25</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGO 12 p.m. Chat & Chew w/ Mr. Fowler</p>	<p>26</p> <p>No In-Center Programming</p>	<p>27</p>
28	<p>29</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Music for Seniors presenting Amy Frederick</p>	<p>30</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch</p>	<p>31</p> <p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 1 p.m.-2 p.m. CGR Color Psychology</p>			

FiftyForward Bordeaux PROGRAM INFORMATION




Program also offered virtually




Denotes member-led program


Cards & Board Games Group Drop by Monday—Thursday in August, 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 August, 9:30 a.m. Members will enjoy word search and puzzles activities as a group to boost brain activity and increase vocabulary.

 **Line Dancing Mondays, August 1 & 15, 11 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.

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesdays, August 2, 23, & 30; 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, August 3, 17, 24, & 31; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study Class.

 **BINGO Wednesday, August 3, & Thursday, August 25, 11 a.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

Color Psychology with Creative Girls Rock Wednesdays, August 3, 10, 17, 24, & 31; 1-2 p.m. During these free interactive workshops, participants will learn how different color hues affect our feelings, behavior and decision-making processes. Color optimization is a skill used in many fields, including branding and marketing, design, art and more.

Frist Art Museum - Knights in Armor Tour Thursday, August 4, 9 a.m. Departure, 10 a.m. Tour A museum docent will lead a tour of the Knights in Armor exhibit at The Frist.

Grocery Shopping—Walmart Friday, August 5, 10 a.m. Departure Members will travel to the grocery store for a social shopping trip.

Alzheimer's Education with Pamela from Vanderbilt Monday, August 8, 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.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, August 10, 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 Featuring Joe Murray Wednesday, August 10, 11 a.m. Let's listen together to the newest FiftyForward podcast featuring Joe Murray.

All of Us Café & Rummikub Tournament Thursday, August 11, 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.

BINGO with Happy Heart Smile Thursday, August 11, 1 p.m. Come join us for some great BINGO with the Happy Heart Smile Organization. They have the BEST MUSIC!

TSU Gardening and Nutrition Program Tuesday, August 16; 10:30 a.m. Mary Wakefield will teach a program on gardening and nutrition.

Ron Henson – FiftyForward Living at Home Care Manager Wednesday, August 17, 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!

Lunch Bunch—Nashville Farmer's Market Thursday, August 18; 11 a.m. Members will travel to the Nashville Farmer's Market for lunch. There will be a \$5 trip fee.

Meharry School of Dentistry Adopt-A-Grandparent Day Friday, August 19; 8 a.m. Departure, 9 a.m.-1 p.m. Event The event will be a fun filled day including free dental screenings and information regarding our Adopt-A-Grandparent Program that may be able to assist your seniors with dentures or partials.

All of Us-The Immortal Life of Henrietta Lacks Movie Screening Monday, August 22; 10 a.m.-11 p.m. August is Immunization Awareness Month. The All of Us team will be hosting a free movie viewing of the *Immortal Life of Henrietta Lacks*

Active Shooter Training Wednesday, August 24, 11 a.m. Members will learn what to do in the presence of an active shooter.



Chat & Chew w/Melvin Thursday, August 25, 12 p.m. Join Bordeaux Center Director for current events discussions.

Music for Seniors presenting Amy Frederick Monday, August 29, 11 a.m. Members will enjoy music by Music for Seniors.