

October 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>.

S	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 11:30 a.m. BINGO	4 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch	5 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	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Healthy Cents Part II w/ Cheryl Johnson 1 p.m. Fire Drill	7 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Grocery Shopping—Walmart	8 9 a.m.–12p.m. Drive-Thru Shred Event
9	10 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 11:30 a.m. Alzheimer's Education with Pamela from Vanderbilt	11 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch 1 p.m. Arts & Crafts w/ Cora	12 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Walk with a Doc-Centennial Park 11 a.m. Squeeze The Day Podcast Listening Party Featuring Ossie Jefferson-Corley	13 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Healthy Cents Part II w/ Cheryl Johnson 10 a.m. All of Us Café' & Rummikub Tournament 1 p.m. BINGO with HHS	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Tai Chi for Beginners—Bellevue Community Center	15
16	17 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 11:30 a.m. BINGO	18 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at Bordeaux Branch 1 p.m. Fizzy Drip Painting	19 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	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Healthy Cents Part II Graduation w/ Cheryl Johnson 11 a.m. Lunch Brunch—Hibachi Grill in Madison	21 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles	22
23	24 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance	25 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at Bordeaux Branch 1 p.m. Arts & Crafts w/ Cora	26 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study	27 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 12 p.m. Chat and Chew w/ Melvin	28 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. HCA Halloween Party	29 12p.m.–4p.m. North Nash Fall Bash
30	31 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 11 a.m. Music for Seniors Presenting Donna Anderson					

FiftyForward Bordeaux PROGRAM INFORMATION




Program also offered virtually




Denotes member-led program

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

 **Line Dance Every Monday in October, 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.

 **BINGO Mondays, October 3 & 17, 11:30 a.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

Chair Yoga at Nashville Public Library Bordeaux Branch Every Tuesday in October; 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.

Ron Henson – FiftyForward Living at Home Care Manager Wednesdays, October 5 & 19, 9 a.m.—Noon FFB welcomes Ron each month on the first and 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!

 **Bible Study Wednesdays, October 5, 19, & 26; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study Class.

TSU Healthy Cents Part II with Cheryl Johnson Thursdays, October 6 & 13, 10 a.m. Participants will learn about healthy and cost effective nutrition choices.

Fire Drill Thursday, October 6, 1 p.m. Members will participate in a fire drill.

Grocery Shopping—Walmart Friday, October 7, 10 a.m. Departure, 10 a.m. Members will travel to the grocery store for a social shopping trip.

Drive-Thru Shred Event—Together, Let's End the Silence on Domestic Violence. Saturday, October 8, 9a.m.—12 p.m. We are hosting this event to raise awareness of domestic violence and elder/vulnerable adult abuse. By providing free shredding services, we hope to help prevent financial exploitation by safely disposing of personal documents with identifying information.

Alzheimer's Education with Pamela from Vanderbilt Monday, October 10, 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.

Arts & Crafts w/Cora Tuesday, October 11 & 25, 1 p.m. Members will enjoy creating fun and new arts and crafts. The benefit of offering Arts and Crafts to older adults, helps seniors cope with stress, anxiety and depression.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, October 12, We will leave the center at 10 a.m. and head to the park. You may also meet us at the park at 11 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 Ossie Jefferson-Corley Wednesday, October 12, 11 a.m. Let's listen together to the newest FiftyForward podcast featuring Ossie Jefferson-Corley.

All of Us Café & Rummikub Tournament Thursday, October 13, 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. *All of Us Café* will host quarterly Rummikub Tournaments. 1st, 2nd and 3rd place winners.

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


Tai Chi for Beginners—Bellevue Community Center Thursday, October 14, 10 a.m. Departure , 9:30 a.m. Members will travel to Bellevue Community Center to participate in Tai Chi for Beginners.

Fizzy Drip Painting Tuesday, October 18, 1 p.m. This art project, which is part of this year's TN STEAM Festival, will focus on the effects of baking soda when adding food coloring, and seeing how colors mix together.

TSU Healthy Cents Part II Graduation Thursday, October 20, 10 a.m. Participants will celebrate their graduation from Healthy Cents Part II.

Lunch Brunch—Hibachi Grill in Madison Thursday, October 20, 11 a.m. Departure, 11 a.m. Members will enjoy lunch with friends.

Arts and Crafts Thursday October 27, 11 a.m. Members will participate in arts and crafts.

 **Chat & Chew w/ Melvin Thursday, October 27, 12 p.m.** Join Bordeaux Center Director for current events discussions.

HCA Halloween Party Friday, October 28, 10 a.m. Departure, 11 a.m.-1p.m. Party HCA will be hosting a Halloween Party at the FiftyForward Knowles Center. Please wear a Halloween costume or a fun, seasonal outfit.

North Nash Fall Bash Saturday, October 29, 12 p.m.—4 p.m. FiftyForward Bordeaux has been invited to participate in this year's North Nash Fall Bash. Bordeaux Center will host a table and engage the community in at least one or two programs we offer at the Bordeaux Center.

Music for Seniors presenting Donna Anderson Monday, October 31, 11 a.m. Members will enjoy music by Music for Seniors.