

December 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/TSU Cheryl Johnson 11 a.m. Uno Attack 1 p.m. Making Holiday Cards for AHC	2 9 a.m. Cards and Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Christmas Shopping Extravaganza at Opry Mills Mall	3
4	5 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 12 p.m. Chat and Chew w/ Melvin 1 p.m. Holiday Card Delivery at AHC Cumberland	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch	7 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 11 a.m. The M&M Game	8 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/TSU Cheryl Johnson 10 a.m. All of Us Café' & Rummikub Tournament 1 p.m. BINGO w/ HHS	9 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Hot Chocolate & Coffee Bar 11 a.m. Karaoke Grooves	10
11	12 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–12 p.m. Volunteer at Cockrill Elementary 11 a.m. Line Dance	13 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	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9 a.m.–Noon Meet with Care Manager Ron Henson 9:30 a.m. Walk with a Doc-Centennial Park 11 a.m. Squeeze The Day Podcast Listening Party	15 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/TSU Cheryl Johnson 12 p.m. Annual Holiday Luncheon /Gift Exchange 1 p.m. Ugly Sweater Day	16 FiftyForward Centers & Offices Closed	17
18	19 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Music for Seniors presenting Carla 1 p.m. Adult Coloring w/ Bordeaux Library	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch 11 a.m. Christmas Carols w/Friends 1 p.m. Arts & Crafts	21 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles	22 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 12 p.m. Rummikub w/J.L Turner Center	23 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGO 12 p.m. Christmas Movie & Cookies	24
25	26 FiftyForward Centers & Offices Closed for Holiday	27 FiftyForward Centers & Offices Closed for Holiday	28 FiftyForward Centers & Offices Closed for Holiday	29 FiftyForward Centers & Offices Closed for Holiday	30 FiftyForward Centers & Offices Closed for Holiday	31

FiftyForward Bordeaux PROGRAM INFORMATION



Program also offered virtually




Denotes member-led program

Cards & Board Games Drop by Monday—Friday in December, 9 a.m.- 2 p.m. FiftyForward Bordeaux welcomes 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—Friday in December, 9:30 a.m. Members will enjoy word search and puzzles activities as a group to boost brain activity and increase vocabulary.

Cooking Matters at Home with Cheryl Johnson Thursdays, December 1, 8, & 15; 10 a.m. The C.H.E.F. curriculum is designed to promote a healthy lifestyle by looking at the basic cooking principles and nutrition food guidance using My Plate. Also, the curriculum will increase participants' confidence in preparing nutritious food themselves and their families.

 **UNO ATTACK Monday, December 1, 11 a.m.** If you like UNO, you'll love uno attack! Game play is just like the original card game with a added card launcher.

Let's Make Holiday Cards for AHC Monday, December 1, 1p.m. Join Bordeaux Center and make holiday cards to take to AHC Cumberland senior community.


Christmas Shopping Extravaganza Friday, December 2, 10 a.m. Come join us! We will take a trip to Opry Mills Mall and do some holiday shopping.

 **Line Dance Mondays, December 5 & 12; 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.

 **Chat & Chew w/ Melvin Monday, December 5, 12 p.m.** Join Bordeaux Center Director for current events discussions.

Holiday Card Delivery at AHC Cumberland Monday, December 5, 1 p.m. We will drop off holiday cards and with a smile!

Ron Henson – FiftyForward Living at Home Care Manager Wednesday, December 7 & 14; 9 a.m.—Noon FFB welcomes Ron each month. Please plan to meet w/ Ron if you have questions about benefits, insurance, housing, food or other essential services.

 **Bible Study Wednesday, December 7, 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study Class.

The M&M Game Wednesday, December 7, 11 a.m. We will play a game with candy m&m's and get to know one another.

All of Us Café & Rummikub Tournament Thursday, December 8, 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.

BINGO with Happy Heart Smile Thursday, December 8, 1 p.m. Come join us for some great BINGO with the Happy Heart Smile Organization. They have the BEST MUSIC!

Hot Chocolate & Coffee Bar Monday, December 9, 10 a.m. Hot chocolate and coffee makes everything warm. Join us and indulge in a variety of toppings to add in your hot chocolate or coffee.

Karaoke Grooves Friday, December 9, 11 a.m. Share your talent with us and sing along with the karaoke grooves.

Chair Yoga at Nashville Public Library Bordeaux Branch Every Tuesday in December (except 12/27); 10 a.m. Departure; 10:30-11:30 a.m. Join Small World Yoga for our chair yoga class to gently stretch and strengthen our bodies. This class helps you incorporate the health benefits of yoga into your daily routine.

Wrap Cougar Dollars at Cockrill Elementary Monday, December 12, 10 a.m.– 12 p.m. We will volunteer at Cockrill Elementary school and members will wrap cougar dollars. The students use these to make purchases at their school's gift shop.

Arts and Crafts w/ Cora Tuesday, December 13 & 20; 1 p.m. Members will participate in Arts and Crafts.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, December 14, We will leave the center at 9:30 a.m. and head to the park. You may also meet us at the park at 10 a.m. We 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 at Centennial Park.

Squeeze the Day Podcast Listening Party Featuring Feylyn and Darline Lewis Wednesday, December 14, 11 a.m. Let's listen together to the newest FiftyForward podcast featuring Feylyn and Darline Lewis.

FFB Annual Holiday Luncheon / Gift Exchange Thursday, December 15, 12 p.m. This will be a catered Holiday luncheon. Please bring a Christmas unisex gift, no more than \$10.00 to exchange.

Ugly Sweater Day, December 15, 1 p.m. Members can participate and wear their ugly sweaters. There will be a prize for the best ugly sweater.

Music for Seniors Presenting Carla Monday, December 19, 11 a.m. Members will enjoy music by Music for Seniors.

Adult Coloring w/ Bordeaux Library Monday, December 19, 1 p.m. Relax and enjoy soothing jazz while coloring with friends.

Christmas Carols w/ Friends Tuesday, December 20, 11:30 a.m. It's the most wonderful time of the year! Let's sing some holiday tunes!

Rummikub w/ J.L Turner Thursday, December 22, 1 p.m. We will go team up with J.L Turner Center and play Rummikub.

BINGO Friday December 23, 11 a.m. Come and join FiftyForward Bordeaux for some social BINGO FUN! We have great gifts!

Christmas Movie& Cookies Friday, December 23, 12 p.m. We will watch a Christmas movie and eat cookies.