

January 2023 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	2 FiftyForward Centers & Offices Closed for New Year's Day Observance	3 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux Branch 12 p.m. New Year's Celebration 1pm UNO Attack Game	4 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	5 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/ Cheryl Johnson from TSU	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Walmart Grocery Shopping	7
8	9 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	10 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	11 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Walk with a Doc-Centennial Park 1 p.m. UNO Attack Game	12 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/ Cheryl Johnson from TSU 10 a.m. All of Us Café' & Rummikub Tournament 1 p.m. BINGO w/ HHS	13 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 12 p.m. Bordeaux Family Movie Day	14
15	16 FiftyForward Centers & Offices Closed for MLK, Jr. Day	17 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. UNO Attack Game	18 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. Squeeze The Day Podcast Listening Party Featuring Feylyn and Darline Lewis	19 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/Cheryl Johnson from TSU 11a.m. Dr. Alette Davis will discuss Eye Care Health	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10:00 a.m. Lunch at Uncle Buds	21
22	23 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Music for Seniors presenting Richard Griffin 1 p.m. Adult Coloring w/ Bordeaux Library	24 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	25 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. UNO Attack Game	26 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Cooking Matters w/ Cheryl Johnson from TSU 11 a.m. Hot Chocolate Bar	27 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Trip to Breakfast & Fashion Show-Off at Turner 11 a.m. BINGO 1 p.m. Karaoke Grooves	28
29	30 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Line Dance 1 p.m. UNO Attack Game	31 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30 a.m. Chair Yoga at NPL Bordeaux				31

FiftyForward Bordeaux PROGRAM INFORMATION




Program offered virtually



Denotes member-led program

Cards & Board Games Group Drop by Monday—Friday in January, 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!

 **UNO Attack Game January 3, 11, 17, 25 & 30 1 p.m.**
Members will enjoy this game with its sound effects, card launch device and encourage social interaction.

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


New Year's Celebration, January 3, 12 p.m. Come join FiftyForward Bordeaux and bring in the New Year together.

Bible Study Wednesdays, January 4, 18 & 25; 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study Class.

Ron Henson – FiftyForward Living at Home Care Manager Wednesdays, January 4 & 18, 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!

Cooking Matters at Home w/ Cheryl Johnson Thursdays, January 5, 12, 19 & 26; 10 a.m. The Cooking Matters at Home curriculum is designed to promote a healthy lifestyle by looking at the basic cooking principles. Also, the curriculum will move participants closer to healthy eating, cooking and food budgeting goals.

Grocery Shopping—Walmart Friday, January 6, 10 a.m. Departure Members will travel to the grocery store for a social shopping trip. \$5 Transportation Fee.

 **Line Dance Mondays, January 9 & 30; 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, January 9, 12 p.m.** Join Bordeaux Center Director for current events discussions.

Chair Yoga at Nashville Public Library Bordeaux Branch Every Tuesday in January, 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.

Arts and Crafts Tuesdays, January 10 & 24, 11 a.m. Members will participate in arts and crafts.

All of Us Café & Rummikub Tournament Thursday, January 12, 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.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, January 11, 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. 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.

BINGO with Happy Heart Smile Thursday, January 12, 1 p.m. Come join us for some great BINGO with the Happy Heart Smile Organization. They have the BEST MUSIC!

Bordeaux Family Movie Day Friday, January 13, 12 p.m. Members will enjoy family time with a movie, popcorn and coca cola.

Squeeze the Day Podcast Listening Party Featuring Feylyn and Darline Lewis Wednesday, January 18, 11 a.m. Let's listen together to the newest FiftyForward podcast featuring Feylyn and Darline Lewis.

Dr. Alette Davis w/ Insight Vision Center Thursday, January 19, 10 a.m. Dr. Davis will be here to discuss the importance of taking care of your eyes. She will share information and answer any questions regarding eye care.

Lunch at Uncle Buds Friday January 20, 10 a.m. Departure. Members will enjoy a social outing and have lunch at Uncle Buds. \$5 Transportation Fee.

Music for Seniors Monday, January 23, 11 a.m. Members will enjoy music by Richard Griffin.

Adult Coloring w/ Bordeaux Library Monday, January 23, 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends.

Hot Chocolate Bar Thursday, January 26, 11 a.m. Hot chocolate and coffee makes everything warm. Join us and indulge in a variety of toppings to add to your hot chocolate or coffee.

Trip to Breakfast and Fashion Show-Off at Turner Center, Friday, January 27, 10 a.m. Departure, Cost: Free. Members will enjoy breakfast at City Limits Café and then we'll head to the Turner Center to watch their members show off some of their favorite winter fashion!

BINGO, Friday, January 27, 11 a.m. Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

Karaoke Grooves, Friday, January 27, 1 p.m. Come join FiftyForward Bordeaux and share your talent. Sing along with karaoke grooves.