

# March 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 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9 a.m.—Noon Care Manager Office Hours 10 a.m. Bible Study 11 a.m. Belmont Focus Group	2 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents 11 a.m. WE GO Public Transit Program 1 p.m. FFB Volunteer Meeting	3 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP Walmart Grocery Shopping	4
5	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit Class 11 a.m. Women History Day	7 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30a.m. Chair Yoga at NPL Bordeaux Branch 1 p.m. OZ Arts Nashville presenting Shackled Feet Dance	8 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Walk with a Doc-Centennial Park 11:30 a.m. Looming Class w/ Ms. Derry	9 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. All of Us Café & Rummikub Tournament 10 a.m. TSU Cooking Matters w/Parents	10 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Lunch at The Lost Paddy	11
12	13 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. National Disability Day 1 p.m. St. Patrick's Day Trivia	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30a.m. Chair Yoga at NPL Bordeaux Branch 1 p.m. Ireland Documentary	15 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9 a.m.—Noon Care Manager Office Hours 10 a.m. Bible Study 11:30 a.m. Looming Class w/ Ms. Derry	16 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents	17 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Family Movie Day	18
19	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 1 p.m. Adult Coloring w/ Bordeaux Library	21 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10:30 a.m. TSU Gardening/ Nutrition Club	22 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. UNO Attack Game 1 p.m. TN Recovery Project	23 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents 1 p.m. Chat & Chew w/ Melvin	24 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGO	25
26	27 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 1 p.m. Adult Coloring w/ Bordeaux Library 11 a.m. Music For Seniors presenting Lady Chapman	28 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10–11:30a.m. Chair Yoga at NPL Bordeaux Branch 1 p.m. Arts and Crafts w/ Cora	29 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. UNO Attack Game	30 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents	31 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 1 p.m. Karaoke Grooves	

## FiftyForward BORDEAUX PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

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

**Belmont University— Aging in Place Research Focus Group Wednesday, March 1 11 a.m.** We all want to live at home as long as possible. If you are 65 or older, please attend this focus group to help Belmont University Occupational Therapy doctoral students learn more about what is important to consider in order to live at home as long as possible. During this group, you'll be asked to take a survey and answer some important questions.

**Bible Study Wednesdays, March 1, 15, 22 & 29; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study Class.

**Ron Henson – FiftyForward Living at Home Care Manager Wednesdays, March 1 & 15 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!

**TSU Cooking Matters with Parents w/ Cheryl Johnson Thursdays, March 2, 9, 16, 23 & 30; 10 a.m.** The Cooking Matters with Parents at Home curriculum is designed to promote a healthy lifestyle by looking at the basic cooking principles.

**We Go Public Transit Thursday, March 2, 11 a.m.** LaToniza Pritchard from We Go Public Transit will be here to discuss new services that they will provide.

**FFB Volunteer Meeting Thursday, March 2, 1 p.m.** Join us for our monthly Bordeaux volunteer meeting.

**Grocery Shopping—Walmart Friday, March 3, 10 a.m. Departure** Members will travel to the grocery store for a social shopping trip. \$5 Transportation Fee.

**(NEW)Bordeaux Get Fit Class Monday, March 6, 10 a.m.** Members will enjoy getting fit with chair exercises as we listen to Motown hits.

**Women History Day Monday, March 6, 11 a.m.** Members will learn the important impact that women has made in our society.

**OZ Arts Nashville Tuesday, March 7 1 p.m.** Oz Arts Nashville will bring Shackled Feet Dance Group to perform The Cake Walk Dance. Members will have the opportunity to join in and dance as well.

**Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, March 7, 14 & 28 10 a.m. Departure; 10:30-11:30 a.m.** Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Yoga provides healthy benefits to your body.

**Walk w/a Doc at Centennial Park (Outdoors) Wednesday, March 8, 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.

**(NEW) Looming Class w/ Ms.Derry Friday, March 8 & 15, 11 a.m.** Members will learn weaving techniques, designs and structures led by one of our members Ms. Derry.

**All of Us Café & Rummikub Tournament Thursday, March 9, 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.

**Lunch at the Lost Paddy Friday, March 10, 10 a.m. Departure.** Members will enjoy a social outing and have lunch at The Lost Paddy in Observance of St. Patrick's Day. \$5 Transportation Fee.

## FiftyForward BORDEAUX PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

**St. Patrick's Day Trivia Monday, March 13, 11a.m.** Members will enjoy UNO with its sound effects and card launch device.

**National Disability Awareness Day Monday, March 13, 10a.m.** Members will learn the importance of National Disability in America and how it has improved over the years.

**Ireland Documentary Tuesday, March 14, 1 p.m.** Members will take a virtual trip and watch a documentary on Ireland's history.

**Bordeaux Family Movie Day Friday March 17, 10 a.m.** Members will enjoy family time with a movie, popcorn and coca cola.

**Music for Seniors Monday, March 27, 11 a.m.** Members will enjoy music by Lady Chapman.

**Adult Coloring w/ Bordeaux Library Mondays, March 20 & 27; 1 p.m.** Members will relax and enjoy soothing jazz while coloring with friends.

**TSU Gardening and Nutrition Club Tuesday, March 21, 10 a.m.** Members will learn the value of gardening and the nutrition value of growing your own vegetables

**UNO Attack Wednesday, March 22 & 29 11a.m.** Members will enjoy UNO with it's sound effects and card launch device.

**Tennessee Recovery Project Wednesday, March 22 1 p.m.** The Tennessee Recovery Project funded by FEMA will provide a disaster relief preparedness course for our members. They will prepare them in the event of natural disasters.



**Chat & Chew Thursday, March 23 12 p.m.** Join Bordeaux Center Director with current event discussions.

**BINGO, March 24, 11 a.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

**Arts and Crafts Tuesday, March 28, 11 a.m.** Members will participate in arts and crafts.

**Karaoke Grooves, March 31, 1 p.m.** Come join FiftyForward Bordeaux and share your talent. Sing along with karaoke grooves.