

April 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	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. IPAD 101 Class 11 a.m. Bordeaux Get Fit Class</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 1 p.m. OZ Arts Nashville</p>	<p>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. Easter Brunch</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents 1 p.m. FFB Volunteer Meeting</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP Walmart Grocery Shopping</p>	8
9	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. IPAD 101 Class 11 a.m. Bordeaux Get Fit Class</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 1 p.m. TN Respite Coalition</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9:30 a.m. Walk with a Doc-Centennial Park</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU Cooking Matters w/Parents 10 a.m. All of Us Café' & Rummikub Tournament 1 p.m. BINGO w/HHS</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Lunch at Kabuto Hibachi grill</p>	15
16	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. IPAD 101 Class 11 a.m. Bordeaux Get Fit 1 p.m. Adult Coloring w/ Bordeaux Library</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 10:30 a.m. TSU Gardening/Nutrition Club</p>	<p>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 11a.m. Bordeaux Volunteer Appreciation Day 1 p.m. Manana Caregiving App w/Fatima</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. UNO Attack Game 12 p.m. 615 Candle Lab</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Family Movie Day</p>	22
23	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10:00 a.m. IPAD 101 Class 11 a.m. Music For Seniors presenting Chris West 1 p.m. Adult Coloring w/ Bordeaux Library</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 1 p.m. Arts and Crafts</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 12 p.m. Sundae Funday</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGO 1 p.m. Chat and Chew w/ Melvin</p>	<p>9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 –2 p.m. FiftyForward Spring Health & Wellness Fair at Martin Center</p>	29
30						

FiftyForward BORDEAUX PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

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

IPAD 101 Class April 3, 10, 17 & 24, 11 a.m. This is an 8 week course. You will need to attend ALL sessions in order to receive the free IPAD. The course will teach members how to use and navigate the IPAD device.

(NEW) Bordeaux Get Fit Class Monday, April 3, 10, 17, 11 a.m. Members will enjoy getting fit with chair exercises as we listen to Motown hits.

(NEW) OZ Arts Nashville Tuesday, April 4, 1 p.m. Oz Arts Nashville will bring BaBa Musa. They will lead an African drum class. Members will have the opportunity to join in and participate.

Chair Yoga at Nashville Public Library Bordeaux Branch

Tuesday, April 4, 11, 18 & 25; 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.

Easter Brunch Wednesday, April 5, 11 a.m. We will celebrate Easter and fellowship with one another.

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

Ron Henson – FiftyForward Living at Home Care Manager Wednesdays, April 5, 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

TSU Cooking Matters with Parents w/ Cheryl Johnson

Thursdays, April 6, 13, 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.

FFB Volunteer Meeting Thursday, April 6, 1 p.m. Join us for our monthly Bordeaux volunteer meeting.

Grocery Shopping—Walmart Friday, April 7, 10 a.m.

Departure Members will travel to the grocery store for a social shopping trip. \$5 Transportation Fee.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, April 12, 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.

Tennessee Respite Coalition Friday, April 11, 10 a.m. Will come and discuss their Senior Volunteer Program and how individuals can join to provide care and companionship to seniors daily living.

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

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

Lunch at Kabuto Hibachi Friday, April 14, 10 a.m.

Departure. Members will enjoy a social outing and have lunch at Kabuto Hibachi Grill \$5 Transportation Fee

Adult Coloring w/ Bordeaux Library Tuesdays, April 17 & 24, 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends.

TSU Gardening and Nutrition Club Tuesday, April 18, 10:30 a.m. Members will learn the value of gardening and the nutrition value of growing your own vegetables

Bordeaux Volunteer Appreciation Day Wednesday, April 19, 11 a.m. We will honor and show appreciation to our volunteer members.

Manana App Wednesday, April 19, 1 p.m.

Fatima Karwandayar will come and discuss her new caregiving app called Manana. It has different types of services that seniors can benefit from.



UNO Attack Thursday, April 20 11a.m. Members will enjoy UNO with it's sound effects and card launch device.

(New) 615 Candle Lab Thursday, April 20 12 p.m. Members will take a class and learn how to make candles.

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Bordeaux Family Movie Day Friday April 21, 10 a.m.

Members will enjoy family time with a movie, popcorn and coca cola.

Music for Seniors Monday, April 24, 11 a.m. Members will enjoy music by Chris West.

Arts& Crafts Tuesday April 25, 1 p.m. Members will participate in arts and crafts.

Sundae Funday Wednesday April 26, 12 p.m. Spring is in the air! Let's relax and enjoy a nice treat. Members can get creative and customize their own ice cream sundae.

BINGO April 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!



Chat & Chew w/ Melvin Thursday, April 27, 1 p.m. Join

Bordeaux Center Director for current events discussions. Members plan to bring your smart phones, IPADS or tablets.

Spring Health and Wellness Fair Friday, April 28, 10-2 p.m.

Join us for the FiftyForward Health and Wellness Fair. Vendors include medical groups, insurance companies, financial advisors, and more! There will be cooking demonstrations, medical screenings and workshops. The first 125 attendees will receive a free boxed lunch!