

June 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 10 a.m. TSU/Families Eating Smart & Moving More @ Home 1 p.m. FFB Volunteer Mtg	2 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. All of Us Journey Bus at Donelson	3
4	5 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit Class 11 a.m. IPAD 101 Class	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 1 p.m. Virtual Documentary on Jamaica in honor of Caribbean-American Heritage Month	7 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9 am—Noon Care Manager Office Hours 10 a.m. Bible Study 11 a.m. FiftyForward LGBT Peer Group Meet & Greet	8 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU/Families Eating Smart & Moving More @ Home 1 p.m. BINGO w/HHS	9 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP Walmart Grocery Shopping	10
11	12 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit 11 a.m. Last IPAD 101 Class	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. Line Dance w/ Annette Howse	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9:30 a.m. Walk with a Doc @ Centennial Park 1 p.m. Father's Day Celebration	15 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU/Families Eating Smart & Moving More @ Home 11 a.m. Membership Portal Training	16 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 12 p.m. Wildhorse Saloon Trip w/ Martin Center	17
18	19 FiftyForward Centers & Offices CLOSED for Juneteenth	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 10:30 a.m. TSU Gardening/ Nutrition Club 12 p.m. Nissan Plant Tour	21 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. BINGO	22 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU/Families Eating Smart & Moving More @ Home 11 a.m. Chat & Chew	23 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Lunch @ Blue Moon Grille w/ Martin Center 4:30 p.m. FiftyForward Pride Party at Knowles	24
25	26 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit Class 11 a.m. Music For Seniors 1 p.m. Adult Coloring w/ Bordeaux Library	27 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	28 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. Picnic @ Cedar Hill Park	29 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU/Families Eating Smart & Moving More @ Home 11 a.m. Bordeaux Family Movie Day	30 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Annual Hats Off To Bordeaux Virtual Fundraiser	

FiftyForward Bordeaux PROGRAM INFORMATION



Program offered virtually



Denotes member-led program

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

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

TSU Eating Smart and Moving More w/ Cheryl Johnson Thursdays, June 1, 8, 15, 22 & 29; 10 a.m. Families Eating Smart and Moving More at Home curriculum is designed to promote the importance of being safe in the kitchen, eating more fruit and vegetables and making sure you exercise.


All of Us Journey Bus at Donelson Center Friday, June 2, 10 a.m. The *All of Us* Journey is a touring exhibit that offers interactive information about All of Us and comes with a mobile lab so participants can donate their biospecimens to determine their DNA.

(NEW) Bordeaux Get Fit Class Monday, June 5, 12 & 26; 10 a.m. Members will enjoy getting fit with chair exercises as we listen to Motown hits.

IPAD 101 Class June 5 & 12, 11 a.m. These are the last 2 class of an 8 week course. The course will teach members how to use and navigate an IPAD device.

Virtual Documentary on Jamaica Tuesday, June 6, 1 p.m. Come join FiftyForward Bordeaux as we virtually take a trip to learn some cultural facts about Jamaica. In honor of Caribbean-American Heritage Month.

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, June 6, 13, 20 & 27; Departing at 10 a.m.; Class 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.

 **Bible Study Wednesdays, June 7, 21 & 28; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study.

FiftyForward LGBT Peer Group Meet & Greet Wednesday, June 7, 11 a.m. Stop by and meet members of FiftyForward's LGBT Peer Group as well as Ashley Hunter, FiftyForward's J.L. Turner Center Director, and LGBT Peer Group Facilitator. FiftyForward's LGBT Peer Group provides a space for LGBT Older adults to socialize, share ideas, and develop a sense of community. Come to learn about the purpose of the group and the types of meetups that are held monthly.

FiftyForward Living at Home Care Manager Wednesdays, June 7 & 21 9 a.m.—Noon FFB welcomes a care manager 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.

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

Grocery Shopping—Walmart Friday, June 9, 10 a.m. **Departure** Members will travel to the grocery store for a social shopping trip. \$5 Transportation Fee.

Line Dance Class Tuesday, June 13, 1 p.m. Come Line Dance on Bordeaux Dance floor w/ Annette Howse.

Walk w/a Doc at Centennial Park (Outdoors) Wednesday, June 14, 9:45 a.m. 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.

Father's Day Celebration Wednesday, June 14, 12 p.m. We will recognize and celebrate our Father's for Father's Day.

Membership Portal Training Thursday, June 15, 11a.m. Members will learn how to navigate through the Membership Portal.

Trip to Wildhorse Saloon Friday, June 16, 12 p.m. 2 p.m. Members will enjoy line dancing, food and entertainment.

TSU Gardening and Nutrition Club Tuesday, June 20, 10:30 a.m. Members will learn the value of gardening and the nutrition value of growing your own vegetables.

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Nissan Plant Tour Tuesday, June 20, 12 p.m. We will take a field trip to tour the Nissan Smyrna plant.

BINGO Wednesday, June 21, 11 a.m. Come and join FiftyForward Bordeaux for some social BINGO FUN. We have some really great prizes.



Chat & Chew Thursday, June 22, 11 a.m. Join FiftyForward Bordeaux Center Director Melvin Fowler for a discussion on current events.

Lunch at Blue Moon Grille w/ Martin Center Friday, June 23 11 a.m. Members will meet with Martin Center to have lunch by the river.

FiftyForward Pride Party at Knowles (Drive Yourself)

Friday, June 23, 4:30-7:30 p.m. Join us in celebration of Pride Month at FiftyForward Knowles, in partnership with inclusion tennessee. We'll be hosting a Disco themed shindig and we invite you to come "boogie" with us! We invite you to dress up in your most fabulous disco/70's themed "threads." Drop in for a round of Drag Bingo (with a chance to win prizes) and for fun, food, and fellowship! Come see our decorated FiftyForward bus that will be driven in the upcoming weekend Pride parade! To register for this event, call the FiftyForward Knowles Center at 615-743-3400.

Music for Seniors presenting Geary Moore Monday, June 26, 11 a.m. Members will enjoy live music.

Adult Coloring w/ Bordeaux Library Tuesdays, June 26 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends

Arts & Crafts Tuesday, June 27, 1 p.m. Members will participate in arts and crafts and decorate tote bags.

Picnic at Cedar Hill Park Wednesday June 28, 11 a.m. We will have a picnic at the park. Please bring your lunch and plan to have some fun.

Bordeaux Family Movie Day Thursday, June 29, 11 a.m. Members will enjoy family time with a movie, popcorn and coke.

FiftyForward Hats off to Bordeaux Virtual Event Friday, June 30 11 a.m. FiftyForward Bordeaux's Annual fundraiser and fashion show historically held the last Friday in June can be viewed virtually at our Bordeaux Center or online. The tickets are \$45.00 each and will help support our local members by providing food distribution, member scholarships, and other services that bring educational programming to the center.