

September 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>.

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 12-5pm Senior Appreciation Event	2
3	4 FiftyForward Centers & Offices CLOSED for Labor Day	5 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP- Chair Yoga at NPL Bordeaux Branch 11:30 Lunch & Learn w/ NAMI about Suicide Prevention 1p.m. Oz Arts Nashville	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. Bordeaux Get Fit Class 1 p.m. Cornhole	7 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. "Eat Well, Feel Well" with TSU 10 a.m. All of Us Presentation 1p.m. Music ALive	8 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10a.m Arts/Crafts 11 a.m. BINGOcize 1p.m. TRIP- Walmart	9 9:30 a.m. Goodlettsville Art, Antique, and Music Festival
10	11 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. BINGOcize 1 p.m. FFB Volunteer Mtg	12 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP- Chair Yoga at NPL Bordeaux Branch 1 p.m. Line Dance	13 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9-12 a.m. Care Manager Office 9:30 a.m. TRIP-Walk with a Doc @ Centennial Park* 11 a.m. Vaccine Awareness /w Vanderbilt 1 p.m. Cornhole	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. "Eat Well, Feel Well" with TSU 10a.m. All of Us Research Project	15 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Pictionary 11 a.m. BINGOcize 12p.m. Bar-B-Cuttie	16
17	18 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. BINGOcize 1 p.m. Adult Coloring w/ Bordeaux Library	19 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP- Chair Yoga at NPL Bordeaux Branch 10:30 a.m. TSU Gardening/Nutrition Club	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9-12 p.m. Care Manager Office 10 a.m. Bible Study 11 a.m. Bordeaux Get Fit Class 1 p.m. Cornhole	21 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9:30a.m. TRIP- Oak Grove Casino	22 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10a.m Arts/Crafts 11 a.m. BINGOcize 12:30 p.m. Movie Day	23 9 a.m. Run, Walk & Roll
24	25 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. BINGOcize 11 a.m. Music for Seniors w/ 1 p.m. Adult Coloring w/ Bordeaux Library	26 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 am. TRIP- Chair Yoga at NPL Bordeaux Branch* 10a.m. TRIP-TN State Museum/ Farmers Market 1 p.m. Line Dance	27 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. Bordeaux Get Fit Class 1 p.m. Pain Awareness Presentation w/ Nashville Neck and Back	28 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. "Eat Well, Feel Well" with TSU 1 p.m. Chat & Chew	29 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGOcize	30

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Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS:


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

Adult Coloring w/ Bordeaux Library Monday, September 18 & 25, 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends

 **Arts and Crafts w/Freda Friday, September 8 & 22; 10 a.m.** Join us for some fun arts and craft projects lead by one of our members Ms. Freda.

Bible Study Wednesdays, September 6, 20 & 27; 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

 **Bordeaux Get Fit Class Wednesday, September 6, 13, 20 & 27; 11 a.m.** Member Lena Jones will lead this program getting fit with chair exercises as we listen to Motown hits.

 **Chat & Chew w/Mr. Fowler Thursday, September 28, 1pm.** FiftyForward Bordeaux Center Director Melvin Fowler. Subject this month: Taking Care of Me

Cornhole Wednesdays, September 6, 13, 20, 27; 1 p.m. Members will learn the cornhole game, techniques and practice for future cross center competition. Game on!

FFB Volunteer Meeting Monday, September 11, 1 p.m. Join us for our monthly Bordeaux volunteer meeting. We will discuss ideas of possible field trips, new activities, and interesting presenters that could come to the center.

Joyce Lee – FiftyForward Living at Home Care Manager Wednesdays, September 13, 20, 9 a.m.-12p.m. FFB welcomes Joyce each month on the first and third Wednesday. Please plan to meet with Joyce if you have questions about things like benefits, insurance, housing, food or other essential services. Joyce will be here to help!

Line Dancing w/Annette Tuesday, September 12 & 26, 1pm Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse. Participants can enjoy moving to the groove either from a standing position of sitting in a chair. All are welcome!!

Movie Day Friday, September 22, 12:30 p.m. We will watch a movie and enjoy popcorn with a cold drink.

Music for Seniors Presenting Michelle Garcia Monday, September 25, 11 a.m. Members will enjoy music by Michelle Garcia.

OZ Arts Nashville Tuesday, September 5, 1 p.m. OZ Arts supports the creation, development and presentation of significant performing and visual art works by leading artists whose contribution influences the advancement of their field.

Pictionary Friday, September 15, 10a.m. Members can team up to see who is better at giving clues, guessing at others drawings, and strategizing how to get the most points for their team to win!!!

TSU Gardening and Nutrition Club Tuesday, September 19, 10:30 a.m. Members will learn the value of gardening and the nutrition value of growing your own vegetables.

SPECIAL PROGRAMS & EVENTS:

All of Us Presentation Thursday, September 7th: Cost Free, sign up in advance. Have you heard about the *All of Us* Research Program but would like to learn more? On **September 7th** join the FiftyForward *All of Us* team for an in-depth presentation on what the program entails, current research studies happening now, and how you can help change the health of future generations. Bring your questions and be ready to learn! Visit www.joinallofus.org/fiftyforward to see more about the program. Light snacks provided.

Learn how you can become “One in a Million” with the All of Us Research Program! Thursdays, September 14: Cost: Free, sign up in advance. Would you like to help change the future of healthcare? Come say hello to the FiftyForward *All of Us* team to learn more about the *All of Us* Research Program from the National Institutes of Health. This unique research program seeks to enroll 1,000,000 diverse people living in the U.S. in order to improve the health of future generations. Sign up in Membership Works to make a private appointment to enroll, or just drop by for a casual conversation. For more information on the *All of Us* Research Program, please visit our website at www.joinallofus.org/fiftyforward. (Please see the calendar for each center's day/time.)

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SPECIAL PROGRAMS & EVENTS:

[BINGOcize](#) Monday's and Friday's, September, 10 a.m. & 11 a.m. respectively., Cost: Free. Sign up in advance—participants must to commit to the full 10-week program.

BINGOcize is a 10-week health program that combines fun with exercises. BINGOcize strategically promotes fun and games with educational learning, functional health performance, and social engagement for older adults. Join us twice weekly for 1 hour sessions lead by Program Coordinator Nicole for fun and exercise.

[Goodlettsville Art, Antique, and Music Festival](#) September 9, 10-4p.m. Cost: Free + money for vendors. The City of Goodlettsville will be hosting their annual Art, Antique, and Music Festival. A variety of vendors will offer different types of homemade goodies individuals can purchase including household items, art, and bake goods. Enjoy live music and a variety of food trucks as you shop!!! (This is a Saturday event with no transportation provided.)

[Lunch and Learn about Suicide Prevention w/NAMI Davidson County](#) September 5, 11:30 a.m. Cost: Free, Sign up in advance. NAMI (National Alliance on Mental Illness) is an organization made up of people with the lived experience of a mental health condition, their families, friends, and community members. NAMI has over 600 affiliate chapters operating over all 50 states. Join us for a Lunch and Learn to learn more about NAMI and how you can help yourselves and loved ones from guest speakers NAMI Executive Director Davidson County– Robin Nobling and Program Manager for Davidson County– Don Loiacano.

[Music ALive w/Charissa Hoffman](#) September 7, 1p.m. Cost: Free, Sign up in advance. Music ALive are performers who enjoy sharing their love of music in a variety a different genres, from Folk & Blues to Americana and Roots music. Music ALive artist will have you swaying to the beat. Come and join us for an afternoon of live music and a fun atmosphere.

[Pain Awareness w/Nashville Neck and Back](#) September 27, 1pm. Cost: Free, Sign up in advance. Dr. Andy Roberts from Nashville Neck and Back will join us to talk about the importance of pain awareness and seeking help when our bodies are starting to feel a little worn down and need a little help. Come learn more about how you can help manage your pain and when to seek the help from the professionals.

[Run, Walk, & Roll w/Northwest YMCA Active Older Adults](#) Saturday, September 23, at 9 a.m. Register at YMCAMIDTN.ORG/EVENTS/RUN-WALK-ROLL. Cost: \$15 non-YMCA members, Free for YMCA members. Come join us for our very first Active Older Adult race experience. Calling all seniors to grab your friends and family and lets Run, Walk, and Roll 1.5 miles through one of North Nashville's Historical Parks. Meet us at Hadley Park with our Senior Community for an experience to remember! This is a Saturday event with no transportation provided.

[Senior Appreciation Day Hosted by John L Glenn & Peggy Ann Alsup](#) Friday, September 1, from 12-5pm. Join us for a community event where you can enjoy games, music, giveaways, and prizes. There will be health screenings including blood pressure and A1C. A food truck will be on site to fill everyone's bellies. Come enjoy some community fun!!

[TSU "Eat Well, Feel Well" w/ Cheryl Johnson](#) Thursdays, September 7, 14, 28; Cost: Free, sign up in advance. This is an eight-part program with hands-on activities to teach older adults nutrition, physical activity, food safety, and food preparation techniques. It is designed to meet the unique needs of older adults with limited resources.

[Vaccine Awareness w/ Vanderbilt Associate Professors of Nursing Carrie and Christian](#) September 13, 11 a.m. Cost: Free, sign up in advance. Join us to learn more about Vaccine awareness, the health benefits of being vaccinated, and getting answers to other questions that you might have

DAY TRIPS:

[Bar-B-Cutie](#) Friday, September 15, Depart at 10a.m. Cost: \$5 Transportation Fee + cost of lunch, sign up in advance. Join us for a late celebration of Labor Day. Bar-B-Cutie Smokehouse has over 70 years of experience making BBQ. From their bold flavors in their seasoning to the high quality meat and greens. Everyone can find something delicious for lunch and fun atmosphere.

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DAY TRIPS:

Chair Yoga at Nashville Public Library Bordeaux Branch

Tuesday, September 5, 12, 19, & 26; Depart at 10 a.m.; Class 10:30-11:30 a.m. Cost: Free, sign up in advance. Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Yoga provides healthy benefits to your body.

Grocery Shopping—Walmart Friday, September 8, Depart at 1 p.m. Cost: \$5 Transportation Fee, sign up in advance.

Members will travel to the grocery store for a social shopping trip.

Oak Grove Casino Thursday, September 21, Depart at 9:30 a.m. Cost: \$15 Transportation Fee, sign up in advance.

We're headed to Oak Grove Casino!! Oak Grove features over 1,200 thrilling games, award-winning restaurants, lively bars & lounges, live and simulcast horse racing, and more! It's loaded with the latest games to spin and win, like Wheel of Fortune®, Buffalo, and Lock It Link. We will depart the casino at 2:30 p.m. to head back. This will be a trip on the 24-passenger bus.

Tennessee State Museum & Farmers Market Tuesday, September 26, Depart at 10a.m. Cost: \$5 Transportation Fee + cost of lunch and shopping, sign up in advance.

We are going to the Tennessee State Museum and Farmers Market with the Turner Center. The Tennessee State Museum has great exhibits about Tennessee's past and present, including *Best of Tennessee Craft*, *Tennessee Time Tunnel*, *Natural History* and *First Peoples*. Please note the Museum takes the security of their collections very seriously. All parcels, umbrellas, and bags larger than 11" x 15" must be checked into a locker, including backpacks. Photography is allowed in the Museum, but you must turn your flash off. Some special exhibits also prohibit photography. After visiting the museum, we'll head next door to the Farmer's Market for some food! The Market features 20 locally owned restaurants and shops offering cuisines that span the globe — from Neapolitan wood-fired pizzas and gyro sandwiches to Jamaican jerk chicken and Korean bibimbap.



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Walk with a Doc and All of Us at Centennial Park (Outdoors)

Wednesday, September 13, Depart at 9:30 a.m. Cost: Free, sign up in advance. Monthly, join the FiftyForward *All of Us* team at Centennial Park for Walk with a Doc with Dr. Amy Price Neff of Windstream Integrative Medicine. These one-hour walks meet every 2nd Wednesday of the month at 10 a.m. at the Centennial Park Events Shelter (where the Big Band Dances are held). Dr. Price Neff begins each walk with a 5-minute "health talk," then we all walk around Centennial Park together. The trail is a flat, 1.2 mile loop