

November 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 10 a.m. Bible Study 11 p.m. Bordeaux Get Fit 1 p.m. Cornhole	2 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 11 a.m. Frist Art Trunk 2 pm. Advisory Council	3 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Vanderbilt Clinical Program 11 a.m. BINGOcize 1 p.m. TRIP- Walmart	4
5	6 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. BINGOcize 11 a.m. Cancer Awareness Presentation 1 p.m. FFB Volunteer Meeting	7 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 –11:30 a.m. AARP Smart Driver TEK Workshop 10 :15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 1 p.m. Wii Games	8 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 9:30 a.m. TRIP-Walk with a Doc @ Centennial Park* 11 a.m. Cornhole 1 p.m. Veterans Day Family Remembrance	9 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Thankful All of US	10 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Arts and Crafts w/Freda 11 a.m. BINGOcize	11
12	13 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. BINGOcize 1 p.m. Diabetes Mgt Presentation	14 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 :15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 11 a.m. Trivia Afternoon 1 p.m. Line Dance	15 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 am. BINGOcize 1 p.m. Music ALive	16 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10:30 a.m. Nashville Ballet 1 pm. Holiday BINGO	17 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10-12 p.m. Vanderbilt Clinical Program 12:30 p.m. Movie Day	18
19	20 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit 11 a.m. Thank our Police/Fire Department 1 p.m. Adult Coloring w/ Bordeaux Library	21 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 :15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 12 p.m. Bordeaux Holiday Meal	22 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 1 p.m. Movie Day	23 FiftyForward Centers & Offices Closed for Thanksgiving	24 FiftyForward Centers & Offices Closed for Thanksgiving	25
26	27 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit 11 a.m. Music for Seniors 1 p.m. Adult Coloring w/ Bordeaux Library	28 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 :15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 1 p.m. Line Dance	29 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 1 p.m. Alzheimer's Presentation	30 9 a.m. Cards & Board Games 9:30 a.m. Word Search & Puzzles 10 a.m. Wii Games 11 am. Scattergories 1 p.m. Chat and Chew		

FiftyForward Bordeaux PROGRAM INFORMATION



If you are interested in participating in any program virtually, please reach out to the hosting center for more information.



Denotes member-led program


RECURRING CLASSES, ACTIVITIES, & GROUPS:

Cards & Board Games Group Drop by Monday—Friday in November; 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!

Wii Games Drop by Monday—Fridays in November; 9 a.m. – 2 p.m. FiftyForward Bordeaux is bringing back the Wii games. Come and joins us as we take on bowling, tennis, and other fun games in the Wii universe.


Word Search & Puzzles Drop by Monday—Friday in November; 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, November 20 & 27; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends

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


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

BINGO Thursday, November 16, 11 a.m.; Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

 **Bordeaux Get Fit Class Monday, November 1, 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, November 30; 1pm.** FiftyForward Bordeaux Center Director Melvin Fowler. Subject this month: Be Thankful

Cornhole Wednesdays, November 1, 8; 1 p.m. Members will learn the cornhole game, techniques and practice for future cross center competition. Game on!

 **Line Dancing w/Annette Tuesday, November 14 & 28; 1pm. Cost: Free.** 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 or sitting in a chair. All are welcome!!

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

Music for Seniors Presenting Amy Frederick Monday, November 27; 11 a.m. Members will enjoy music by Lady Chapman.

Monthly Meetings

FFB Volunteer Meeting Monday, October 2; 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.

Advisory Council Meeting Thursday, October 5; 2pm. Every first Thursday of the month members of the advisory council meet to discuss different topics and ideas to ensure FiftyForward Bordeaux is growing, succeeding, and providing opportunities for is members.

SPECIAL PROGRAMS & EVENTS:

BINGOcize Mondays & Fridays in November; 10 a.m. & 11 a.m. respectively. Cost : Free, Sign up in advance. 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.

Frist Art Trunk Thursday, November 2, 11 a.m. Cost: Free, Sign up in advance. The ArtTrunk project consists of a project focused on an artist currently on exhibit at the Frist. This winter the First ArtTrunk 2023 will be highlighting from the exhibition *Multiplicity: Blackness in Contemporary American Collage*.

Vanderbilt Clinical Program Friday, November 3 & 17 10 a.m. Cost: Free, Sign up in advance. Vanderbilt University will be partnering will FiftyForward Bordeaux in a clinical program this coming winter/spring!!! The students will come this November on the 3rd and 17th to meet, greet, and design a quality based project based off the needs of our members. Be sure to come and share your thoughts and interests with the Vanderbilt Students for their Clinical Program for FiftyForward Bordeaux.

Cancer Awareness Presentation Monday, November 6, 11a.m. Cost: Free, Sign up in advance. Lanese Campbell, a Vanderbilt University Medical Center Professor, will join us to speak about Cancer Awareness. Join us to discuss the topic or ask any general questions that you might have.

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SPECIAL PROGRAMS & EVENTS:

[AARP Smart Driver TEK Workshop](#) Tuesday, November 7, 10 a.m. Cost: Free, **Sign up in advance. Smart Driver TEK is a 90-minute workshop offering an interactive way to stay up to date with the safety technology in your current or future car. Learn all about what the new technologies are available, how they work, and how they can improve your peace of mind on the road.**

[Veterans Day/ Remembrance for Family Members](#)

Wednesday November 8, 1p.m. Cost: Free, **Sign up in advance.** Join us as we honor and celebrate those family members who have severed by sharing stories, photos, or any other special memento a family member or friend would wish to share with others. Lite refreshments will be offered.

[Thankful for All of Us](#) Thursday, November 9, 10-12p.m. Cost: Free, **Sign up in advance.** Join the FiftyForward *All of Us* team us for a special “Thankful for *All of Us*” event celebrating 5 years of the *All of Us* Research Program on Thursday, November 9, 10 a.m.-12 p.m. There will be an *All of Us* bingo with prizes, brunch, Q & A about the program, and speakers. Free, but space is limited so please RSVP.

[Diabetes Management Presentation](#) Monday, November 13, 1p.m. Cost: Free, **Sign up in advance.** Angel Anthamatten, a Vanderbilt University Professor, will join us to speak about the importance of diabetes management. Join us to discuss the topic and ask any general questions that you might have.

[Trivia Afternoon](#) Tuesday, November 14, 11 a.m. Cost: Free. **Sign up in advance.** Join us for a morning of fun trivia. Nicole will play host as members try to outsmart one another in this team verses team fun event. A fun atmosphere and lite refreshments will be provided for all who would like to participate!!!

[Music ALIVE](#) November 15, 1p.m. Cost: Free, **Sign up in advance.** Music ALIVE are performers who enjoy sharing their love of music in a variety of different genres, from Folk & Blues to Americana and Roots music. Music ALIVE artists will have you swaying to the beat. Come and join us for an afternoon of live music and a fun atmosphere.

[Bordeaux Holiday Meal](#) Tuesday, November 21, 12 p.m. Cost: \$13 per person. **Sign up in advance.** Join us for a festive holiday meal where we can celebrate the season, share stories with one another, enjoy good holiday food, and spend time with your center family. Our chef preparing our Holiday Meal this year will be Ms. Peggy Fudgy.



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[Alzheimer's Awareness Presentation](#) Wednesday, November 29, 1 p.m. Cost: Free. **Sign up in advance.** Jade Vergara, a Vanderbilt University Professor, and a student group will collaborate and join us to speak about Alzheimer's Awareness. Join us to discuss the topic or ask any general questions that you might have.

[Scattergories](#) Thursday, November 30, 11 a.m. Cost: Free. **Sign up in advance.** Join us for a morning of fun. Nicole will play host as members work together in teams to try to collect the most points in this fun brain game.

DAY TRIPS:

TRIP GUIDELINES

Minimum number: Trips not meeting a minimum of 6 participants will be cancelled at least 24 hours in advance. Refunds or F.A.N. cards issued.

Departure Time: Trips leave at the stated departure time; please arrive at least 10 minutes prior.

Cancellations and No Shows: A refund or F.A.N. card will be issued if a cancellation is given within 24 hours of a trip's departure, except trips involving pre-ordered tickets or reservations. A refund or F.A.N. card will be given **only** if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the next month.

Exceptions: Exceptions may be considered by center staff in extreme situations.

Members are not allowed to drive and meet at trip locations when the trip involves group transportation.

DAY TRIPS:

[Chair Yoga at Nashville Public Library Bordeaux Branch](#)

Tuesday, November 7, 14, 21, & 28; Depart at 10:15 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, November 3; 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.

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

Wednesday, November 8, 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.

Nashville Ballet's Donuts & Dancing Thursday, November 16; 10:30 a.m. Bus will leave at 9:45 a.m. Cost: \$5

Transportation Fee, Preregistered. The Nashville Ballet is offering a free program for individuals to come and enjoy several rehearsals this season prior to the Nashville Ballets performance. This November we will have the chance to see a rehearsal of the Nutcracker, participate in a meet and greet, and question and answer session after the rehearsal.

Let's Thank Our Police and Fire Departments Monday,

November 20, 11a.m. Cost: Free. Sign up in advance. This is the month of Thanksgiving. FiftyForward Bordeaux members will drop off thank you notes and treats to the North Nashville Police Precinct and Local Fire Station #24.