

February 2024 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	Sa
				1 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU "Healthy Cents" 10 a.m. TRIP- Nashville Ballet "Donuts & Dancing" 1p.m. Kick off Black History Month 2 p.m. Advisory Council	2 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP- Walmart *	3
4	5 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit	6 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 11 a.m. BINGOize * 1 p.m. FFB Volunteer Meeting	7 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 11 a.m. AKA- Alpha Delta Omega Valentine BINGO*	8 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU "Healthy Cents" 10 a.m. All of US 11 a.m. BINGOize*	9 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Operation Fifty Fun * 1 p.m. Arts and Crafts w/ Freda	10
11	12 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit 11 a.m. African American representation in Clinical Trials*	13 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 :15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 11 a.m. Celebrate Mardi Gras* 1 p.m. Line Dancing	14 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 9:30 a.m. TRIP- Walk with a DOC 12 p.m. (NAC) of Delta Sigma Theta Partnership Event * 1 p.m. Music ALive*	15 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. TSU "Healthy Cents" 11 a.m. BINGOize* 12 p.m. Lunch & Learn w/ Dedicated Senior Medical Center*	16 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Operation Fifty Fun * 12:30 p.m. Black History Movie Day	17
18	19 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bordeaux Get Fit 11 a.m. BINGO 1 p.m. Adult Coloring w/ Bordeaux Library	20 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 9 a.m. TRIP- Oak Grove Casino*	21 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 9-12 p.m. Care Manager 10 a.m. Bible Study 1-2 p.m. TRIP-Black History Month Celebration w/Dollar General	22 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Boys & Girls Club Presentation 11 a.m. BINGOize 1 p.m. Chat and Chew	23 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Operation Fifty Fun * 1 p.m. Arts and Crafts w/ Freda	24
25	26 9 a.m. Cards & Board Games 9 a.m. Wii 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	27 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10:15 am. TRIP- Chair Yoga at NPL Bordeaux Branch * 11 a.m. BINGOize * 1 p.m. Line Dancing	28 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study	29 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 11 a.m. BINGOize * 1 p.m. Closing Ceremony for Black History Month	**Pre-register for Nashville Symphony's West Side Story**	

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Denotes member-led program


RECURRING CLASSES, ACTIVITIES, & GROUPS:

Cards & Board Games Group Drop by Monday—Friday in February; 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 February; 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 February; 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, February 19 & 26; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends

 **Arts and Crafts w/Freda** Friday, February 9 & 23; 1 p.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

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

BINGO Wednesday, February 19, 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** Mondays, February 5, 12, 19, & 26; 10 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, February 22; 1pm. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about getting organized.

Joyce Lee – FiftyForward Living at Home Care Manager Wednesday, February 21, 9 a.m.-12p.m. FFB welcomes Joyce each month on the 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, February 13 & 27; 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, February 16; 12:30 p.m. We will watch a movie and enjoy popcorn with a cold drink.

Music for Seniors Presents Amy Frederick Monday, February 26; 11 a.m. Members will enjoy music by Amy Frederick.

Monthly Meetings

FFB Volunteer Meeting Tuesday, February 6; 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, February 1; 2 p.m. 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 its members.

SPECIAL PROGRAMS & EVENTS:

TSU “Healthy Cents” Thursday, February 1, 8, & 15, 10 a.m. **Cost: Free, Sign up in advance.** This curriculum was designed to provide and encourage families that making healthy choices is possible no matter one's income level. Lessons discussed will be on nutrition and food resource management principles to help aide in food choices on a limited budget.

Kick of Black History Month Thursday, February 1, 1 p.m. **Cost: Free, sign up in advance.** Lets celebrate Black History Month by kicking it off with dessert and coffee. Join us for an afternoon of discussion and celebration of heritage and culture.

BINGOcize Nutrition Tuesdays & Thursdays, 11-12 p.m. **Cost: Free, Sign up in advance. 20 person limit.** BINGOcize is back for an all nutrition program starting February 6th!! A fun 10-week health promotion program that combines the game of BINGO with inclusive exercises for everyone. Come play BINGO while learning about nutrition!!!

AKA-Alpha Delta Omega Valentine BINGO Wednesday, February 7, 11 a.m. **Cost: Free, Sign up in advance.** Join us for a Valentines Day BINGO sponsored by AKA-Alpha Delta Omega Sorority. This holiday themed BINGO will have great prizes and lite refreshments from our great friends, AKA-Alpha Delta Omega.

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SPECIAL PROGRAMS & EVENTS:

Learn how you can become “One in a Million” with the All of Us Research Program! Thursday, February 8; 10 a.m. **Cost: Free.** 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.

Operation Fifty Fun Friday, February 9, 16, & 23, 10-12 p.m. **Cost: Free, Sign up in advance.** Each week, Vanderbilt Nursing students will work with FiftyForward Bordeaux members to enact their needs assessment that the members communicated to the students. Each week will consist of different activities, presentations, and trips to fulfill the needs of the members as soon through oral and written surveys.

African American Representation In Clinical Trials Monday, February 12, 11 a.m. **Cost: Free, Sign up in advance.** Join Dr. Lanese Campbell in a discuss about the under-representation of Black Americans in cancer clinical trials.

Celebrate Mari Gras Tuesday, February 13, 11 a.m. **Cost: Free, sign up in advance.** Let's enjoy the day of Celebration and Feasting....Mardi Gras!!! It's a day for parades, eating King Cake, and FUN!!! Join us for a fun day to show off your Mardi Gras Masks and enjoy some King Cake!!!

Music ALIVE Wednesday, February 14, 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 artists will have you swaying to the beat. Come and join us for and afternoon of live music and a fun atmosphere.

Lunch & Learn with Dedicated Senior Medical Center Thursday, February 15, 12 p.m. **Cost: Free, sign up in advance.** Join us for an exciting lunch and learn about the Dedicated Senior Medical Center. Frazier Simmons will speak about the organization and provide lunch for members interested in joining to learn about the health facility.

(NAC) of Delta Sigma Theta Partnership Event Wednesday, February 14, 12 p.m. **Cost: Free, sign up in advance.** Join us for a lunch engagement with the Nashville Alumnae Chapter of Delta Sigma Theta as they share the mission of the Sorority, the goal for the event, and special treats for members.

Boys and Girls Club Presentation Thursday, February 22, 10 a.m. **Cost: Free, sign up in advance.** Join us to learn more about the Boys and Girls Club of Nashville and to see how you can volunteer or work part time for the organization.

Closing Ceremony for Black History Month Thursday, February 29, 1 p.m. **Cost: Free. Sign up in advance.** Join us for a discussion on how far Black History and Culture have come over the years to close out this years Celebration of Black History Month.

DAY TRIPS:

Nashville Ballet “Donuts and Dancing” Thursday, February 1, Depart at 10:15 a.m. **Cost: \$15 Transportation Fee + lunch cost, sign in advance.** The Nashville Ballet offers a free program called “Donuts and Dancing” for individuals to come and enjoy several rehearsals this season prior to their performances. This February we will have the chance to see a rehearsal of the *Attitude*, participate in a meet and greet, and question and answer session after a rehearsal. FiftyForward Bordeaux and the Knowles Center will be partnering up to enjoy this performance. We will be heading to the PDK Southern Kitchen for lunch after rehearsal.

Grocery Shopping—Walmart Friday, February 2; Depart at 10 a.m. **Cost: \$5 Transportation Fee, sign up in advance.** Members will travel to the grocery store for a social shopping trip.

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, February 6, 13, & 27; 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.

Walk with a Doc and All of Us at Centennial Park (Outdoors) Wednesday, February 14, 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.

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DAY TRIPS:

Oak Grove Casino Tuesday, February 20, Depart at 9:30

a.m. Cost: \$20 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 just be a FiftyForward Bordeaux trip on the 24-passenger bus.



Black History Month Celebration with Dollar General

Wednesday, February 21, 12:30-2 p.m. Cost: Free, Sign up

in advance. Join us for an afternoon of fun at FiftyForward Madison Station to celebrate Black History Month with Dollar General's African American Employee Resource Group. They'll host a trivia event with prizes, a hot cocoa bar and other treats. **We will leave from the Bordeaux Center at 12:30 p.m.** transporting members who are interesting in going and the departing after the event is over.

Pre-register for Nashville Symphony's Westside Story

Rehearsal Thursday, March 7, 10-12:30 p.m. Cost: \$15

Transportation Fee, + cost of lunch. Register by February

22. The Nashville Symphony presents Life Long Listeners Program where individuals can enjoy different opportunities the Symphony provides. Join us as we get to experience a full dress rehearsal as the symphony prepares for one of their upcoming shows *Westside Story*!!! Once rehearsals are finished we will head to lunch at Slim and Husky's Pizza Beeria before making our way back to the center.

