

May 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. Bible Study	2 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 12:30 p.m. Frist Art Museum Digital Art Workshop 2 p.m. Advisory Council Meeting	3 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. TRIP-Walmart 1 p.m. Arts and Crafts w/ Freda	4
5	6 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. FFB Volunteer Meeting	7 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10:15 a.m. TRIP- Chair Yoga at NPL Bordeaux Branch * 11 a.m. Mother's Day Tea Party	8 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	9 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 12:30 p.m. Frist Art Museum Digital Art Workshop	10 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 9-12:30 p.m. MEET UP: Bordeaux Resource Fair	11
12	13 Center Closed for in person Activities Today! 11-2 p.m. MEET UP: Picnic in the Park @ Hadley Park Shelter #1	14 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10:15 a.m. TRIP- Chair Yoga at NPL Bordeaux Branch * 1 p.m. Line Dancing w/Annette	15 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. National Chocolate Chip Day	16 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 12:30 p.m. Frist Art Museum Digital Art Workshop	17 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10-12 p.m. Operation Fifty Fun 12:30 p.m. Movie Day	18
19	20 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	21 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. Arthritis Awareness Presentation	22 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study	23 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 12:30 p.m. Frist Art Museum Digital Art Workshop	24 Center Closed for in person Activities Today! 11:30 a.m. MEET UP: Spring Metro Appreciation Banquet	25
26	27 FiftyForward Centers & Offices Closed for Memorial Day	28 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. Birthday Bash & Bingo in Honor of OAM 1 p.m. Line Dancing w/Annette	29 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 10 a.m. Bible Study 1 p.m. Chat & Chew	30 9 a.m. Cards & Board Games 9 a.m. Wii Games 9:30 a.m. Word Search & Puzzles 12:30 p.m. Frist Art Museum Digital Art Workshop	31 Center Closed for in person Activities Today! 10 a.m. TRIP-Beaman Park Nature Center + Lunch	

FiftyForward Bordeaux PROGRAM INFORMATION



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Denotes member-led program


RECURRING CLASSES, ACTIVITIES, & GROUPS:

Cards & Board Games Group Drop by Monday—Friday in May; 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 May; 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 May; 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, May 20; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends. Supplies provided by the Bordeaux Library.


 **Arts and Crafts w/Freda** Friday, May 3; 1 p.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

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

BINGO Monday, May 6, 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, May 6 & 20; 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** Wednesday, May 29; 1pm. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: Being Kind to Everyone You Meet Could Change the World.

 **Line Dancing w/Annette** Tuesday, May 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 Friday, May 17; 12:30 p.m. We will watch a movie and enjoy popcorn with a cold drink.

Music for Seniors Presents Michelle Garcia Monday, May 20; 11 a.m. Members will enjoy music by Michelle Garcia.

Monthly Meetings

FFB Volunteer Meeting Thursday, May 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, May 2; 2 p.m. **This meeting will take place at the Bordeaux Library.** 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:

Frist Art Museum Digital Art Workshop Thursdays, April 11– May 30. 12:30-2 p.m. **20 Participant Limit. Cost: Free, Registration Closed.** The Frist Art Museum is offering a Digital Art Making Workshop. The class is an 8-week sequential program that builds knowledge and skills each week. Members interested in taking the course will need to commit to all 8 classes. All supplies will be provided. At the end of the course there will be a celebration and a scheduled trip to the Frist Museum to see everyone's Art Work on exhibition.

Mothers Day Tea Party Tuesday, May 7; 11 a.m. **Cost: Free, Register in advance.** Join us as we celebrate Mothers. FiftyForward Bordeaux will be hosting a Mother's Day Tea Party to celebrate all the mother in our lives. Volunteers from the National Charity League will be donating hand made centerpieces, placemats, and Mother's Day cards to further our celebration.

National Chocolate Chip Day Wednesday, May 15; 11 a.m. **Cost: Free.** Join us on May 15th for National Chocolate Chip Day to celebrate this fun holiday. You may receive a chocolate treat.

Operation Fifty Fun Friday, May 17, 10-12 p.m. **Cost: Free, Sign up in advance.** Vanderbilt Nursing students will be celebrating the end of the semester and the completion of Operation Fifty Fun. Join us for a party and lunch sponsored by Vanderbilt University to celebrate our accomplishments and to toast the students as they move on to the next stage of their studies!!!

Arthritis Awareness Presentation Tuesday, May 21; 11 a.m. **Cost: Free, Sign up in advance.** Join us for a discussion about Arthritis Awareness. Our guest speaker Kamala Nola, a professor from Lipscomb University, will be here to lead our discussion and answer any question anyone might have.

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SPECIAL PROGRAMS & EVENTS:

Birthday Bash and BINGO in Honor of OAM Tuesday, May 28; 11-1 p.m. Cost: Free, **Sign up in advance.** In May we celebrate Older Americans and what better way than with a Big Birthday Bash. Join us for a Birthday Party and BINGO celebration of you our members!!! Party Hats, Birthday Cake, and Bingo Prizes will be had on this fun day of celebration!!

DAY TRIPS:

Grocery Shopping—Walmart Friday, May 3; Depart at 10 a.m. Estimated return at 12 p.m. Cost: \$5 Transportation Fee, **Registration is required.** Members will travel to the grocery store for a social shopping trip.

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, May 7, 14, 21, & 28; Depart at 10:15 a.m.; Class 10:30-11:30 a.m. Estimated return by 12 p.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 Celebrate OAM at Knowles Center (Outdoors) Wednesday, May 8, Depart at 9:30 a.m. Estimated return at 12 p.m. Cost: Free, **sign up in advance.** Join the FiftyForward All of Us team for a special Older Americans Month Walk with a Doc at FiftyForward Knowles. Walkers will gather in the center lobby at 10 a.m. for a brief health talk from Dr. Amy Price Neff of Mindstream Integrative Medicine, then everyone will walk the new walking trail around the Tennessee State Fairgrounds. This is a 1.3 mile route with a flat, paved surface. A hot nutritious lunch will be provided by FiftyForward Fresh for the first 50 walkers.

Beaman Park Nature Center & Goody's Café Friday, May 31; Depart 9:30 a.m. Estimated return at 2:30 p.m. Cost: \$15 Transportation Fee + cost of lunch. **Registration is Required.** Would you like to enjoy a morning out in nature. Join us for a hike on the Creekside Trail, a meandering along the boardwalk around the Nature Center, or for the simple enjoyment of sitting in the rocking chairs on the back porch at Beaman Nature Center. There will be lots to explore. For lunch we will head to a local restaurant, Goody's Café. Join us for a fun day out!!!

MEET UP'S:

Bordeaux Resource Fair Friday, May 10; 9 – 12:30 p.m. Meet up. Cost: Free. **Sign up in advance.** The Bordeaux Resource Fair will be taking place at the Hadley Park Community Center from 9 to 12:30 p.m. Interactive learning sessions, giveaways, a free dance step class, lunch included, and the Second Harvest Mobile Market will be present for the event. FiftyForward will have a booth set up among the other vendors providing information for the Bordeaux Community. Join us for this for this fun day out.

Picnic in the Park @ Hadley Park at Shelter 1 Monday, May 13; 11-2 p.m. Cost: Free, **Sign up in advance.** FiftyForward Bordeaux is celebrating Memorial Day a little earlier with a picnic in the park. Bring your favorite picnic dish as we enjoy the start of the summer. Join us at Hadley Park to celebrate the holiday, enjoy a day of fun, and eat great food.

Spring Metro Appreciation Banquet Friday, May 24; Depart at 9:15 a.m. Banquet from 10-2 p.m. Cost: Free. **Metro Volunteers Only.** Metro will be hosting a banquet to celebrate and honor the individuals that volunteer for each of its platforms throughout the year. It will be held at the Madison Precinct located at 400 Myatt Dr, Madison, TN 37115. **Members will be responsible for their own rides.**