

## July 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>.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>8:30 am Games &amp; Wii</b> <b>10 am Bordeaux Get Fit</b> <b>11 am BINGO</b> <b>12 pm Metro Meals*</b> <b>1 pm Program Committee</b>	2 <b>8:30 am Games &amp; Wii</b> <b>9:30 am TRIP–FiftyForward La Vergne</b> <b>12 pm Metro Meals*</b> <b>*No Transportation*</b>	3 <b>8:30 am Games &amp; Wii</b> <b>10 am Bible Study</b> <b>12 pm Metro Meals*</b>	4 FiftyForward Centers & Offices CLOSED for 4th of July	5 <b>8:30 am Games &amp; Wii</b> <b>10 am TRIP-Walmart*</b> <b>12 pm Metro Meals*</b> <b>1 pm Arts and Crafts w/ Freda</b>	6
7 National Therapeutic Week	8 <b>8:30 am Games &amp; Wii</b> <b>10 am Bordeaux Get Fit</b> <b>12 pm Metro Meals*</b>	9 <b>8:30 am Games &amp; Wii</b> <b>10:15 am TRIP- Chair Yoga at NPL Bordeaux Branch *</b> <b>11 am Games w/ Nicole for NTW</b> <b>12 pm Metro Meals*</b> <b>1 pm Line Dancing w/Annette</b>	10 <b>8:30 am Games &amp; Wii</b> <b>10 am TRIP– Walk with a DOC</b> <b>12 pm Metro Meals*</b> <b>1 pm Music ALive*</b>	11 <b>8:30 am Games &amp; Wii</b> <b>10 am TSU “Choose Health, Food, Fun, &amp; Fitness”</b> <b>12 pm Metro Meals*</b> <b>1 pm Arts &amp; Crafts- Nicole pt 1 for NTW</b> <b>2 pm Advisory Council Meeting</b> <b>*No Transportation*</b>	12 <b>8:30 am Games &amp; Wii</b> <b>10 am Arts and Crafts w/ Nicole pt. 2 for NTW</b> <b>12 pm Metro Meals*</b> <b>12:30 p.m. Movie Day</b>	13
14	15 <b>8:30 am Games &amp; Wii</b> <b>10 am Bordeaux Get Fit</b> <b>12 pm Metro Meals*</b>	16 <b>8:30 am Games &amp; Wii</b> <b>11 am Colts Chocolate Tour + Logans Roadhouse</b> <b>12 pm Metro Meals*</b>	17 <b>8:30 am Games &amp; Wii</b> <b>10 am Bible Study</b> <b>11 am Tax Relief/ Tax Freeze</b> <b>12 pm Metro Meals*</b>	18 <b>8:30 am Games &amp; Wii</b> <b>10 am TSU “Choose Health, Food, Fun, &amp; Fitness”</b> <b>11:45 a.m. Monthly Birthday Celebration</b> <b>12 pm Metro Meals*</b>	19 FiftyForward Centers & Offices CLOSED for Staff Retreat	20
21	22 <b>8:30 am Games &amp; Wii</b> <b>10 am Bordeaux Get Fit</b> <b>11 am Music for Seniors</b> <b>12 pm Metro Meals*</b> <b>1 pm Adult Coloring w/ Bordeaux Library</b>	23 <b>8:30 am Games &amp; Wii</b> <b>10:15 am TRIP- Chair Yoga at NPL Bordeaux Branch *</b> <b>12 pm Metro Meals*</b> <b>1 pm Line Dancing w/Annette</b>	24 <b>8:30 am Games &amp; Wii</b> <b>10 am Bible Study</b> <b>11 am BINGO Sponsored by Devoted Health</b> <b>12 pm Metro Meals*</b>	25 <b>8:30 am Games &amp; Wii</b> <b>10 am TSU “Choose Health, Food, Fun, &amp; Fitness”</b> <b>12 pm Metro Meals*</b> <b>1 pm Chat &amp; Chew w/ Mr. Fowler</b> <b>5:30 pm Jazz in the Park</b>	26 <b>8:30 am Games &amp; Wii</b> <b>11 am Hats OFF Virtual Fundraiser and Fashion Show</b>	27
28	29 <b>8:30 am Games &amp; Wii</b> <b>10 am Bordeaux Get Fit</b> <b>12 pm Metro Meals*</b> <b>1 pm Adult Coloring w/ Bordeaux Library</b>	30 <b>8:30 am Games &amp; Wii</b> <b>10:15 am TRIP- Chair Yoga at NPL Bordeaux Branch *</b> <b>12 pm Metro Meals*</b>	31 <b>8:30 am Games &amp; Wii</b> <b>10 am Bible Study</b> <b>11:30 am TRIP– Pizza Ranch</b> <b>12 pm Metro Meals*</b>			

# FiftyForward Bordeaux PROGRAM INFORMATION



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Denotes member-led program

## RECURRING CLASSES, ACTIVITIES, & GROUPS:

**Metro Meals Monday-Friday, 12 p.m.—1 p.m. No Metro Meals on July 4 & 19 or days the center is closed.** Metro Meals offers their free lunch program to interested and approved seniors age 60+.

**Cards, Puzzles, Word Searches, Wii games Monday-Friday, 8:30 a.m.-3:30 p.m.** Stop by the center to play cards, tackle a puzzle, play Rummikub, or try your hand at Wii Sports!


**Adult Coloring w/ Bordeaux Library Monday, July 22 & 29; 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, July 5 at 1 p.m.** Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.


**Bible Study Wednesdays, July 3, 17, 24 & 31; 10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study.

**BINGO Monday, July 1, 11 a.m.;** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some really nice BINGO prizes for all who attend!

**New! Monthly Birthday Celebration Thursday, July 18, 11:45 a.m.** Join us to celebrate monthly birthdays!

 **Bordeaux Get Fit Class Mondays, July 1, 8, 15, 22, & 29; 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, July 25; 1pm.** FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: Self Care and taking care of me.

 **Line Dancing w/Annette Tuesday, July 9 & 23; 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, July 12; 12:30 p.m.** Join us for an afternoon of fun as we will watch a movie.

**Music for Seniors Presents Amy Frederick Monday, July 22; 11 a.m.** Members will enjoy music by Amy Frederick.

## Monthly Meetings

**Program Committee Monday, July 1; 1 p.m.** Join our monthly Program Committee meeting. We discuss ideas for possible field trips, new activities, and interesting presenters that could come to the center.

**Advisory Council Meeting Thursday, July 11; 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:

**Games with Nicole for NTW Tuesday, July 9; 11 a.m. Cost: Free.** The second week of July is Nation Therapeutic Week. Join Nicole for a morning a fun as we try our hand at different types of strategy dice games.

**Music ALIVE Wednesday, July 10, 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.

**New! TSU “Choose Health, Food, Fun, & Fitness” Thursday, July 11, 18, & 25; 10 a.m. Cost: Free.** Join Cheryl from the TSU from the TSU Nutrition Extension Program in this 8 week course about Health, Food, Fun, and Fitness. Participants will be reminded of the sugars and salts that are in foods and drinks. Within this curriculum participants will be shown how to recognize how much sugar and salts are in foods and drinks to help them cut some of those items out of their diets to maintain their health and weight.

**Arts and Crafts– Drip Paint Pots w/ Nicole pt. 1 for NTW Thursday, July 11; 1 p.m. Cost: Free.** Join Nicole for a second project in celebration of National Therapeutic Week. This arts and crafts projects will be done in two parts. The Drip Paint Pots will be painted completely white in part 1 then left to dry.

**Arts and Crafts-Drip Paint Pots w/Nicole pt. 2 for NTW Friday, July 12; 10 a.m. Cost: Free.** Only members who had participated in part one will be able to continue to part 2. In this session each member will add their choice of color(s) to their pots to create their very own Drip Paint Pots.

**Tax Freeze/Tax Relief Wednesday, July 17; 11 a.m. Cost: Free.** The Metropolitan Government and the Office of Metropolitan Trustee will be here to speak about the Tax Relief and Tax Freeze programs for elderly homeowners, disabled homeowners, disabled veterans, and disabled veteran widowers. Anyone who is interested in signing up for any of these programs will also be able to register while the representative is here speaking about the each of the programs.

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**BINGO Sponsored by Devoted Health Wednesday, July 24; 11 a.m. Cost: Free.** Come and join FiftyForward Bordeaux for some social BINGO FUN! All prizes will be sponsored and provided by Devoted Health.

**New! Jazz in the Park Thursday, July 25; 5:30 p.m. Cost: Free.** Nashville Jazz Workshop is hosting a summer concert series, Jazz in the park at Hadley Park. On the third Thursday of the month, starting at 5:30 p.m. enjoy live music for free. Bring blankets, chairs, and picnic dinner to enjoy the evening. This month's artist is Hollie Hammel. The series runs until September with a new artist each month.

**HATS OFF to BORDEAUX Virtual Fundraiser and Fashion Show Friday, July 26; 11 a.m. Cost: Free.** Join us for a viewing party of our fundraiser and fashion show, Hats Off to Bordeaux at the FiftyForward Bordeaux Center. Light refreshment will be provided.

## 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:

**FiftyForward La Vergne Day Trip Tuesday, July 2; Depart at 9:30 a.m. Estimated return 2:30 p.m. Cost: Free.** Join us as we travel to the new FiftyForward Center in La Vergne for food and fun in the sun. We will be having a cookout and playing games as an early celebration of 4th of July.

**Grocery Shopping—Walmart Friday, July 5; 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, July 9, 23, & 30; Depart at 10:15 a.m.; Class 10:30-11:30 a.m. Estimated return by 11:45 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 at Knowles Center (Outdoors) Wednesday, July 10, 10:-11:30 a.m. Cost: Free. sign up in advance.** Join us for 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.

**Colts Chocolate Tour & Logans Roadhouse Tuesday, July 16; Depart at 10:30 a.m. Estimated return at 2:30 p.m. Cost: \$15 Transportation Fee + \$8 Tour Fee + Lunch Cost.** Let's celebrate National Chocolate Day by touring a chocolate factory!!! Join us as we tour the Colts Chocolate Factory. \*\*All participants going are required to wear closed toe shoes. All participants who enter the production room must wear a hair net and/or beard guard to ensure we are in compliance with food and safety requirements.\*\* We will eat lunch at Logans Roadhouse.

**Pizza Ranch Wednesday, July 31; Depart at 11:30 a.m. Estimated return at 2 p.m. Cost: \$15 Transportation Fee + Lunch, Seniors 65+ receive 20% off meal . Registration is required.** Join us as we check out this new pizza joint. Everyone can look forward to a fun meal to enjoy with friends while filling their bellies with good food.

**\*\*\*\*New\*\*\*\* Days Listed with \*No Transportation\* there will not be transportation offered to and from the center**