

August 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 am Games & Wii 10 am TSU "Choose Health, Food, Fun, & Fitness" 12 pm Metro Meals*	2 8:30 am Games & Wii 10 am TRIP- Walmart* 12 pm Metro Meals* 1 pm Arts and Crafts w/ Freda	3
4	5 Center Closed for programming. Moving!!	6 Center Closed for programming. Moving!!	7 Center Closed for programming. Moving!!	8 Center Closed for programming. Moving!!	9 Center Closed for programming. Moving!! 8:30-12pm Fisk Day of Service	10
11	12 Center Closed for programming. Moving!!	13 Center Closed for programming. Moving!!	14 Center Closed for programming. Moving!!	15 Center Closed for programming. Moving!!	16 Center Closed for programming. Moving!!	17
18	19 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am BINGO 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	20 8:30 am Games & Wii 10:15 am TRIP- Chair Yoga at NPL Bordeaux Branch * 11 am Jewelry Making w/Trudy 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	21 8:30 am Games & Wii 10 am Bible Study 12 pm Metro Meals*	22 8:30 am Games & Wii 10 am TSU "Choose Health, Food, Fun, & Fitness" 11:45 a.m. Monthly Birthday Celebration 12 pm Metro Meals 1pm Chat & Chew w/ Mr. Fowler 5:30 pm Jazz in the Park	23 8:30 am Games & Wii 10:30 am TRIP- Amber Falls Winery + Opry Mills Shopping+ Lunch at Mall* 12 pm Metro Meals*	24
25	26 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am Music for Seniors 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	27 8:30 am Games & Wii 10:15 am TRIP- Chair Yoga at NPL Bordeaux Branch * 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	28 8:30 am Games & Wii 10 am Bible Study 11:30 a.m. Cracker Barrel 12 pm Metro Meals*	29 8:30 am Games & Wii 10 am TSU "Choose Health, Food, Fun, & Fitness" 11:30 am End of Summer Potluck	30 8:30 am Games & Wii 10 am Arts and Crafts w/ Freda 12 pm Metro Meals*	31

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:

Metro Meals Monday-Friday, 12 p.m.—1 p.m. No Metro Meals on 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, August 19 & 26; 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, August 2 at 1 p.m. and August 30 at 10 a.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda Minnis.

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

BINGO Monday, August 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!

Monthly Birthday Celebration Thursday, August 22, 11:45 a.m. Join us to celebrate monthly birthdays!

Bordeaux Get Fit Class Mondays, August 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, August 22; 1pm. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: Be safe in the kitchen and around the house.

Line Dancing w/Annette Tuesday, August 20 & 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!!

Music for Seniors Presents Jannelle Means Monday, August 26; 11 a.m. Members will enjoy music by Jannelle Means.

SPECIAL PROGRAMS & EVENTS:

Fisk Day of Service Friday, August 9; 8-12 p.m. Cost: Free. Fisk University Students will be joining us for a few hours to provide some volunteer hours. They will be working in our kitchen in preparation for moving and helping to clean up our vehicles.

TSU “Choose Health, Food, Fun, & Fitness” Thursday, August 1, 22, & 29; 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.

Jewelry Making w/Trudy Tuesday, August 20; 11 a.m. Cost: Free, Sign up in advance. Interested in making a fun bracelet or necklace. Join Trudy Tuesday morning to create your own jewelry. All supplies will be provided just bring your creativity.

Jazz in the Park Thursday, August 22; 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's is Hollie Hammel. The series runs until September with a new artist each month.

End of Summer Potluck Thursday, August 29; 11:30 a.m. Celebrate the summer season coming to a close with us with one last hora!! Come to enjoy food and fellowship! Your contribution of a dish is very much appreciated and needed. If you forget ,or at the last minute would like a meal you can pay \$5 to participate if you do not bring a dish. **Registration is required.**

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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:

Grocery Shopping—Walmart Friday, August 2; Depart at 10 a.m. Estimated return at 12 p.m. Cost: Free 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, August 20, & 27; 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.

Amber Falls Winery + Lunch + Shopping at Opry Mills Mall Friday, August 23; Depart 10:30 a.m. Estimated return at 2:30 p.m. Cost: Free Transportation Fee + lunch cost + \$10.93 per tasting (can share as small group), **Registration is required**. Amber Falls Winery has a charming satellite wine tasting room in the Opry Mills Mall, where individuals can taste their award winning wine and select their favorite bottle to take home. After you have selected your favorite wine members will have the opportunity to shop at their favorite stores and have a variety of lunch options before departing back for the center by 2:30 p.m. This is a joint trip with FiftyForward Turner Center.

Cracker Barrel Wednesday, August 28; Depart at 11:30 a.m. Estimated return at 2 p.m. Cost: Free Transportation Fee + Cost of Lunch. **Registration is required**. Delicious breakfast, lunch, and dinner options fill the menus at our friendly Cracker Barrel. Join us for a lunch trip and enjoy good food, fun, and the country store.