

October 2024 FiftyForward October 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 for programs & trips, go to <https://fiftyforward.org/member/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 am Games & Wii 10:30 am Meet There-Chair Yoga at NPL Bordeaux Branch * 11 am Wii Bowling Tournament 12 pm Metro Meals*	2 8:30 am Games & Wii 10 am Bible Study 10 am FiftyForward Health Fair at Donelson Station 12 pm Metro Meals*	3 8:30 am Games & Wii 10 am Intro Crochet 12 pm Metro Meals* 2 pm Advisory Council Meeting	4 8:30 am Games & Wii 9 am Walking Club 10 am Walmart* 12 pm Metro Meals* 1 pm Arts & Crafts w/ Freda	5
6	7 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am BINGO 12 pm Metro Meals*	8 8:30 am Games & Wii 10:30 am Meet There-Chair Yoga at NPL Bordeaux Branch * 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	9 8:30 am Games & Wii 10 am Walk with a DOC 12 pm Metro Meals* 1 pm Sudoku w/ Erma	10 8:30 am Games & Wii 10 am Rummikub Tournament 11:30 am Choose How You Move Presentation 12 pm Metro Meals*	11 8:30 am Games & Wii 9 am Walking Club 10 am Frist Art Museum & Farmers Market 12 pm Metro Meals*	12
13	14 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am Informed Voting: Protection Against Misinformation 12 pm Metro Meals*	15 8:30 am Games & Wii 10 am Into Crochet 10:30 am Meet There-Chair Yoga at NPL Bordeaux Branch * 11am Jewelry Making w/Trudy 12 pm Metro Meals*	16 8:30 am Games & Wii 9:30 am Volunteer at Cheekwood 10 am Bible Study 12 pm Metro Meals*	17 8:30 am Games & Wii 10:30 am Mad Libs Fun 11 am STEAM Project 12 pm Metro Meals*	18 8:30 am Games & Wii 9 am Walking Club 10 am Arts & Crafts w/ Freda 12 pm Metro Meals* 12:30 pm Movie Day	19
20	21 8:30 am Games & Wii 10 am Bordeaux Get Fit 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	22 8:30 am Games & Wii 10:30 am Meet There-Chair Yoga at NPL Bordeaux Branch * 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	23 8:30 am Games & Wii 9:30 am Oak Grove Casino 10 am Bible Study 12 pm Metro Meals*	24 8:30 am Games & Wii 12 pm Metro Meals* 1pm Chat & Chew w/ Mr. Fowler	25 8:30 am Games & Wii 9 am Walking Club 10 am BINGO 12 pm Metro Meals*	26
27	28 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	29 8:30 am Games & Wii 10:30 am Meet There-Chair Yoga at NPL Bordeaux Branch * 11 am Breast Cancer Awareness Presentation 12 pm Metro Meals*	30 8:30 am Games & Wii 10 am Bible Study 12 pm Metro Meals* 1 pm Art Workshop	31 8:30 am Games & Wii 10:30 am Halloween Party 12 pm Metro Meals* 1 pm Sudoku w/ Erma		

FiftyForward October 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 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, October 21 & 28; 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, October 4 at 1 p.m. & 18 at 10 a.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

Bible Study Wednesdays, October 10, 16, 23 & 30; 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Monday, October 7, at 11 a.m. & 25 at 10 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, October 7, 14, 21, & 28; 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, October 24; 1p.m. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: How do you celebrate Halloween.

Line Dancing w/Annette Tuesday, October 8 & 22; 1p.m. 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, October 18; 12:30 p.m. Join us for an afternoon of fun as we will watch a movie.

Music for Seniors Presents Lady Chapman Monday, October 28; 11 a.m. Members will enjoy music by Lady Chapman.

Walking Club Fridays, 9 a.m. Join us Friday mornings to walk the circuit of the parking lot before the weather turns cold to get the muscles moving and the blood pumping.

Monthly Meetings

Advisory Council Meeting Thursday, October 3; 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:

New!! Wii Bowling Tournament Tuesday, October 1, 11 a.m.; Cost: Free, sign up in advance. Join other members in an exciting friendly tournament of Wii bowling. See who can bowl the most strikes to win each game!!!

New!! Intro Crochet Thursday, October 3 & Tuesday October 15, 10 a.m. Cost: Crochet Needle & Skein of Yarn Registration is required. Join FiftyForward member Ms. Teri as she teaches a beginners class of crochet. Bring your crochet needle and your favorite color skein of yarn and she will provide you with the rest of the instructions.

Rummikub Tournament Thursday, October 10, 10 a.m.; Cost: Free, sign up in advance. Join us for a friendly competition of Rummikub. All members will square off in this no holds bar tournament. The member who has the best strategy and can work their mathematics to their success will achieve greatness!!

Choose How You Move Presentation Thursday, October 10, 11:30 a.m. Cost: Free, Sign up in advance. The Nashville Mayors office will be here to give a presentation on the Choose How You Move Program, an Addendum that all Davidson County residence will be voting on this coming election. Members are encourage to attend to hear the presentation and then ask questions from the representatives from the Mayors Office.

Sudoku w/Erma Wednesday, October 9 & 31, 1 p.m.; Cost: Free, sign up in advance. Have you heard the word sudoku and wondered what in the world are people saying..one and two, what are they referring to. Join Mrs. Erma in this beginners class as she breaks down how to play the game and enjoy this strategic process

Informed Voting: Protection Against Misinformation Monday, October 14, 11 a.m.; Cost: Free, sign up in advance. Join Vanderbilt Librarians, Emily Bush and Mellisa Mallon, for a workshop discussion about informed voting and protecting yourself against the spread of misinformation.

Jewelry Making w/Trudy , October 15, 11 a.m.; Cost: Free, sign up in advance. Interested in making a fun bracelet or necklace. Join Trudy to create your own jewelry. All supplies will be provided just bring your creativity.

New!! Mad Libs Fun Thursday, October 17, 10:30 a.m.; Cost: Free. Laugh till your sides ache as we fill in words to make silly stories.

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SPECIAL PROGRAMS & EVENTS:

STEAM Project: Earthquake Challenge Thursday, October 17, 11 a.m.; Cost: \$5. **Registration is required.** How many ways can you build a structure to withstand an earthquake. Join us as we experiment with different materials: straws, toothpicks, cardboard, marshmallows, and tape to see who can build the best structures to withstand the EARTHQUAKE!!

Breast Cancer Awareness Presentation Tuesday, October 29, 11 a.m.; Cost: Free, **sign up in advance.** Join Health Educator Lanese Campbell as she discusses the importance of Breast Cancer Awareness.

Art Workshop Wednesdays, October 30, 1 p.m.; Cost: \$5, **registration is required.** Join other inspiring artists to work on a new project each month. This month will be pumpkin carving. All art supplies will be provided for the class. You just need to bring your creativity!!!

Halloween Party Thursday, October 31, 10:30 a.m.; Cost: Free, **sign up in advance.** FiftyForward Bordeaux is throwing a Halloween Party. Join us for a morning a fun with games, costume contest, and members presenting a choreographed dance: Thriller!!

UPCOMING

TN Ship Medicare Counseling Monday, November 4, 9-1 p.m.; Cost: Free, **Registration must be in advance.** A member of the TN Ship Counseling Team will be here Monday November 4th to help provide counseling to any individual who is interested in signing up for Medicare. These are one on one sessions to answer any questions you may have about Medicare prior to registering for a plan this coming fall. See a staff member to sign up for your time slot.

TRIP GUIDELINES

Minimum number— Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance. Refunds will be issued.

Departure Time - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

Cancellations and No Shows - A refund will be issued if a cancellation is given within 24 hours of a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund 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 following month.



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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 Health Fair at Donelson Station Wednesday, October 2; 10-12 p.m. Depart at 9:30 a.m. Estimated return at 12:30 p.m. FiftyForward will be hosting its annual Health Fair at Donelson Station. There will be a variety of Health Vendors to gather information from and collect goodies. Join us for this great event.

Grocery Shopping—Walmart Friday, October 4; 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.

Walk with a Doc at Knowles Center (Outdoors) Wednesday, October 9, 10 -11:30 a.m. Center Bus departs at 9:30 am. 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.

Frist Art Museum & Farmers Market Friday, October 11, 10 – 11:15 a.m. Depart at 9:30 a.m. Estimated return at 2 p.m. Transportation Cost: \$15 + Lunch cost, Tour of museum cost: Free. **Registration is required.** The Frist Museum showcases a multitude of artists throughout the year. Individuals of every age, from young children to older adults, have the opportunity to explore the world of art in a variety of different mediums showcased all throughout the museum. Special exhibits being featured include María Magdalena Campos-Pons, LaJuné McMillian: *The Portal's Keeper—Origins*, and *Journey through Japan: Myths to Manga*. Lunch will be at the Nashville Farmers market, where there is a wide variety of food vendors to choose from.

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Volunteer for Cheekwood Wednesday, October 16; Depart at 9:30 a.m. Estimated return 2 p.m. Cost: lunch cost.

Registration is required. Limit of 8 members. Cheekwood has asked if we would help in preparation for their Day of the Dead Festival again this year. We will be helping to prep their arts and crafts project for their youth program on the day of the festival. Members interested in volunteering will need to be **able to use scissors**. After our 2 hours of volunteer service we will be able to walk the grounds and explore the gardens. For lunch we will eat in Cheekwood's Café 29 on site.

Oak Grove Casino Wednesday, October 23; Depart at 9:30 a.m. Estimated return at 2 p.m. Cost: \$20 + Lunch cost and Spending money. Registration is required. 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 be a joint trip between FiftyForward Bordeaux and FiftyForward Knowles on the 24-passenger bus.

MEET UPS:

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, October 1, 8, 15, 22, & 29; Class 10:30-11:30 a.m. Cost: Free. Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Yoga provides healthy benefits to your body.

To My Bordeaux Family-

You have probably heard the news that starting October 1, I will be moving to FiftyForward Knowles to start a new adventure. This is a bittersweet moment for me, as I have cherished the time spent and experiences created here at FiftyForward Bordeaux with you. Your open-mindedness and willingness to try new things have made planning programs, events, and trips so incredibly fun and rewarding.

It has been a true joy getting to know you all over this past year and a half and I will miss seeing your faces on a daily basis.

I promise to visit often. Also, don't forget that your FiftyForward membership gives you access to ALL of our centers, so consider this an invitation to come visit me at our Rains Ave center, too!

Xo,

Nicole Lamborn

