

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 am Games & Wii 9 am Walking Club 10 am Walmart* 12 pm Metro Meals* 1 pm BINGO	2
3	4 8:30 am Games & Wii 9 am TN Ship Medicare 12 pm Metro Meals* 1 pm Arts & Crafts w/ Freda	5 8:30 am Games & Wii 10:30 am Chair Yoga at NPL Bordeaux Branch 11 am Wii Bowling Tournament 12 pm Metro Meals*	6 8:30 am Games & Wii 10 am Bible Study 12 pm Metro Meals* 1:30 pm Old Folks Brain w/ Dr. Lee	7 8:30 am Games & Wii 10:30 am North Branch Library/ Book Club 11 am 12 pm Metro Meals* 1 pm Veterans Concert 2 pm Advisory Council Meeting	8 8:30 am Games & Wii 10 am Community Health Clinic w/ Vanderbilt 12 pm Metro Meals* 1 pm BINGO	9
10	11 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am Rummikub Tournament 12 pm Metro Meals*	12 8:30 am Games & Wii 10:30 am Chair Yoga at NPL Bordeaux Branch 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	13 8:30 am Games & Wii 10 am Walking in Bordeaux 12 pm Metro Meals* 1:30 pm Old Folks Brain w/ Dr. Lee	14 8:30 am Games & Wii 10 am Table Topics Word Game 12 pm Metro Meals*	15 8:30 am Games & Wii 10 am Community Health Clinic w/ Vanderbilt 12 pm Metro Meals* 1 pm BINGO	16
17	18 8:30 am Games & Wii 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	19 8:30 am Games & Wii 10 am 10:30 am Chair Yoga at NPL Bordeaux Branch 11am 12 pm Metro Meals*	20 8:30 am Games & Wii 10 am Bible Study 11 am Thanksgiving Luncheon 1:30 pm Old Folks Brain w/ Dr. Lee	21 8:30 am Games & Wii 12 pm Metro Meals* 1 pm Chat & Chew	8:30 am Games & Wii 10 am Community Health Clinic w/ Vanderbilt 12 pm Metro Meals* 1 pm BINGO	23
24	25 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	26 8:30 am Games & Wii 10:30 am Chair Yoga at NPL Bordeaux Branch 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	27 8:30 am Games & Wii 10 am Bible Study 12 pm Metro Meals* 1:30 pm Old Folks Brain w/ Dr. Lee	28 FiftyForward Centers & Offices CLOSED	29 FiftyForward Centers & Offices CLOSED	30

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. The center will be closed on November 28 & 29 for Thanksgiving. Metro Meals offers their free lunch program to interested and approved seniors age 60+. Application are available at front desk.

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, November 18 & 25; 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, November 4 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, November 6, 20 & 27; 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, November 1,8,15 & 22 at 1 p.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, November 11 & 25; 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, November 21; 1p.m. FiftyForward Bordeaux Center Director Melvin Fowler leads a conversation this month about: What are you thankful for.

Line Dancing w/Annette Tuesday, November 12 & 26; 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!!

Music for Seniors Presents Lady Chapman Monday, November 25; 11 a.m. Members will enjoy music by Lady Chapman.

Monthly Meetings

Advisory Council Meeting Thursday, November 7; 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 is members.

SPECIAL PROGRAMS & EVENTS:

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 my have about Medicare prior to registering for a plan this coming fall. See a staff member to sign up for your time slot.

Wii Bowling Tournament Tuesday, November 5, 11 a.m.; **Cost: Free, sign up in advance.** Join other members in a exciting friendly tournament of Wii bowling. See who can bowl the must strikes to win each game!!!

Community Health Clinic w/Vanderbilt Tuesday, November 8,15 & 22, 10a.m.; **Cost: Free, sign up in advance.** Vanderbilt Nursing Students will be hosing a series of weekly meetings with members to develop a Quality Improvement Resource Plan for member to use for the Bordeaux area!

Rummikub Tournament Monday, November 11, 11 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!!

New Old Folks Brain w/Dr. Lee November 6,13,20 & 27, 1:30 p.m.; **Cost: Free, sign up in advance.** Join Dr. Lee a retired Family Doctor with Knowles Home Assisted Living Facility. Dr. Lee will host a 6 week class on Old Folks Brain and how the brain changes as you age.

New North Branch Library/ Book Club Thursday, November 7, 10:30 a.m.; **Cost: Free, sign up in advance.** Join Nashville Public Librarian Program Specialist Ember for a special presentation and free mystery book giveaway. Interested members can also sign up for a library card for all of Metro Libraries. We are also looking to see who might be interested in starting and participating in a book club, run my the Metro Library. Come and join this fun and great opportunity!!!

Thanksgiving Luncheon Wednesday, November 20, 11 a.m.; **Cost: \$13, sign up in advance.** Join us for our Annual traditional Thanksgiving Luncheon. Good Food & Games!

FiftyForward Bordeaux Trip List INFORMATION



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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.

Exceptions: Exceptions may be considered by center staff in extreme situations.

DAY TRIPS:

Grocery Shopping—Walmart Friday, November 1; 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. **Melvin Driving**

Veterans Concert Thursday, November 7, 1 p.m. Center Bus Departs at 12:30 p.m. Cost: Free. **Sign up in advance**. FiftyForward Madison Station will be hosting a Veterans Concert to honor all of our Veterans. Join us for a trip to the Madison Station Center to participate in this wonderful event and enjoy the music and messages of the afternoon.

Mike Driving

New Exploring Parks In Bordeaux (Outdoors) Wednesday, November 13, 10 -11:30 a.m. Center Bus departs at 9:30 am. Cost: Free. **Sign up in advance**. Join us as we explore the wonderful walking trails and parks located in Bordeaux. Did you know that walking has several benefits: Improves your mood, improve heart health, reduces stress, improve sleep, boost your brain power, alleviate joint pain and more.

Melvin Driving

Chair Yoga at Nashville Public Library Bordeaux Branch Tuesday, November 5, 12, 19 & 26; Class 10:30-11:30 a.m. Cost: Free. Center Bus departs at 10:15 a.m. **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. **Melvin Driving**