

December 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	<p>2</p> <p>8:30 am Games & Wii</p> <p>10 am Tech Help</p> <p>11 am Bordeaux Get Fit</p> <p>12 pm Metro Meals*</p> <p>1 pm Holiday Games w/ Ki Ki</p>	<p>3</p> <p>8:30 am Games & Wii</p> <p>10am Walmart</p> <p>11am Mystery Lunch</p> <p>12 pm Metro Meals*</p>	<p>4</p> <p>8:30 am Games & Wii</p> <p>10 am Bible Study</p> <p>12 pm Metro Meals*</p> <p>1:30 pm Old Folks Brain w/ Dr. Lee</p>	<p>5</p> <p>8:30 am Games & Wii</p> <p>9 am Holiday Stories w/ Ki Ki</p> <p>10:30 am North Branch Library/ Book Club</p> <p>12 pm Metro Meals*</p> <p>2 pm Advisory Council Meeting</p>	<p>6</p> <p>8:30 am Games & Wii</p> <p>9 am Program Committee Mtg/w Ki Ki</p> <p>10 am Community Health Clinic w/ Vanderbilt</p> <p>12 pm Metro Meals*</p> <p>1 pm BINGO</p>	7
8	<p>9</p> <p>8:30 am Games & Wii</p> <p>10 am Tech Help</p> <p>11 am Wii Bowling Tournament</p> <p>12 pm Metro Meals*</p> <p>1 pm Holiday Games with Ki Ki</p>	<p>10</p> <p>8:30 am Games & Wii</p> <p>10 am-12pm Creswell Middle School Holiday Concert</p> <p>12 pm Metro Meals*</p>	<p>11</p> <p>8:30 am Games & Wii</p> <p>9 am Activity Fun Hour</p> <p>10 am Bible Study</p> <p>11 am Exploring Parks in Bordeaux</p> <p>2 pm Metro Meals*</p> <p>1:30 pm Old Folks Brain</p>	<p>12</p> <p>8:30 am Games & Wii</p> <p>11 am Arts & Crafts w/ Carolyn</p> <p>12 pm Metro Meals*</p> <p>1 pm Kwanzaa Presentation</p>	<p>13</p> <p>8:30 am Games & Wii</p> <p>10 am Community Health Clinic w/ Vanderbilt</p> <p>12 pm Metro Meals*</p> <p>1 pm BINGO</p>	14
15	<p>16</p> <p>8:30 am Games & Wii</p> <p>10 am Bordeaux Get Fit</p> <p>11 am Rummikub Tournament</p> <p>12 pm Metro Meals*</p>	<p>17</p> <p>8:30 am Games & Wii</p> <p>10:30 am Chair Yoga at NPL Bordeaux Branch</p> <p>12 pm Metro Meals*</p> <p>1 pm Line Dancing w/ Annette</p>	<p>18</p> <p>8:30 am Games & Wii</p> <p>10 am Bordeaux Carolers</p> <p>12 pm Metro Meals*</p> <p>1:30 pm Old Folks Brain w/ Dr. Lee</p>	<p>19</p> <p>8:30 am Games & Wii</p> <p>10 am Christmas FUN</p> <p>11 am Christmas Luncheon/Gift Exchange</p>	<p>20</p> <p>8:30 am Games & Wii</p> <p>10 am Community Health Clinic w/ Vanderbilt</p> <p>12 pm Metro Meals*</p> <p>1 pm BINGO</p>	21
22	<p>23</p> <p>FiftyForward Centers & Offices CLOSED</p>	<p>24</p> <p>FiftyForward Centers & Offices CLOSED</p>	<p>25</p> <p>FiftyForward Centers & Offices CLOSED</p>	<p>26</p> <p>FiftyForward Centers & Offices CLOSED</p>	<p>27</p> <p>FiftyForward Centers & Offices CLOSED</p>	28
29	<p>30</p> <p>8:30 am Games & Wii</p> <p>11 am Music for Seniors</p> <p>12 pm Metro Meals*</p> <p>1 pm Adult Coloring w/ Bordeaux Library</p>	<p>31</p> <p>8:30am Games & Wii</p> <p>10:30 am Chair Yoga at NPL Bordeaux Branch</p> <p>12 pm Metro Meals*</p> <p>1 pm Line Dancing w/ Annette</p>				

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 December 23 –27 for the Holiday. 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!

Activity FUN Hour w/Metro Social Service Wednesdays, December 11, at 9 am. Join us as we play games, do arts and crafts, play board games, with MSS.

Adult Coloring w/ Bordeaux Library Monday, December 30; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends. Supplies provided by the Bordeaux Library.

Activey FUN Hour w/MSS Wednesday, Decemer 11; 9 a.m. Members will enjoy music by Lady Chapman.

Arts and Crafts w/Carolyn Friday, December 12 at 11a.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

Bible Study Wednesdays, December 4, 11 at 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, December 6, 13 & 20 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, December 2 & 16; 10 a.m. Member Lena Jones will lead this program getting fit with chair exercises as we listen to Motown hits.

Christmas FUN w/ Dorthy Starnes Thursday, December 19; 10 a.m. FiftyForward Bordeaux Center member Dorthy Starnes will lead members in some fun Christmas games.

Line Dancing w/Annette Tuesday, December 17 & 31; 1p.m. Cost: Free. Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse.

Tech Help w/Marva Monday, December 2 & 9 ; 10 a.m. Members will receive tech help from Marva at Bordeaux Library.

Music for Seniors Presents Lady Chapman Monday, December 30; 11 a.m. Members will enjoy music by Geary Moore.

Monthly Meetings

Advisory Council Meeting Thursday, December 5; 2 p.m. Every first Thursday of the month members of the advisory council meet to discuss different topics and ideas to ensure

SPECIAL PROGRAMS & EVENTS:

Holiday Games w/ Ki Ki Monday, December 2 & 9, 1 p.m. Join Ki Ki as she share Holiday stories across the globe!

Holiday Stories/ Ki Ki Thursday, December 5, 9 a.m. Join Ki Ki as she share Holiday stories across the globe!

FFB Program Committee Mtg Friday, December 5, 9am Join Ki Ki as she plans future programs for FFB members. This is to get input from members about what new program or any programs, members would like to see for 2025.

Wii Bolwing Monday, December 9, 11 am. Join us for our monthly Wii Tournament!

Creswell Middle School Concert Tuesday, December 10, 10 am - 12pm.; Cost: Free, sign up in advance. Creswell Middle School of the Arts will be performing holiday hits for FiftyForward and Knowles Home Assistant Living Residents.

Community Health Clinic w/Vanderbilt Friday, December 6, 13 & 20, 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, December 16, 11 a.m.; Cost: Free, sign up in advance. Join us for a friendly competition of Rummikub. **New Old Folks Brain w/ Dr. Lee December 4, 11 & 18, 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, December 5, 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. **Christmas Luncheon/Gift Exchange Thursday, December 19, 11 a.m.; Cost: \$13, sign up in advance.** Join us for our Annual traditional Christmas Luncheon & Gift Exchange. Good Food & Games!

Kwanzaa Presentation Thursday, December 12, 1pm. Kwanzaa is an African American and Pan-African holiday that originated from “first fruits,” or harvest, celebrations across Africa. Join us as Marva Bryant (Adult Librarian II) shares a presentation about Kwanzaa.

FiftyForward Bordeaux Trip List 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

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.

Members are not allowed to drive and meet at trip locations when the trip involves group transportation.

DAY TRIPS:

Denotes member-led program

Mystery Lunch Trip w/ Center Director Tuesday, December 3; Depart at 11:00 a.m. Cost: \$15 Transportation Fee + lunch cost, registration is required. Join Center Director, Melvin Fowler, for a lunch trip out. **Melvin Driving**

Grocery Shopping—Walmart Tuesday, December 3; Depart at 9:30 a.m. Estimated return at 11 a.m. Cost: \$5 Transportation Fee, Registration is required. Members will travel to the grocery store for a social shopping trip. **Melvin Driving**

Bordeaux Carolers Thursday, December 18, 10 a.m. Depart at 10:00 a.m. Cost: Free. sign up in advance. FiftyForward members will visit local Senior High Rises and sing Christmas Carols— Knowles Home, Disciple Village and Kelly Miller Smith Towers. **Melvin Driving**

New Exploring Parks In Bordeaux (Outdoors) Wednesday, December 11, 11-12 p.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, December 17 & 31; Class 10:30-11:30 a.m. Cost: Center Bus departs at 10:15 a.m. 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. **Melvin Driving**