

January 2025 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/>*

Mon	Tue	Wed	Thu	Fri
30	31	1 FiftyForward Centers & Offices CLOSED	2 8:30 am Games & Wii 10 am Word Search Contest 12 pm Metro Meals* 1 pm Let's Chat About It 2 pm Advisory Council	3 8:30 am Games & Wii 9 am Walmart 11 am Throw Back Dancing 12 pm Metro Meals* 1 pm BINGO
6 8:30 am Games & Wii 10 am Tech Help 11 am Wii Bowling Tournament 12 pm Metro Meals* 1 pm Karaoke w/ KiKi	7 8:30 am Games & Wii 10 am Frist Art Trunk Activity 11:30am- Lunch & Learn w/ New York Life 12 pm Metro Meals*	8 8:30 am Games & Wii 9 am Activity Fun Hour 10 am Bible Study 11 am Exploring Parks in Bordeaux 12 pm Metro Meals* 1pm Vision Board	9 8:30 am Games & Wii 11 am <u>Arts & Crafts w/ Carolyn</u> 12 pm Metro Meals* 12:30pm Cinema/ Chat & Chew w/ KiKi	10 8:30 am Games & Wii 10 am Community Health Clinic w/ Vanderbilt 12 pm Metro Meals* 1 pm BINGO w/ Humana
13 8:30 am Games & Wii 10 a Bordeaux Get Fit 11 am Rummikub Tournament w/ Knowles 12 pm Metro Meals* 1 pm Support Group	14 8:30 am Games & Wii 10:30 am <u>Chair Yoga at NPL Bordeaux Branch</u> 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	15 8:30 am Games & Wii 10 am Bible Study 11am MLK Celebration 12 pm Metro Meals* 1 pm Table Top Foodies	16 8:30 am Games & Wii 10 am <u>Thrifting Thursday w/ KiKi</u> 12 pm Metro Meals* 1 pm Chat & Chew	17 FiftyForward Centers & Offices CLOSED
20 FiftyForward Centers & Offices CLOSED MLK Day	21 8:30 am Games & Wii 11 am Pampering w/ Elaina 12 pm Metro Meals* 1 pm Lunch & Learn w/ MaMa Love Organics	22 8:30 am Games & Wii 10 am Bible Study 11 am <u>Arts & Crafts w/ Carolyn</u> 12 pm Metro Meals* 1 pm Finish The Lyrics	23 8:30 am Games & Wii 10am <u>Seniors On The Move Activity</u> 12 pm Metro Meals* 1 pm Tech Help	24 8:30 am Games & Wii Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
27 8:30 am Games & Wii 10 a Bordeaux Get Fit 11 am Music for Seniors 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	28 8:30am Games & Wii 9:30 am <u>Casino Trip</u> 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	29 8:30 am Games & Wii 10 am Bible Study 12 pm Metro Meals* 1 pm Tech Help	30 8:30 am Games & Wii 10 am <u>Mystery Lunch</u> 12 pm Metro Meals* 1 pm Skip-Bo w/ Ms. Frances	31 8:30 am Games & Wii 10 am Community Health Clinic w/ Vanderbilt 12 pm Metro Meals* 1 pm BINGO

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 January 1st & 20th 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

Wednesday, January 8, at 9 am. Join us as we play games, do arts and crafts, play board games, with MSS.

Adult Coloring w/ Bordeaux Library Monday,

January 27; 1 p.m. Members will relax and enjoy soothing jazz while coloring with friends. Supplies provided by the Bordeaux Library.

Arts and Crafts w/Carolyn Thursday, January 9 at

11a.m. Join us for fun and interesting arts and craft projects lead by one of our members Ms. Freda.

Bible Study Wednesdays, January 8,15,22,29 at 10

a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, January 3,10,17,24 & 31 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, January 13 & 27;

10 a.m. Staff member KiKi will lead this program getting fit with chair exercises as we listen to Motown hits.

Line Dancing w/Annette Tuesday, January 14 & 28;

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, January 6;10 a.m.

Thursday, January 23 & 29; 1p.m. Members will receive tech help from Marva at Bordeaux Library.

Music for Seniors Presents Jannelle Means

Monday, January 27; 11 a.m. Members will enjoy music by Jannelle Means.

Monthly Meetings

Advisory Council Meeting Thursday, January 2nd; 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.

FiftyForward Bordeaux PROGRAM INFORMATION



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SPECIAL PROGRAMS & EVENTS:

Let's Chat About It w/ Ki Ki Thursday, January 2, 1 p.m. Join Ki Ki as we chat about any new life changes or goals you would like to implement in the New Year!

Word Search Contest Thursday, January 2, 10 am. Join us as we crown our word search champion of the day!

Throw Back Dancing Friday, January 3, 11am. Join us as we take a walk down memory lane and showcase some of our old school dance moves!

Karaoke w/ Ki Ki Monday, January 6, 1 p.m. ALL VOICES WELCOMED! Music has a way of bringing people together. Join Ki Ki as we sing one of your favorite songs or pick one of the mystery songs from the jar!

Wii Bowling Tournament Monday, January 6, 11 am. Join us for our monthly Wii Tournament!

Frist ArtTrunk Activity Tuesday, January 7, 10 am - 11:30 am.; A Frist community art teacher will teach the hands-on artmaking workshop, guiding participants through each step and sharing connections to the exhibition, Journey through Japan: Myths to Manga.

Lunch & Learn Tuesday, January 7, 11:30 am. Join Elizabeth Manning with New York Life as she discussed information on how a whole life insurance policy could be a wonderful gift for a child / grandchild.

Vision Board Friday, January 8, 1pm. Dream it. See it. Plan it. Do it. Join us as we create a vision board that will design the life we want to live!

Cinema/ Chat & Chew Thursday, January 9, 12:30 p.m.; Join us as we watch a movie, enjoy theater snacks, followed by a quick chat about what thoughts or emotions the movie inspired.

Community Health Clinic w/Vanderbilt Friday, January 10,17,24 & 31, 10a.m.; Cost: Free, sign up in advance. Vanderbilt Nursing Students will be hosting a series of weekly meetings with members to develop a Quality Improvement Resource Plan for member to use for the Bordeaux area!

Rummikub Tournament w/ Knowles Monday, January 13, 11 a.m.; Cost: Free, sign up in advance. Join us for a friendly competition of Rummikub with Knowles Residents and staff. Knowles vs Bordeaux

FFB Support Group Monday, January 13, 1 pm. Join FFB as we provide a safe space for members to share their experiences, feelings, and coping strategies or firsthand information about any issues on members mind.

SPECIAL PROGRAMS & EVENTS:

Table Top Foodies Wednesday, January 15,1 pm. Join in the fun of learning more about table topics in the kitchen.

Lunch & Learn Tuesday, January 21,1 pm. Join Alanya with MaMa Love Organics as she discussed information on the benefits of Magnesium.

Finish The Lyrics Wednesday, January 22, 1 pm. Can you pick the last word to famous lines from these songs? Test your knowledge on this music quiz and compare your score to others.

MLK Celebrations Friday, January 15, 11 am. Join us in celebrating the life & legacy of Dr. Martin Luther King Jr. Our celebration will continue with a Potluck for everyone who wishes to participate.

Skip-Bo Thursday, January 30, 1 pm. Join us as one of our members, Ms. Francis teaches us how to play Skip-Bo.

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.

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 Thursday, January 30; Depart at 10:00 a.m. Cost: \$10 Transportation Fee + lunch cost, **registration is required**. Join Center Director, Melvin Fowler, for a lunch trip out. **Melvin Driving**

Grocery Shopping—Walmart Friday, January 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. **Ki Ki Driving**

New Exploring Parks In Bordeaux (Outdoors) Wednesday, January 8, 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, January 14; 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. **Ki Ki Driving**

Thrifting Thursday w/ KiKi Thursday, January 16; Depart at 10:00 a.m. Cost: \$10 Transportation Fee **registration is required**. Join Program Coordinator, KiKi for a trip to one of our local thrift stores. **KiKi Driving**

Seniors On The Move Activity Thursday, January 23; Depart at 10:00 a.m. **registration is required**. Social Engaging and Activities with other seniors in the community. **KiKi or Melvin Driving**

Oak Grove Casino Tuesday, January 28; Depart at 9:30 a.m. Cost: \$20 Transportation Fee + lunch cost, **registration is required**. We're headed to Oak Grove Casino! This will be a joint trip with Knowles Center. **Mike Driving**