



## February 2025 FiftyForward Bordeaux Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk \* require advance registration.** Please register at [fiftyforward.org/member/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:30 am Games & Wii 10 am Tech Help 11 am <b>Wii Bowling Tournament</b> 12 pm Metro Meals* 1 pm Black History Word Search Contest	<b>4</b> 8:30 am Games & Wii 10 am History Trivia w/ Barbara Staten 11:00am <b>Arts &amp; Crafts</b> 12 pm Metro Meals* 1pm Black History Memory Chat	<b>5</b> 8:30 am Games & Wii 9 am Guess Who 10 am Bible Study 11 am <b>*Exploring Parks in Bordeaux</b> 12 pm Metro Meals* 1pm Black History Movie Trivia	<b>6</b> 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1pm <b>*Seniors On The Move Event</b>	<b>7</b> 8:30 am Games & Wii 9:30 am <b>*Walmart</b> 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
<b>10</b> 8:30 am Games & Wii 10 am Bordeaux Get Fit 11 am <b>Arts &amp; Crafts</b> 12 pm Metro Meals* 1 pm Support Group	<b>11</b> 8:30 am Games & Wii 10:00 am History Trivia w/ Barbara Staten 11am Kenny Dozier Playhouse Skit 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	<b>12</b> 8:30 am Games & Wii 10 am Humana Valentine Activity 11am Finish the Lyrics 12 pm Metro Meals* 1 pm Tabletop Foodies	<b>13</b> 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1 pm Chat & Chew	<b>14</b> 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
<b>17</b> 8:30 am Games & Wii 9 am Bordeaux Get Fit 10 am <b>*Mystery Lunch</b> 12 pm Metro Meals* 1 pm Scavenger Hunt	<b>18</b> 8:30am Games & Wii 10am History Trivia w/ Barbara Staten 11am Movie Day 12 pm Metro Meals* 1 pm Let's Chat about It	<b>19</b> 8:30 am Games & Wii 10 am Bible Study 11 am <b>Arts &amp; Crafts w/Carolyn</b> 12 pm Metro Meals* 1 pm Kenny Dozier Playhouse Theatre	<b>20</b> 8:30 am Games & Wii 10am TSU African Heritage 12 pm Metro Meals* 1 pm Karaoke w/ KiKi	<b>21</b> 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
<b>24</b> 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	<b>25</b> 8:30am Games & Wii 10:00 am History Trivia w/ Barbara Staten 11am <b>*Thrifting w/ KiKi</b> 12 pm Metro Meals* 1 pm Line Dancing w/Annette	<b>26</b> 8:30 am Games & Wii 10 am Lunch & Learn with Centerwell 12 pm Metro Meals* 1 pm Tech Help	<b>27</b> 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1 pm Vison Board	<b>28</b> 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO

**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+. Applications are available at the front desk.

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

**Adult Coloring w/ Bordeaux Library**  
**Monday, February 24; 1 p.m.** Members will relax and enjoy soothing jazz while coloring with friends. Supplies provided by the Bordeaux Library.

**Arts and Crafts February 4,10, & 19 at**  
**11a.m.** Join us for fun and interesting arts and craft projects led by one of our members, Ms. Freda.

**Bible Study Wednesdays, February 5, 19 at**  
**10 a.m.** Minister Larry Harrison will be leading our weekly Bible Study.

**BINGO Friday, February 7,14,21, & 28 at 1**  
**p.m.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some nice BINGO prizes for all who attend!

**Bordeaux Get Fit Class Mondays, February**  
**10, 17, & 24; 10 a.m.** Staff member KiKi will lead this program getting fit with chair exercises as we listen to Motown hits.

**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!

**Line Dancing w/Annette Tuesday, February**  
**11 & 25; 1p.m. Cost: Free.** Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse.

**Music for Seniors Presents Lady Chapman**  
**Monday, February 24; 11 a.m.** Members will enjoy music by Lady Chapman

**Tech Help w/Marva Monday, February 3;**  
**10a.m. Wednesday, February 26; 1p.m.** Members will receive tech help from Marva at Bordeaux Library.

**MONTHLY MEETINGS**

**Advisory Council Meeting Thursday,**  
**February 6; 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 our members.



## February 2025 FiftyForward Bordeaux Center Programs

### **SPECIAL PROGRAMS & EVENTS:**

**Wii Bowling Tournament Monday, February 3, 11 am.** Join us for our monthly Wii Tournament!

**Word Search Contest Monday, February 3, 1pm.** Join us as we crown our word search champion of the day!

**Black History Trivia w/ Barbara Staten Tuesday, February 4, 11,18 & 25 10 am.** Join us as member Barbara Staten, ask trivia questions throughout history.

**Black History Memory Chat Tuesday, February 4, 1 pm.** Join us as one of our members, journey back and chat about memorial Black History events that happen during their lifetime.

**Black History Movie Trivia Wednesday, February 5, 1 pm.** Join us as we ask trivia questions from black historic movies.

**Community Health Clinic w/Vanderbilt Friday, February 7,14,21 & 28, 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 members to use for the Bordeaux area!

**Lunch & Learn Tuesday, February 11, 11:00 am.** Join us as Kennie Dozier Playhouse Theater inform us about their upcoming plays.

**Finish The Lyrics Wednesday, February 12, 11 am.** 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.

**Tabletop Foodies Wednesday, February 12, 1 pm.** Join in the fun of learning more about table topics in the kitchen.

**Scavenger Hunt Monday, February 17, 1 pm.** Get your mind and body moving as we use clues to find hidden gems throughout the center.

**FFB Support Group Monday, February 10, 1:00 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' minds.

**Movie Day Tuesday, February 18, 11:00 a.m.;** Join us as we watch a movie, enjoy theater snacks, followed by a quick chat about what thoughts or emotions the movie inspired.

**Let's Chat About It w/ Ki Ki Tuesday, February 18, 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!

**Kenny Dozier Playhouse Theatre Wednesday, February 19, 1 pm.** Join us as Kenny Dozier Playhouse Theatre tells us the history of KPT and how it all started.

**Karaoke w/ Ki Ki Thursday, February 20, 1:00 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!

**Vision Board Thursday, February 27, 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!

**Lunch & Learn Wednesday, February 26,10 am.** February is Cancer Prevention Month! CenterWell Senior Primary Care will come and discuss information on Cancer & Diabetes Prevention.

**TSU African Heritage Thursday, February 6, 13, 20, & 27 10 am** Tennessee State University Snap- Education program invites you to join

and attend 7 class sessions on “African Heritage”

**Kenny Dozier Playhouse Skit Tuesday, February 11, 11 am** Kenny Dozier Playhouse Theatre will treat us with a skit from upcoming play “Sanctified”.

**Humana Valentines Activity Wednesday, February 12, 10 am.** Join us as we make Valentines Day arrangements with Humana.

**Guess Who Wednesday, February 5, 9am.** Join us as Center Director, Melvin Fowler gives clues to see Who Is Who in History!

**DAY TRIPS**

**Exploring Parks In Bordeaux (Outdoors)**

**Wednesday, February 5, 11-12 p.m. Center Bus departs at 10:30 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**

**New Seniors on the Move Activity February 6; Depart at 12:00 p.m. registration is required.** Senior Day of Love & Black History Event. **Melvin Driving**

**Grocery Shopping—Walmart Friday, February 7; 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**

**Mystery Lunch Trip w/ Center Director Monday, February 17; 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**

**New Thrifting w/ KiKi Tuesday, February 25; Depart at 11:00 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**

**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.**