

March 2025 FiftyForward Bordeaux Center Programs

Please see the program description page to learn more about each offer, and to see which activities require registration. **Events with an asterisk * require advance registration.** Please register at fiftyforward.org/member/.

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 am Games & Wii 10 am Tech Help 11 am Wii Bowling Tournament 12 pm Metro Meals* 1 pm Program Meeting	4 8:30 am Games & Wii 9 am Confederates Play Trip at Looby 11:00am Arts & Crafts 12 pm Metro Meals* 1pm FFB Volunteer Meeting	5 8:30 am Games & Wii 10 am Mint Casino Trip 10 am Bible Study 11 am *Exploring Parks in Bordeaux 12 pm Metro Meals* 1pm	6 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1pm NES Workshop 2pm Advisory Council	7 8:30 am Games & Wii 9:30 am *Walmart 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO w/ Humana
10 8:30 am Games & Wii 10 am Unity Fitness Class w/ Heidy 11 am Arts & Crafts 12 pm Metro Meals* 1 pm Support Group	11 8:30 am Games & Wii 10:00 am History Trivia w/ Barbara Staten 11am Lunch & Learn w/ Humana 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	12 8:30 am Games & Wii 10 am Bible Study 11am Finish the Lyrics 12 pm Metro Meals* 1 pm Tabletop Foodies	13 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1 pm Chat & Chew	14 8:30 am Games & Wii 10 am Thrifting w/ KiKi 12 pm Metro Meals* 1 pm BINGO
17 8:30 am Games & Wii 9 am Sherriff Tour? 11 am *Mystery Lunch 12 pm Metro Meals* 1 pm St. Patrick's Day Mingle	18 8:30am Games & Wii 10am Frist Art Trunk Activity 12 pm Metro Meals* 1 pm Let's Chat about It	19 8:30 am Games & Wii 10 am Bible Study 11 am Arts & Crafts 12 pm Metro Meals* 1 pm Getting to Know You	20 8:30 am Games & Wii 10am TSU African Heritage 11am New Member Orientation 12 pm Metro Meals* 1 pm Happy Heart	21 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO w/ Humana
24 8:30 am Games & Wii 10 am Unity Fitness Class w/ Heidy 11 am Music for Seniors 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library	25 8:30am Games & Wii 10:00 am History Trivia w/ Barbara Staten 11am Lunch & Learn 12 pm Metro Meals* 1 pm Line Dancing w/Annette	26 8:30 am Games & Wii 10am Bible Study 11am Arts & Crafts 12 pm Metro Meals* 1 pm Tech Help	27 8:30 am Games & Wii 9am Sanctified Play at TPAC 10 am TSU African Heritage 12 pm Metro Meals* 1 pm After Play Mingle	28 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 10:30 Meharry Adopt-A-Grandparent 12 pm Metro Meals* 1 pm BINGO
31 8:30 am Games & Wii 9 am Sherriff Tour 12 pm Metro Meals* 1 pm Adult Coloring w/ Bordeaux Library				



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

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

Arts and Crafts March 4,10,19, & 26 at 11a.m. Join us for fun and interesting arts and craft projects led by one of our members, Ms. Freda.

Bible Study Wednesdays, March 5,12, 19 & 26 at 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, March 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!

Unity Fitness Class Mondays, March 10, & 24; 10 a.m. Fitness Instructor Heidi will lead this program getting fit with chair exercises as we listen to music.

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, March 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 Michelle Garcia Monday, March 24; 11 a.m. Members will enjoy music by Michelle Garcia

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

New Member Orientation Thursday, March 20; 11a.m. New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

MONTHLY MEETINGS

Advisory Council Meeting Thursday, March 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.

SPECIAL PROGRAMS & EVENTS:

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

History Trivia w/ Barbara Staten Tuesday, March 11, & 25 10 am. Join us as a member Barbara Staten, ask trivia questions throughout history.

Community Health Clinic w/Vanderbilt Friday, March 7, 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, March 11, 11:00 am. Join us as Prewitt Gregory from Humana assist the seniors with stopping scam calls and teaching them how to add their numbers to the do not call list.

Finish The Lyrics Wednesday, March 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 March 12, 1 pm. Join in the fun of learning more about table topics in the kitchen.

FFB Support Group Monday, March 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.

Lunch & Learn Tuesday, March 25, 11:00 a.m.; Join us as Spencer w/ Centerwell discuss a health topic.

Let's Chat About It w/ KiKi Tuesday, March 18, 1 p.m. Join KiKi as we chat about any new life changes or goals you would like to implement in the New Year!

Karaoke w/ KiKi Thursday, March 20, 1:00 p.m. ALL VOICES WELCOMED! Music has a way of bringing people together. Join KiKi as we sing one of your favorite songs or pick one of the mystery songs from the jar!

Lunch& Learn Thursday, March 6, 1pm. Join NES and TVA EnergyRight for a free home energy workshop and learn easy, energy-efficiency improvements that anyone can do at home. You'll receive a FREE energy-savings tool kit to help you get started. Learn about Home Uplift, a program that provides up to \$10,000 of free home upgrades to qualified homeowners.

TSU African Heritage Thursday, March 6, 13, 20, & 27 10 am Tennessee State University Snap- Education program invites you to join and attend 7 class sessions on "African Heritage"

St. Patrick's Day Mingle Monday, March 17; 1p.m. Members will enjoy each other's company as we mingle and enjoy snacks with a St. Patties Theme.

Getting To Know You Wednesday, March 19; 1p.m. Join us as members share things about themselves and life experiences.

After Play Mingle Thursday, March 27; 1p.m. Members will enjoy discussing their thoughts and views about the play Sanctified.

Frist Art Trunk Tuesday, March 18; 10a.m. A Frist community art teacher will teach the hands-on artmaking workshop, guiding participants through each step and sharing connections to the exhibition, *Farm to Table: Art, Food, and Identity in the Age of Impressionism*.

[LGBTQ+ peer group](#)

March 16th 2-5pm at Homegrown Taproom in Donelson. Please join us for St Patrick's Day Festivities at this month's LGBTQ+ peer group event. Enjoy the delicious food and brews of this locally owned restaurant and we look forward to seeing you there. Questions? Email Kelly at kdonovan@fiftyforward.org

Melvin Fowler, for a lunch trip out. **Melvin Driving**

[Kennie Playhouse Theatre Sanctified](#)

Thursday, March 27; Departure at 9am. Hilarious Gospel Music Comedy filled with original gospel music. This story takes us through the emotional woes of the small black church. "Who said church ain't fun!" Cost \$10 transportation fee Plus \$20 ticket price

DAY TRIPS

[Kennie Playhouse Theatre Confederates](#)

Tuesday, March 4, 10-12:30 p.m. Departure at 9 a.m. Join us as we enjoy a play at the Looby Theatre. This groundbreaking play weaves a tapestry of parallel struggles for two brilliant black women living centuries apart. Cost \$20 per ticket Transportation fee \$5

[Thrifting w/ KiKi](#) Friday, March 14, 10-12:30 p.m. Departure at 9:30 a.m. Join Program Coordinator, KiKi for a trip to one of our local thrift stores. Cost \$10 Transportation Fee. Registration is required. **KiKi Driving**

[Grocery Shopping—Walmart](#) Friday, March 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. **KiKi Driving**

[Mystery Lunch Trip w/ Center Director](#) Monday, March 17; Depart at 10:00 a.m. Cost: \$10 Transportation Fee + lunch cost, registration is required. Join Center Director,

[Meharry Adopt-A- Grandparent Event](#)

Friday, March 28; Depart at 9:00 a.m. registration is required. The Adopt-A-Grandparent program provides dental care to uninsured or underinsured seniors. Annual program has provided free dentures and screenings to more than 3,000 seniors **KiKi Driving**

[Exploring Parks In Bordeaux \(Outdoors\)](#)

Wednesday, March 5, 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****

[Tour Davidson County Sheriff's Department](#)

Monday, March 31, 10-12p.m. departure time 9 am. Join Davidson County Community Engagement Liaison Carlatina Hampton as she gives us a tour of the

Sheriff's Department also educates us on potential class opportunities.

Casino Trip Wednesday, March 5; Depart at 10:00 a.m. Cost: \$25 Transportation Fee + lunch cost, **registration is required**. We're headed to Mint Casino! **Mike 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.



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