

April 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
	1 8:30 am Games & Wii 10 am Chair Yoga Bordeaux Library 11:00am Arts & Crafts 12 pm Metro Meals* 1pm Love Hands	2 8:30 am Games & Wii 10 am Bible Study 11 am *Exploring Parks in Bordeaux 12 pm Metro Meals* 1pm Shades Showcase	3 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1pm Soul Train 2pm Advisory Council	4 8:30 am Games & Wii 9:30 am *Walmart 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
7 8:30 am Games & Wii 10 am Color by Number 11 am Wii Bowling Tournament 12 pm Metro Meals* 1 pm Eaton's Creek Bean Auction 2:30 pm Program Coordinator Meeting	8 8:30 am Games & Wii 10:00 am Puzzle Sheets 11am Lunch & Learn w/ CenterWell 12 pm Metro Meals* 1 pm Line Dancing w/ Annette	9 8:30 am Games & Wii 10 am Walking Club 11am Finish the Lyrics 12 pm Metro Meals* 1 pm Tabletop Foodies	10 8:30 am Games & Wii 10 am TSU African Heritage 12 pm Metro Meals* 1 pm Therapy Thursday	11 8:30 am Games & Wii 10 am New Game Day 11 am Mystery Lunch 12 pm Metro Meals* 1 pm Smile on 65 Dental BINGO
14 8:30 am Games & Wii 10am Unity Fitness Class w/ Heidy 11am Family Movie Day 12 pm Metro Meals* 1 pm Support Group	15 8:30am Games & Wii 10am Thrifting w/ KiKi 11am Spring Things 12 pm Metro Meals* 1 pm Let's Chat about It	16 8:30 am Games & Wii 10 am Health Fair at Martin Center 12 pm Metro Meals* 1 pm After Fair Review	17 8:30 am Games & Wii 10am TSU African Heritage 11am New Member Orientation 12 pm Metro Meals* 1 pm Humana Egg Hunt	18 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
21 8:30 am Games & Wii 10 am Unity Fitness Class w/ Heidy 11 am New Game Day 12 pm Metro Meals* 1 pm Old School Games	22 8:30am Games & Wii 10:00 am Strike & Spare 12 pm Metro Meals* 1 pm Line Dancing w/Annette	23 8:30 am Games & Wii 10am Bible Study 11am Arts & Crafts 12 pm Metro Meals* 1 pm Region's Bank Financial Literacy	24 8:30 am Games & Wii 9am Time 10 am Seniors On The Move 12 pm Metro Meals* 1 pm Chat & Chew	25 8:30 am Games & Wii 10 am Community Health Clinic w/Vanderbilt 12 pm Metro Meals* 1 pm BINGO
28 8:30 am Games & Wii 10 am Unity Fitness 11am Music for Seniors 12 pm Metro Meals* 1 pm Karaoke w/ KiKi	29 8:30 am Games & Wii 10am Senior Health & Wellness Expo 12 pm Metro Meals* 1 pm After Expo Discussion	30 8:30 am Games & Wii 10am Bible Study 11am Arts & Crafts 12 pm Metro Meals* 1 pm Getting to Know You		



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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.

Walking Club Wednesday, April 9, at 10 am. Join us as we walk, enjoy nature, and strengthen our cardio.

Chair Yoga w/ Bordeaux Library Tuesday, April 1; 10a.m. Members will join Small World Yoga for our chair yoga class to gently stretch and strengthen.

Arts and Crafts April 1, 23, & 30 at 11a.m. Join us for fun and interesting arts and craft projects led by one of our members, Ms. Freda.

Bible Study April 2, 23 & 30 at 10 a.m. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, April 4,11,18, & 25 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, April 14, & 28; 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, April 8 & 22; 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 Rafael Vasquez Monday, April 28; 11 a.m. Members will enjoy music by Rafael Vasquez

New Member Orientation Thursday, April 17; 11a.m. New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

MONTHLY MEETINGS

Advisory Council Meeting Thursday, April 3; 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.



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SPECIAL PROGRAMS & EVENTS:

Love Hands Tuesday April 1, 1 pm. Join us as Vernice Birdine shares all that the company has to offer for our seniors.

Shades Showcase Wednesday, April 2; 1p.m. It's time to pull the sunglasses out! Bring your favorite pair of sunglasses to showcase your springtime look!

TSU African Heritage Thursday, April 3, 10, & 17 10 am Tennessee State University Snap-Education program invites you to join and attend 7 class sessions on "African Heritage"

Soul Train Thursday, April 3, 1:00 p.m.; Dancing is Exercising! Show off your moves as you stroll down the Senior Soul Train Line

Community Health Clinic w/Vanderbilt Friday, April 4, 18 & 25, 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!

Wii Bowling Tournament Monday, April 7, 11 am. Join us for our monthly Wii Tournament!

Eaton's Creek Bean Auction Monday, April 7, 1:00 pm. Join us as Eaton's Creek Post Care Staff introduce us to how to have a bean auction.

Lunch & Learn Tuesday, April 8, 11:00 a.m.; Join us as Spencer w/ CenterWell discuss a health topic.

Finish The Lyrics Wednesday, April 9, 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.

Therapy Thursday Thursday, April 10; 1p.m. Join us as we watch a video and discuss various topics.

New Board Game Day Friday, April 11; 10a.m. Join us as we build our board game palette.

FFB Support Group Monday, April 14, 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 Monday, April 14, 11am. Join us as we watch a movie, enjoy theater snacks

Let's Chat About It w/ KiKi Tuesday, April 15, 1 p.m. Join KiKi as we chat about any new life changes or goals you would like to implement.

Humana Easter Egg Hunt Thursday April 17; 1p.m. Members will enjoy Humana's Senior Edition egg hunt.

Old School Games Monday, April 21; 1p.m. Members will enjoy walking down memory lane as we play games from their past.

Region's Bank Wednesday, April 23, 1pm. Financial Literature Seminar seniors will be educated on cash flow, saving, and credit restoration.

Chat & Chew Friday, April 24; 1p.m. Join us as we chat and discuss selective topics

Karaoke w/ KiKi Monday, April 28, 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!

Getting To Know You Wednesday, April 30; 1p.m. Join us as members share things about themselves and life experiences.

DAY TRIPS

Health Fair at Martin Center Wednesday, April 16, 10-12:30 p.m. Departure at 9 a.m. Join us as we enjoy wellness and community with our other FiftyForward Family.

Thrifting w/ KiKi Tuesday, April 15, 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, April 4; 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 Friday, April 11; 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**

Strike & Spare Tuesday, April 22; Departure at 9am. Join us for fun and fellowship as we bowl to see who has the most strikes. **Cost \$10 transportation fee Plus \$10 bowling fee includes shoes & admission**

Chair Yoga at Bordeaux Library Tuesday, April 1; Depart at 10:00 a.m. registration is required. Join Small World Yoga for our chair yoga class to gently stretch and strengthen. Whether you are a senior looking for gentle, supportive yoga or someone who spends long hours working in a chair, this class helps you incorporate the health benefits of yoga into your daily routine. **KiKi Driving**

Exploring Parks In Bordeaux (Outdoors) Wednesday, April 2, 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 or KiKi Driving**

Senior Health & Wellness Expo Tuesday, April 29, 10-1p.m. departure time 9 am. Join us for a day of Fun, Food, & Fitness for seniors.

Seniors On The Move Activity Thursday, April 24; Depart at 10:00 a.m. Tie Dye Fish Fry & Produce Market. Join us as we fellowship with our community partner for a tie dye activity, fish fry, and have an opportunity to shop for free fresh produce.

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.