



May 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 8:30a Games & Wii 10:00a TSU African Heritage 12p Metro Meals* 1p Wii Games 2p Advisory Council	2 8:30a Games & Wii 9:30a * Walmart 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 1p BINGO w/ Humana
5 8:30a Games & Wii 10a Mother's Day Brunch 12p Metro Meals* 1p Eaton's Creek Activity 2:30p Program Coordinator Meeting	6 8:30a Games & Wii 9:00a Casino Trip 10a Crochet Class 12p Metro Meals* 1p New Game Day	7 8:30a Games & Wii 10a Bible Study 11a Exploring Parks in Bordeaux 12p Metro Meals* 1p Soul Train	8 8:30a Games & Wii 10a Arts & Crafts 11a Creative Girls Rock 12p Metro Meals* 1p Therapy Thursday	9 8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 11a Mystery Lunch 12p Metro Meals* 1p BINGO
12 8:30a Games & Wii 10a Unity Fitness Class w/ Heidi 11a Family Movie Day 12p Metro Meals* 1p Support Group	13 8:30a Games & Wii 10a Thrifting w/ KiKi 11a Wii Games 12p Metro Meals* 1p Line Dancing w/ Annette	14 8:30a Games & Wii 10a Walking Club 12p Metro Meals* 1p Sundae Friday	15 8:30a Games & Wii 10a TSU African Heritage 11a New Member Orientation 12p Metro Meals* 1p Let's Chat About It	16 8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 1p BINGO w/ Humana
19 8:30a Games & Wii 10a New Game Day 11a Lunch & Learn Centerwell 12p Metro Meals* 1p Wii Game	20 8:30a Games & Wii 10a Crochet Class 12p Metro Meals* 1p Charades	21 8:30a Games & Wii 10a Bible Study 11a Arts & Crafts 12p Metro Meals* 1p Old School Games	22 8:30a Games & Wii 9a Free Time 10a Seniors On The Move 12p Metro Meals* 1p Chat & Chew	23 8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 1p BINGO
26 FiftyForward Centers & Offices Closed for Memorial Day	27 8:30a Games & Wii 10a Chair Yoga Bordeaux Library 12p Metro Meals* 1p Line Dancing w/ Annette	28 8:30a Games & Wii 10a Bible Study 11a Wii Bowling 12p Metro Meals* 1p Karaoke w/ KiKi	29 8:30a Games & Wii 10a TSU African Heritage 11a Arts & Crafts 12p Metro Meals* 1p Finish The Lyrics	30 8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 10a Senior Field Day Picnic 12p Metro Meals* 1p BINGO w/ Humana



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RECURRING CLASSES, ACTIVITIES, & GROUPS:

Metro Meals Monday-Friday, 12p – 1p 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 May 14, at 10a Join us as we walk, enjoy nature, and strengthen our cardio.

Chair Yoga w/ Bordeaux Library Tuesday, May 27; 10a. Members will join Small World Yoga for our chair yoga class to gently stretch and strengthen.

Arts and Crafts May 8, 21, & 29 at 11a. Join us for fun and interesting arts and craft projects led by one of our members, Ms. Freda.

Bible Study May 7, 21 & 28 at 10a. Minister Larry Harrison will be leading our weekly Bible Study.

BINGO Friday, May 2, 9, 16, 23 & 30 at 1p. Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some nice BINGO prizes for all who attend!

Unity Fitness Class Mondays, May 12; 10a. Fitness Instructor Heidy 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.-3:30p. Stop by the center to play cards, tackle a puzzle, play Rummikub, or try your hand at Wii Sports!

Line Dancing w/Annette Tuesday, May 13 & 27; 1p. Cost: Free. Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse.

Music for Seniors Off for Holiday

New Member Orientation Thursday, May 15; 11a. New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

MONTHLY MEETINGS

Advisory Council Meeting Thursday, May 1; 2 p. 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:

Wii Games Thursday, May 1, 1p & Tuesday May 13, 11a & May 19, 1p. Try your hand at Wii Sports!

TSU African Heritage Thursday, May 1, 15, & 29 10a Tennessee State University Snap-Education program invites you to join and attend 7 class sessions on “African Heritage”

Community Health Clinic w/Vanderbilt Friday, May 2, 9, 16, 23 & 30 10a; **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!

Mother’s Day Brunch Monday May 5, 10a Join us as we celebrate all the amazing women who have influenced us throughout our lives for this Mother’s Day Brunch Celebration

Eaton’s Creek Bean Auction Monday, May 5, 1:00p. Join us as Eaton’s Creek Post Care Staff introduce us to how to have a bean auction.

New Board Game Day Tuesday, May 6 & Monday May 19; 10a. Join us as we build our board game palette

Crochet Class Tuesday, May 6, & 20, 10a. Join us as one of our members teach us how to crochet.

Soul Train Thursday, May 7, 1:00p. Dancing is Exercising! Show off your moves as you stroll down the Senior Soul Train Line

Therapy Thursday Thursday, May 8; 1p. Join us as we watch a video and discuss various topics.

Creative Girls Rock Thursday, May 8; 11a Join us as we collab with different activities with our partners Creative Girls Rock.

Support Group Monday, May 12, 1p. Join us 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.

Sundae Funday Wednesday, May 14, 1:00p. Please join us as we cool off in the summer heat for an Ice Cream Social. Enjoy a bit of sweets as you socialize with friends.

Movie Day Monday, May 12, 11a. Join us as we watch a movie, enjoy theater snacks

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

Lunch & Learn Monday, May 19, 11a; Join us as Spencer w/ CenterWell discuss a health topic.

Charades Tuesday May 20; 1p. Charades is a gesture and acting game. One person gets a word or phrase and then must try to act and use gestures without making any sounds to indicate what that word or phrase is to their teammates.

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

Chat & Chew Friday, May 22; 1p. Join us as we chat and discuss selective topics

Karaoke w/ KiKi Wednesday, May 28, 1p. **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!



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Wii Bowling Tournament Wednesday, May 28, 11a. Join us for our monthly Wii Tournament!

Finish The Lyrics Thursday, May 29, 1p. 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.

Senior Field Day Picnic Friday, May 30, 10a. Join us as we fellowship with good food, fun, games and activities on the lawn.

DAY TRIPS

Grocery Shopping—Walmart Friday, May 2; Depart at 9:30a. Estimated return at 11a. Cost: \$5 Transportation Fee, Registration is required. Members will travel to the grocery store for a social shopping trip. **KiKi Driving**

Casino Trip Tuesday, May 6; Depart at 10:00a Cost: \$25 Transportation Fee + lunch cost, **registration is required.** We're headed to Oak Grove Casino! **Mike Driving**

Exploring Parks In Bordeaux (Outdoors) Wednesday, May 7, 11-12p. Center Bus departs at 9:30a 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**

Mystery Lunch Trip w/ Center Director Friday, May 9; Depart at 10:00a. Cost: \$10 Transportation Fee + lunch cost, **registration is required.** Join Center Director, Melvin Fowler, for a lunch trip out. **Melvin Driving**

Thrifting w/ KiKi Tuesday, May 13, 10-12:30p. Departure at 9:30a. Join Program Coordinator, KiKi for a trip to one of our local thrift stores. **Cost \$10 Transportation Fee. Registration is required. KiKi Driving**

Seniors On The Move Activity Thursday, May 22; Depart at 10:00a. Social engaging and activities with other seniors in the community. **Melvin Driving**

Chair Yoga at Bordeaux Library Tuesday, May 27; Depart at 10:00a. **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**

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.