June 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
2	3	4	5	6
8:30a Games & Wii 10a Plant & Chat 12p Metro Meals* 1p Eaton's Creek Activity 2:30p Program Coordinator Meeting	8:30a Games & Wii 9:00a History Trivia w/ Barbara Staten 10a Crochet Class 12p Metro Meals* 1p Wii Games	8:30a Games & Wii 10a Bible Study 11a Exploring Parks in Bordeaux 12p Metro Meals* 1p Charades	8:30a Games & Wii 10:30a Music for Seniors Percussion Lab 12p Metro Meals* 1p New Game Day 2p Advisory Council	7:00a Church Hill Downs 8:30a Games & Wii 9:30a *Walmart 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 1p BINGO
9	10	11	12	13
8:30a Games & Wii 10a Unity Fitness Class w/ Heidy 12p Metro Meals* 1p FFB Support Group	8:30a Games & Wii 9:00a Nissan Tour 11a Arts & Crafts 12p Metro Meals* 1p Line Dancing w/ Annette	8:30a Games & Wii 10a Bible Study 11a Father's Day Celebration 12p Metro Meals* 1p Awareness Presentation w/ Alzheimer's Association	8:30a Games & Wii 10:30a Music for Seniors Percussion Lab 12p Metro Meals* 1p Therapy Thursday	8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 1p BINGO
16	17	18	19	20
8:30a Games & Wii 10a History Trivia w/ Barbara Staten 11a Arts & Crafts 12p Metro Meals* 1p Tech Help	8:30a Games & Wii 10a Thrifting w/ KiKi 11a Wii Games 12p Metro Meals* 1p New Game Day	8:30a Games & Wii 10a Walking Club 12p Metro Meals* 1p Getting to Know You	FiftyForward Centers & Offices Closed for Memorial Day	8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 11a Mystery Lunch 12p Metro Meals* 1p BINGO
23	24	25	26	27
8:30a Games & Wii 10a Unity Fitness w/ Heidy 11a Music for Seniors 12p Metro Meals* 1p Tech Help	8:30a Games & Wii 10a Free Time 11a Strike & Spare 12p Metro Meals* 1p Line Dancing w/ Annette	8:30a Games & Wii 10a Bible Study 11a Arts & Crafts 12 p Metro Meals* 1 p Old School Games	8:30a Games & Wii 9a Free Time 10a Seniors On The Move 12p Metro Meals* 1p Wii Games	8:30a Games & Wii 10a Community Health Clinic w/Vanderbilt 12p Metro Meals* 12:30p Hot Diggity Dog Day 1p BINGO
30				
8:30a Games & Wii 10a Free Time 11a Movie Day Adventure 12p Metro Meals* 1p Karaoke w/ KiKi				



RECURRING CLASSES, ACTIVITIES, & GROUPS:

<u>Metro Meals</u> 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 June 18, at 10a Join us as we walk, enjoy nature, and strengthen our cardio.

<u>Arts and Crafts</u> June 10, 16, & 25 at 11a. Join us for fun and interesting arts and craft projects led by one of our members, Ms. Freda.

Bible Study June 4, 11, & 25 at 10a. Minister Larry Harrison will be leading our weekly Bible Study.

<u>BINGO</u> **Friday, June 6, 13, 20, & 27 at 1p.** Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some nice BINGO prizes for all who attend!

<u>Unity Fitness Class</u> Mondays, June 9 & 23; 10a. Fitness Instructor Heidy will lead this program getting fit with chair exercises as we listen to music.

<u>Cards, Puzzles, Word Searches, Wii games</u> <u>Monday-Friday, 8:30 a.m.-3:30p.</u> Stop by the center to play cards, tackle a puzzle, play Rummikub, or try your hand at Wii Sports!

<u>Line Dancing w/Annette</u> Tuesday, June 10 & 24; 1p. Cost: Free. Come learn some new dance moves in our Line Dance class on the Bordeaux Dance floor w/ Annette Howse.

<u>Music for Seniors</u> Presents Clifford Koufmann Monday, June 23; 11 a.m. Members will enjoy music by Clifford Koufmann

MONTHLY MEETINGS

<u>Advisory Council Meeting</u> Thursday, June 5; 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.

June 2025 <u>FiftyForward Bordeaux Center Programs</u>

SPECIAL PROGRAMS & EVENTS:

<u>Plant & Chat</u> Monday, June 2, 10a. Bring a plant to re-pot and join us as we re-pot our plants and chat about life.

Eaton's Creek Bean Auction Monday, June 2, 1:00p. Join us as Eaton's Creek Post Care Staff introduce us to how to have a bean auction.

Wii Games Tuesday, June 3, 17,1p & Thursday June 26, 1p. Try your hand at Wii Sports!

<u>Crochet Class</u> Tuesday, June 3, 10a. Join us as one of our members teaches us how to crochet.

History Trivia w/ Barbara Staten Tuesday, June 3, 9a & Monday June 16, 10a. Join us as member Barbara Staten, ask trivia questions throughout history.

<u>Charades</u> Wednesday June 4; 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.

New Board Game Day Thursday, June 5 & Tuesday June 17; 1p. Join us as we build our board game palette

Senior Percussion Lab Thursday, June 5 & 12, 10:30a. Please join us as Music for Seniors teach us about percussion.

Community Health Clinic w/Vanderbilt

Friday, June 6, 13, 20, & 27 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

FFB Support Group Monday, June 9, 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.

for the Bordeaux area!

Father's Day Celebration Wednesday June 11, 11a Join us as we celebrate all the amazing men who have influenced us throughout our lives for this Father's Day Celebration.

Alzheimer's Awareness Presentation

Wednesday, June 11; 1p Join us as Tamara Hudson with the Alzheimer's Association gives us insight about Alzheimer.

Therapy Thursday Thursday, June 12; 1p. Join us as we watch a video and discuss various topics

Tech Help Monday June 16 & 23; 1p. Join us as Matthew Santana with the Looby Branch assist our seniors with selective tech topics & concerns.

Getting To Know You Wednesday, June 18;

1p.m. Join us as members share things about themselves and life experiences.

Old School Games Wednesday, June 25; 1p. Members will enjoy walking down memory lane as we play games from their past.

Hot Diggity Dog Day Friday, June 27; 12:30p. Members will enjoy a community

12:30p. Members will enjoy a community gathering that celebrates the love of hot dogs.

Karaoke w/ KiKi Monday, June 30, 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!

June 2025 FiftyForward Bordeaux Center Programs

DAY TRIPS

Exploring Parks In Bordeaux (Outdoors)

Wednesday, June 4, 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

Church Hill Downs Kentucky Trip, June 6; Depart at 7:00a. registration is required. Join us as we are taking a trip to Louisville for a Kentucky Derby experience Cost \$20 transportation. Melvin Driving

Grocery Shopping—Walmart Friday, June 6; 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

Nissan Tour Tuesday, June 10; Depart at 9:00a Cost: \$10 Transportation Fee registration is required. Join us as we tour a behind-the-scenes look at car manufacturing, showcasing the process from raw materials to finished vehicles. The tours typically include a video presentation, a tram ride through the plant, and the opportunity to observe various assembly processes, including stamping, welding, and trim installations. KiKi or Mike Driving

Thrifting w/ KiKi Tuesday, June 17, 10-1:00p. 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

Mystery Lunch Trip w/ Center Director

Friday, June 20; 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

Strike & Spare Tuesday, June 24; Depart at 9a. registration is required. Join us for a good time on the lanes and see who has the most strikes! Cost \$10 transportation fee Plus \$10 bowling fee include shoes and admission KiKi Driving

Seniors On The Move Activity Thursday, June 26; Depart at 10:00a. Social engaging and activities with other seniors in the community. Melvin Driving

Movie Day Adventure Monday, June 30; Depart at 10:00a. registration is required. Join us as we take a trip to the theatre and explore local shops in the area. Cost \$10 transportation. Purchase movie tickets upon arrival. KiKi Driving

June 2025 FiftyForward Bordeaux Center Programs

TRIP GUIDELINES

<u>Minimum number</u> - 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.

<u>Departure Time</u> - Trips will leave at the stated departure time, so it is best if you arrive at least 10 minutes prior to departure.

<u>Cancellations and No Shows</u> - 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.

<u>Attendance</u> - 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.