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
				8:30a Games & Wii 10a Walmart 12p Metro Meals* 1p BINGO
4	5	6	7	8
8:30a Games & Wii 10a Old Folks Brain 11a Arts & Crafts 12p Metro Meals* 1p Wii Games	8:30a Games & Wii 10a Free Time 11a NES Presentation 12p Metro Meals* 1p Sail	8:30a Games & Wii 10a Bible Study 11a Exploring Parks in Bordeaux 12p Metro Meals* 1p Getting To Know You	8:30a Games & Wii 10a TSU African Heritage 12p Metro Meals* 1p Sail 2p Advisory Council	8:00a Buc-ee's Day Trip 8:30a Games & Wii 10a Community Health Clinic w/ Vanderbilt 12p Metro Meals* 1p BINGO
11	12	13	14	15
8:30a Games & Wii 10a Old Folks Brain 11a Arts & Crafts 12p Metro Meals* 1p FFB Support Group	8:30a Games & Wii 10a History Trivia w/ Barbara Staten 12p Metro Meals* 12:30p Sail 1p Line Dancing w/ Annette	8:30a Games & Wii 10a Silver Sneakers Fitness 11a Sip & Cake 12p Metro Meals* 1p Wii Games	8:30a Games & Wii 10a TSU African Heritage 12p Metro Meals* 1p Sail	8:30a Games & Wii 10a Community Health Clinic w/ Vanderbilt 12p Metro Meals* 1p BINGO w/ Advocate Legacy Insurance
18	19	20	21	22
8:30a Games & Wii 10a Old Folks Brain 11a New Member Orientation 12p Metro Meals* 1p Tech Help	8:30a Games & Wii 10a Thrifting w/ KiKi 11a Free Time 12p Metro Meals* 1p Sail	8:30a Games & Wii 10a Bible Study 11a Walking Club 12p Metro Meals* 1p Karaoke w/ KiKi	8:30a Games & Wii 10a David Jones Lunch & Learn 12p Metro Meals* 1p Sail	8:30a Games & Wii 10a Community Health Clinic w/ Vanderbilt 11a Free Time 12p Metro Meals* 1p BINGO
25	26	27	28	29
8:30a Games & Wii 10a Wang Vision Lunch & Learn 11a Music For Seniors 12p Metro Meals* 1p Tech Help	8:30a Games & Wii 10a History Trivia w/ Barbara Staten 12p Metro Meals* 12:30p Sail 1p Line Dancing w/ Annette	8:30a Games & Wii 10a Bible Study 11a Silver Sneakers Fitness 12p Metro Meals* 1p Charades	8:30a Games & Wii 10a TSU African Heritage 12p Metro Meals* 1p Sail	8:30a Games & Wii 10a Community Health Clinic w/ Vanderbilt 12p Metro Meals* 1p BINGO

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 August 20, at 11a Join us as we walk, enjoy nature, and strengthen our cardio.

<u>Arts and Crafts</u>, **August 4, 11 at 11a**. Join us in the fun and interesting arts and craft projects led by one of our members, Ms. Freda.

<u>Bible Study</u> **August 6, 20, & 27 at 10a.** Minister Larry Harrison will be leading our weekly Bible Study.

<u>BINGO</u> Friday, August 1, 8, 15, 22, & 29 at 1p. Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some nice BINGO prizes for all who attend!

<u>Sail Fitness Class</u> Tuesday @ 12:30p & Thursday @ 1p. Fitness Instructor Kris 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, August 12 & 26; 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 Michelle Garcia Monday, August 25; 11 a.m. Members will enjoy music by Geary Moore

<u>New Member Orientation</u> <u>Monday, August 18; 11a.</u>New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

MONTHLY MEETINGS

<u>Advisory Council Meeting</u> Thursday, August 7; 2p. 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 Games Monday, August 4 & 13, 1p, Try your hand at Wii Sports!

Old Folk Brains w/ Dr. Lee Monday, August 4, 11, & 18; 10a. Join us Dr. Lee, a retired Family Physician as he hosts a class on Old Folks Brain and how the brain changes as you age.

NES Presentation Tuesday August 5; 10a.
Join us as Leah & Dawna with Nashville
Electric Service educate our seniors on
savings and programs that are offered by NES.

Getting To Know You Wednesday, August 6; 1p.m. Join us as members share things about themselves and life experiences.

TSU African Heritage Thursday, August 7, 14, & 28 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, August 8,15, 22, & 29 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!

FFB Support Group Monday, August 11, 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.

History Trivia w/ Barbara Staten Tuesday,
August 12 & 26 10a. Join us as member
Barbara Staten, ask trivia questions throughout

Barbara Staten, ask trivia questions throughout history.

Silver Sneaker Fitness Wednesday, August 13, 10a & 27, 11a. Join us for a workout with a Silver Sneaker Workout Video.

<u>Tech Help</u> Monday August 18 & 25; 1p. Join us as Matthew Santana with the Looby Branch assist our seniors with selective tech topics & concerns.

Karaoke w/ KiKi Wednesday, August 20, 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!

David Jones Lunch & Learn Thursday, August 21,10a. Join us as we learn all about the community care and services that the David Jones, Jr. Assisted Living center offers.

Wang Vision Lunch & Learn Monday August 25; 10a. Join us as we learn the importance of eye health during National Eye Exam Month!

Charades Wednesday August 27; 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.

DAY TRIPS

Grocery Shopping—Walmart Friday, August 1; 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

Buc-ee's Day Trip Friday, August 8; Depart at 8a. Cost: \$25 registration is required. Join us for an adventure trip to Buc-ee's. It's the world's largest convenience store! Melvin Driving

Sip & Cake Wednesday, August 13; Depart at 11:00a. Cost: \$55 includes Ticket & Transportation Fee, Registration is required. Join us as we decorate 5- inch white pre-baked cakes with frosting and a choice of toppings. Sit and decorate in any way you like. Expert instructors will be there to guide you through the entire process, ensuring you have fun, and stress-free time. Once you're done, your cake is yours to take home and enjoy. Feel free to bring your beverage of choice to sip on while you decorate. KiKi Driving

Thrifting w/ KiKi Tuesday, August 19, 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

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.