



## December 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/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:30a Games & Wii 10a Hartman Park Dance into Shape 12p Metro Meals* 1p Tech Help	<b>2</b> 8:30a Games & Wii 10a Charades 11a <b>Arts &amp; Crafts</b> 12p Metro Meals* 1p Movie Time	<b>3</b> 8:30a Games & Wii 10a Bible Study 12p Metro Meals* 12:30p IT Creswell Performance 1p Wii Games	<b>4</b> 8:30a Games & Wii 10:30a Frist Art Trunk 12p Metro Meals* 2p <b>Advisory Council</b>	<b>5</b> 8:30a Games & Wii 10a <b>Walmart</b> 12p Metro Meals* 1p BINGO
<b>8</b> 8:30a Games & Wii 10a Hartman Park Dance into Shape 12p Metro Meals* 1p Tech Help	<b>9</b> 8:30a Games & Wii 10a <b>Silver Sneaker Fitness</b> 12p Metro Meals* 1p Line Dancing w/ Annette	<b>10</b> 8:30a Games & Wii 10a <b>Walking Club</b> 11a <b>Lunch Club Day Trip</b> 12p Metro Meals* 1p Getting to Know You	<b>11</b> 8:30a Games & Wii 10a Hadley Park Senior Line Dancing 12p Metro Meals* 1p FFB Support Group	<b>12</b> 8:30a Games & Wii 10a <b>New Member Orientation</b> 12p Metro Meals* 1p BINGO
<b>15</b> 8:30a Games & Wii 10a Hartman Park Dance into Shape 12p Metro Meals* 1p Tech Help	<b>16</b> 8:30a Games & Wii 10a <b>Thrifting w/ KiKi</b> 12p Metro Meals* 1p Movie Time	<b>17</b> 8:30a Games & Wii 10a Bible Study 11a Crochet Class 12p Metro Meals* 12p Christmas Luncheon 1p Wii Games	<b>18</b> 8:30a Games & Wii 10a <b>Kennie Playhouse Looby</b> 12p Metro Meals* 1p Spades Session	<b>19</b> 8:30a Games & Wii 10a <b>Silver Sneaker Fitness</b> 12p Metro Meals* 1p BINGO
<b>22</b> FiftyForward Centers & Offices Closed	<b>23</b> FiftyForward Centers & Offices Closed	<b>24</b> FiftyForward Centers & Offices Closed	<b>25</b> FiftyForward Centers & Offices Closed	<b>26</b> FiftyForward Centers & Offices Closed
<b>29</b> 8:30a Games & Wii 10a New Game Day 11a Music for Seniors 12p Metro Meals* 1p Tech Help	<b>30</b> 8:30a Games & Wii 10a <b>Silver Sneaker Fitness</b> 11a <b>Arts &amp; Crafts</b> 12p Metro Meals* 1p Line Dancing w/ Annette	<b>31</b> 8:30a Games & Wii 10a Bible Study 11a Crochet Class 12p Metro Meals* 1p Karaoke w/ KiKi		



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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 December 10, at 11a Join us as we walk, enjoy nature, and strengthen our cardio.

**Arts and Crafts**, December 2 & 30 at 11a. Join us in the fun and interesting arts and craft projects led by one of our members, Ms. Freda.

**Bible Study** December 3, 17, & 31 at 10a. Minister Larry Harrison will be leading our weekly Bible Study.

**BINGO** Friday, December 5, 12, 19, at 1p. Come and join FiftyForward Bordeaux for some social BINGO FUN! We have some nice BINGO prizes for all who attend!

**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, December 9 & 30; 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** Monday, December 29; 11 a.m. Members will enjoy music by one of Music for Senior's great musicians.

**New Member Orientation** Monday, December 12; 11a. New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

### **MONTHLY MEETINGS**

**Advisory Council Meeting** Thursday, December 4; 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.



## December 2025 FiftyForward Bordeaux Center Programs

### **SPECIAL PROGRAMS & EVENTS:**

**Tech Help Monday December 1,8,15, & 29; 1p.** Join us as Matthew Santana with the Looby Branch assist our seniors with selective tech topics & concerns.

**Hartman Park Dance Into Shape Monday, December 1,8,15, & 29 10a** This is a lively and social activity where older adults come together to learn and dance to choreograph dance routines.

**Wii Games Wednesday, December 3 & 17, 1p,** Try your hand at Wii Sports!

**IT Creswell Middle School Performance Wednesday, December 3 12:30p** Join us as we welcome the joyful sounds of the season! The **IT Creswell Middle School Chorus** will be performing a special Christmas selection guaranteed to fill your heart with holiday cheer.

**Frist Art Trunk Activity Thursday, December 4; 10:30a** This is a lively and social activity with one of Frist community art teachers. Join us for the *New African Masquerades: Artistic Innovation and Collaborations Art Trunk Community Art Teacher Workshop*.

**Silver Sneaker Fitness Tuesday, December 9,19 & 30; 10a.** Join us for a workout with a Silver Sneaker Workout Video.

**Getting To Know You Wednesday, December 10; 1p.m.** Join us as members share things about themselves and life experiences.

**Hadley Park Senior Line Dancing Tuesday, December 10,10a.,** This is a lively and social activity where older adults come together to learn and dance to choreograph dance routines.

**Crochet Class Wednesday, December 17 & 31; 11a.** Join us as we laugh, chat, connect, & dabble with crocheting. Member Derry Wilson will share her skills and techniques with us. All experience levels welcome.

**Spades Session Thursday, December 18, 1p.** Join us as we share in a game of spades. All experience levels welcome.

**Christmas Luncheon Wednesday, December 17, 12p.** Join us for a joyful Christmas Luncheon as we come together to celebrate the season with good food, good company, and holiday cheer. Enjoy a warm meal, festive music, and the simple joy of gathering with friends for a delightful afternoon of togetherness.

**FFB Support Group Thursday, December 20, 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.

**Karaoke w/ KiKi Wednesday, December 31, 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!

**DAY TRIPS**

**Grocery Shopping—Walmart Friday, December 5; 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**

**Lunch Club Day Trip Wednesday, December 10; Depart at 10:00a. Cost: \$10 Transportation Fee, **Registration is required** Join center director; Melvin Fowler for lunch at one of Nashville's local restaurants. Members are responsible for purchasing their meal.**

**Thrifting w/ KiKi Tuesday, December 16, 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**

**Kennie Playhouse Theatre @ Looby Tuesday, December 18, 10-1:00p. Departure at 9:30a. Join Program Coordinator, KiKi for a trip to the Looby to enjoy the play "Crowns." Crowns play is a soul stirring journey through memory of music, and the magnificent power of womanhood. Cost \$25 Transportation Fee. Registration is required. 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.**