

## March 2026 FiftyForward Bordeaux Program Calendar

Please carefully read the program description page to learn more about each activity. Events with an asterisk\* require advanced registration.  
 To register for programs & trips, go to <https://fiftyforward.org/member/>

Mon	Tue	Wed	Thur	Fri	Sat
2. 8:30a Games & Wii 10am <b>New Board Game Day</b> 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Tech Help</b>	3. 8:30a Games & Wii 9a <b>Get Fit w/Melvin</b> 10a <b>Vanderbilt Memory &amp; Alzheimer Deases</b> 11a <b>Arts &amp; Crafts</b> 12p Metro Meals*	4. 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Lunch Club Day Trip</b> 12p Metro Meals* 1p <b>Wii Games</b>	5. 8:30a Games & Wii 10a Program Meeting 12p Metro Meals* 1p <b>Senior Planet NP Library</b> 2p <b>Advisory Council Meeting</b>	6. 8:30a Games & Wii 10a <b>Rummikub Tournament</b> 11a <b>Spade Session</b> 12p Metro Meals* 1p <b>BINGO</b> w/Laura WOC	7.
9. 8:30a Games & Wii 10am Book Club 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Tech Help</b>	10. 8:30a Games & Wii 9a <b>Get Fit w/Melvin</b> 10a <b>Vanderbilt Memory &amp; Alzheimer Deases</b> 10a <b>We Go Travel</b> 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>Line Dancing w/Annette</b>	11. 8:30a Games & Wii 10a <b>NP Police Meet &amp; Greet</b> 11a <b>Arts &amp; Crafts</b> 12p Metro Meals* 1p <b>Wii Games</b>	12. 8:30a Games & Wii 10a <b>Hadley Park Senior Line Dancing</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	13. 8:30a Games & Wii 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>Rummikub Tournament</b>	14..
16. 8:30a Games & Wii 9a – 12p WeGo Travel Training & Bus Ride 10a <b>Hartman Park Dance into Shape</b> 12p Metro Meals* 1p <b>Tech Help</b>	17. 8:30a Games & Wii 9a <b>Get Fit w/Melvin</b> 10a <b>Vanderbilt Memory &amp; Alzheimer Deases</b> 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>St. Patrick's Day Celebration</b>	18. 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>FFB Support Group</b> 12p Metro Meals* 1p <b>Wii Games</b>	19. 8:30a Games & Wii 10a <b>Black History Discussion</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	20. <b>No Program</b> 2p – <b>Grand Opening</b>	21.
23. 8:30a Games & Wii 10a <b>Hartman Park Dance into Shape</b> 11a <b>Music for Seniors</b> 12p Metro Meals* 1p <b>Tech Help</b>	24. 8:30a Games & Wii 9a <b>Get Fit w/Melvin</b> 10a <b>Vanderbilt Memory &amp; Alzheimer Deases</b> 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>Line Dancing w/Annette</b>	25. 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Women's History Day Program</b> 12p Metro Meals* 1p <b>Karaoke w/Friends</b>	26. 8:30a Games & Wii 11a-12:30p <b>Frist Art Trunk</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	27. 8:30a Games & Wii 10a Walmart Trip 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>Getting to Know You</b>	28.
30 8:30a Games & Wii 10a <b>New Building Exploration</b> 11a <b>Lunch Club Day Trip</b> 12p Metro Meals* 1p <b>Tech Help</b>	31 8:30a Games & Wii 9a <b>Get Fit w/Melvin</b> 10a <b>Vanderbilt Memory &amp; Alzheimer Deases</b> 11:30a -12:15p <b>Bingocize</b> 12p Metro Meals* 1p <b>New Member Orientation</b>				

*If you are interested in participating in any program virtually, please reach out to the hosting center for more information*



**ML** Denotes member led program

#### 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, Monday March 2 & 8 at 11a**

Join us as we walk, enjoy nature, and strengthen our cardio.

**Arts and Crafts, March 3 & 11 at 10a.** Join us in the fun and interesting arts and craft projects led by one of our members, Ms. Freda.

**Bible Study March 4, 18 & 25 at 10a.** Minister Larry Harrison will be leading our weekly Bible Study.

**BINGO Friday, March 6 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!

**Music for Seniors Monday, March 23; 11a** Members will enjoy music by one of Music for Senior's great musicians.

**New Member Orientation Tuesday, March 31 at 1p** New member orientation is designed to introduce new members to the FiftyForward Bordeaux culture.

**Line Dancing w/Annette Tuesday March 10 & 24; 1p.** Join us as we line dance to some great tones with Annette.

#### MONTHLY MEETINGS

**Advisory Council Meeting Thursday, March 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

## FiftyForward Bordeaux PROGRAM INFORMATION

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

**Tech Help Monday March 2, 9,16, 23 & 30; 1p.** Join us as Matthew Santana with the Looby Branch assist our seniors with selective tech topics & concerns.

**Rummikub Tournament Friday, March 6 at 10a & March 13 at 1p.** Join us as we host a Rummikub Tournament. All experience levels welcomed.

**Vanderbilt Memory & Alzheimer Disease Tuesday, March 3,10,17,24 & 31, 10a** Join us as we partner with Vanderbilt to learn about Alzheimer.

**Bingocize Tuesday & Friday, March 10,13,17, 24, 27 & 31, 11:30-12:15pm** Join us as Kris lead our Evidence Basse Program BINGOcize class that includes BINGO and Exercise.

**New Building Exploration Monday March 30, 10a.** Join us for interactive tour introducing members to the new building's spaces, amenities, and accessibility features.

**St. Patrick's Day Celebration Tuesday March 17, 11a.** Join us as we share cards, enjoy sweet desserts, and celebrate friendship together.

**Wii Games Wednesday, March 4, 11 & 18** Try your hand at Wii Sports

**Women History Day Program Wednesday, March 25, 11am**

**5555FFB Support Group Wednesday, March 18, 11a.** 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.

**Hadley Park Senior Line Dancing Thursday, March 12,10a.**

This is a lively and social activity where older adults come together to learn and dance to choreograph dance routines.

**Hartman Park Dance into Shape Monday, March 16 & 30 10a**

This is a lively and social activity where older adults come together to learn and dance to

**Spades Session Friday, March 6, 11a.** Join us as we share in a game of spades. All experience levels welcome.

**Black History Discussion Thursday March 19, 10a.** Join us for a guided discussion honoring Black history, achievements, culture, and lasting contributions to our community.

**Grand Opening Thursday March 20, 12p -5p.** Join us as for our Grand Opening Event for the NEW Forward Creative Commons Building at Bordeaux. **All FiftyForward members are required to register for event.**

**Get Fit w/Mr. Fowler Tuesday, March 3,10,17,24 & 31 9a.** Join Mr. Fowler as we work out to some great tunes and move our body.

**Karaoke Wednesday, March 25, 1p. ALL VOICES WELCOMED!** Music has a way of bringing people together. Join members as we sing one of your favorite songs or pick one of the mystery songs from the jar!

**Senior Planet NP Library Thursday, March 26, 1p** Let's watch a movie together. Bring your favorite theatre snack and enjoy a movie!

**Getting To Know You Friday, March 27; 1p.** Join us as members share things about themselves and life experiences.



## Fifty Forward Bordeaux March 2026 Trips

### DAY TRIPS

We-Go Travel Training Tuesday, March 10, 10-1:00p. Departure at 9:30a- **Limited to the first 30. No Fee. Registration is required.** We Go Driving

Grocery Shopping—Walmart Friday, March 27; 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. **Mr. Fowler Driving**

Lunch Club Day Trip Monday, March 30; Depart at 11a. Estimated return at 2p. Cost: \$10 Transportation Fee, **Registration is required.** Members will travel on a lunch day trip with **Mr. Fowler.**

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.**

### TRIP GUIDELINES

**Minimum number** - Trips not meeting the minimum number of 6 attendees (unless