

# April 2026

## FiftyForward Bordeaux Center

Please see the program description page to learn more about each offering, 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
		1 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arthritis Exercise Class</b> 12p Metro Meals* 1p <b>Wii Games</b>	2 8:30a Games & Wii 10a Program Meeting 12p Metro Meals* 1p <b>Senior Planet NP Library</b> 2p <b>Advisory Council Meeting</b>	3 8:30a Games & Wii 9:3a <b>Grocery Shopping</b> 10a <b>Easter Program</b> 11a <b>Spade Session</b> 12p Metro Meals* 1p <b>BINGO</b>
6 8:30a Games & Wii 10a <b>New Board Game Day</b> 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Tech Help</b>	7 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a <b>Lunch &amp; Learn w/Pam Cowley</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Line Dancing w/Annette</b> 2p <b>Arthritis Exercise Class</b>	8 8:30a Games & Wii 10a Puzzle Day 11a <b>Arts &amp; Crafts</b> 11a <b>Arthritis Exercise Class</b> 12p Metro Meals* 1p <b>Wii Games</b>	9 8:30a Games & Wii 10a <b>Hadley Park Senior Line Dancing</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	10 8:30a Games & Wii 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Rummikub Tournament</b>
13 8:30a Games & Wii 10a <b>Hartman Park Dance into Shape</b> 11a <b>Lunch Day Club</b> 12p Metro Meals* 1p <b>Tech Help</b>	14 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a <b>Lunch &amp; Learn w/Pam Cowley</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 2p <b>Arthritis Exercise Class</b>	15 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arthritis Exercise Class</b> 11a <b>FFB Support Group</b> 12p Metro Meals* 1p <b>Wii Games</b>	16 8:30a Games & Wii 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	17 8:30a Games & Wii 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>BINGO</b>
20 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>	21 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a <b>Lunch &amp; Learn w/Pam Cowley</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Line Dancing w/Annette</b> 2p <b>Arthritis Exercise Class</b>	22 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arthritis Exercise Class</b> 11a <b>Arts &amp; Crafts</b> 11:30a <b>Earth Day Program</b> 12p Metro Meals* 1p <b>Karaoke w/Friends</b>	23 8:30a Games & Wii 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	24 8:30a Games & Wii 10a Walmart Trip 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Getting to Know You</b>
27 8:30a Games & Wii 10a <b>New Building Exploration</b> 11a <b>Music for Seniors</b> 12p Metro Meals* 1p <b>Tech Help</b>	28 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a <b>Lunch &amp; Learn w/Pam Cowley</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>New Member Orientation</b> 2p <b>Arthritis Exercise Class</b>	29 8:30a Games & Wii 10a <b>Bible Study</b> 10am <b>Health Fair</b> 11a <b>Arthritis Exercise Class</b> 11a <b>Arts &amp; Crafts</b> 12p Metro Meals* 1p <b>Karaoke w/Friends</b>	30 8:30a Games & Wii 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	

**RECURRING CLASSES, ACTIVITIES, & GROUPS:**

**Metro Meals** Monday-Friday, 12p – 1p **No Metro Meals on days the center is closed.** Metro Meals provides a free lunch program for approved adults age 60+. Applications are available at the front desk. Metro Meals is not offered on days the center is closed. *Flex Rooms 1, 2 & 3 – 1st Floor*

**Walking Club** Monday April 16, 23 & 30, 11a Walking is a great low-impact way to stay active. It helps improve heart health, strengthen muscles and bones, boost mobility, and support overall wellness. Join us as we walk together, enjoy the outdoors, and get our steps in! *Outside Activity – Local Walking Route*

**Arts and Crafts** April 8, 22 & 29, 11a Get creative and have fun with fellow members! Arts and crafts can help reduce stress, stimulate memory, and provide a wonderful outlet for self-expression. This class is led by our talented member **Ms. Freda**. *Multi-Purpose Room – 2nd Floor ML*

**Bible Study** April 1, 15, 22 & 29, 10a Join us for a weekly Bible Study led by member **Minister Larry Harrison**. This is a welcoming time for reflection, discussion, and fellowship. *Flex Rooms 1, 2 & 3 – 1st Floor ML*

**BINGO** Friday, April 3 & 17, 1p Come enjoy an afternoon of BINGO! Playing helps keep the mind active while offering a fun way to socialize and connect with friends. And of course—we'll have some great prizes! *Flex Rooms 1, 2 & 3 – 1st Floor*

**Cards, Puzzles, Word Searches, Wii games** Monday-Friday, 8:30a - 3:30p Drop in anytime to enjoy cards, puzzles, word searches, or Wii games. These activities are great for stimulating the brain, improving memory, and spending time with friends. *Flex Rooms 1, 2 & 3 – 1st Floor*

**Music for Seniors** Monday, April 27, 11a Music for Seniors, a Nashville-based nonprofit, brings local musicians to perform interactive programs for older adults. Enjoy a wonderful live music experience with one of their talented performers. *Flex Rooms 1, 2 & 3 – 1st Floor*

**New Member Orientation** Tuesday, April 28, 1p New to the center? Join us for orientation! This session introduces you to programs, activities, and ways to get involved while helping you meet other members and staff. *Flex Room 2 – 1st Floor*

**Line Dancing w/Annette** Tuesday April 7 & 21, 1p Get moving and have fun with line dancing! This class helps improve balance, coordination, cardiovascular health, and memory through easy-to-follow choreography. Led by member **Annette Howse**. *Dance/Exercise Room – 2nd Floor*

**MONTHLY MEETINGS**

**Advisory Council Meeting** Thursday, April 2, 2 p The Advisory Council meets on the first Thursday of each month to share ideas, discuss center updates, and support the continued growth of our programs and community. *Flex Room 2 – 1st Floor*

**SPECIAL PROGRAMS & EVENTS:**

**Easter Program Friday, April 3, 10a** This celebration will allow members to socialize and share stories of their childhood Easter memories. We will do this while enjoying dessert, hot coffee and tea. Bring your old Easter picture of yesterday to share with members. *Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor*

**Tech Help Monday April 6, 13, 20, 27 & 30, 1p** Do you have a tech question or issue you need help with? Is your phone, tablet, or laptop acting up and you don't know what's going on? Bring it to our Tech Help sessions with Matthew Santana from NP Library. *Multi/Purpose Rm- 2<sup>nd</sup> Floor*

**Puzzle Club Day Wednesday, April 8, 10a** Puzzles help stimulate both the brain and hemisphere, improve problem solving, spatial reasoning, and mood through dopamine release. Join us as we put puzzles together as a group and enjoy time with friends. *Flex Rm 3-1<sup>st</sup> Floor*

**Rummikub Tournament Friday, April 10, 1p** Join us for a fun and friendly Rummikub Tournament! This popular game keeps the mind sharp while offering great social interaction. All skill levels are welcome. *Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor*

**Vanderbilt Memory & Alzheimer Center Tuesday, April 7, 14, 21, & 28, 10a** Pam Cowley, Senior Population/Public Health Manger with Vanderbilt University Medical Center will offer weekly Lunch and Learn session with the focus on Alzheimer's Disease Fundamentals. *Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor*

**Arthritis Chair Exercise Class Tuesday, April 7, 14, 21, & 28 and Wednesday, April 1, 8, 15, 22 & 29** Arthritis Chair Exercise is an evidence-based program that will improve joint mobility, strength, and range of motion for arthritis management. Key moves include trunk rotations, seated marches, leg lifts, and stretches that can be done safely while seated to reduce pain and stiffness. Regular, low-impact, seated activity, such as the 45-minute [Chair Fit program](#), is ideal for all fitness levels. *Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor*

**Bingocize Tuesday & Friday, April 7, 10, 14, 17, 21, 24 & 28, 11:30a -12:15p** Bingocize combines the fun of bingo with light exercise in an engaging, evidence-based program designed to improve strength, balance, and overall wellness. Led by **Kris**. *Dance/Exercise Rm- 2<sup>nd</sup> Floor*

**New Building Exploration Monday April 27, 10a** Members will have the opportunity to explore the new facility. This interactive tour introduces members to the new building's spaces, amenities, and accessibility features. *All Rms*

**Wii Games Wednesday, April 1, 8 & 15, 1p** Have fun staying active with Wii games! These interactive games help improve balance, coordination, and cognitive skills while encouraging friendly competition. *Flex Rm 3-1<sup>st</sup> Floor*

**FFB Support Group Wednesday, April 15, 11a** This is a safe space for members to share their experiences, feelings, and coping strategies. *Multi/Purpose Rm- 2<sup>nd</sup> Floor*

**Earth Day Program Wednesday, April 22, 11:30a** Celebrate Earth Day by helping us care for our community! Members will participate in a clean-up around the Forward Creative Commons building

while learning about environmental awareness.

*Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor/Outside Event*

**Hadley Park Senior Line Dancing Thursday, April 9, 10a** Join us at Hadley Park for a fun and energetic line dancing class! This program encourages movement, creativity, and confidence while enjoying music and dancing with others.  
*Hadley Park – Meet Up Event*

**Hartman Park Dance into Shape Monday, April 13 & 20, 10a** Get moving and have fun with *Dance Into Shape!* This upbeat class combines easy-to-follow dance movements with light cardio to help improve balance, coordination, and overall fitness. No dance experience is needed—just come ready to move, smile, and enjoy great music in a welcoming and supportive environment. Perfect for all fitness levels. *Hartman Park – Meet Up Event*

**Spades Session Friday, April 3, 11a** Join us for a friendly game of Spades! Card games like Spades help keep the mind sharp by encouraging memory, strategy, and decision-making skills. All experience levels are welcome. *Flex Rm 3- 1<sup>st</sup> Floor*

**Get Fit Tuesday, April 7, 14, 21 & 28, 9a** Discover the joy of movement with friends in this fun, beginner-friendly body movement class. Learn a variety of ways to keep your body moving, while listening to music and watching videos.  
*Dance/Exercise Rm – 2<sup>nd</sup> Floor*

**Karaoke Wednesday, April 29, 1p** All voices welcome! Karaoke is a fun way to bring people together. Choose your favorite song—or pick a mystery song from the jar—and sing along with friends. *Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor*

**Senior Planet NP Library Thursday, April 2, 9, 16, 23 & 30, 1p** Learn essential digital skills in a supportive environment designed for older adults.  
*Multi/Purpose Rm – 2<sup>nd</sup> Floor*

**Getting To Know You Friday, April 24, 1p** This member-led group helps build connection and community through storytelling, sharing experiences, and fun interactive activities.  
*Dance/Exercise Rm – 2<sup>nd</sup> Floor*

**FiftyForward Health Fair at Martin Center Wednesday, April 29, 10a - 12p** FF Martin Center will be hosting a Community Health Fair focusing on proactive health maintenance. Attendees will be offered significant benefits by attending, such as free preventative education booths, professional consultations, community resources and engaging activities. *FF Martin Center*

## DAY TRIPS

### **Registering and Payments for Trips:**

Payments and registrations are made via our new portal, which can be accessed online or at the kiosk located at the Center. Payments must be made at the time of registration to hold your spot for day trips and events that have a cost. The portal can be accessed at <https://fiftyforward.org/member/>

### Grocery Shopping—Walmart

**Date: Friday, April 3rd**

**Bus Depart at 9:30a**

**Estimated Return at 11a**

**Cost: \$5 (Transportation Fee)**

**Registration is Required**

Join us for a convenient and social trip to Walmart for your grocery shopping. Members will have time to shop for essentials while enjoying a quick outing with friends.

*Driver: Mr. Fowler*

### Lunch Club Day Trip

**Date: Monday, April 13<sup>th</sup>**

**Bus Depart at 10:30a**

**Estimated Return at 2p**

**Cost: \$10 (Transportation Fee)**

**Registration is Required**

Enjoy great food and even better company on our Lunch Club outing! Members will travel together to enjoy lunch at a local restaurant and spend time socializing with friends.

*Driver: Mr. Fowler*

### Health Fair at FiftyForward Martin Center

**Date: Wednesday, April 29th**

**Bus Depart at 9a**

**Estimated Return at 1p**

**Cost: FREE**

**Registration is required**

Join us for a trip to the FiftyForward Martin Center Health Fair. Members will have the opportunity to connect with health professionals, explore wellness resources, and learn more about ways to stay healthy and active.

*Driver: Mr. Fowler*

## 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.

**Staff Support** — Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.** Most trips require a fair amount of walking. If you are unsure, please call **615-743-3487** for more information.

**Payment** — Trips must be paid for at the time of registration, in order to hold your seat. **Note: Non-members pay an additional \$5 per person.**

**Departure Time** — Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

**Cancellations and No Shows** — A refund will be issued if a cancellation is given more than 24 hours prior to a trip scheduled for 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 two 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.



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