



## May 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 9:3a <b>Grocery Shopping</b> 10a <b>New Board Game</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>BINGO w. Laurie Little</b>
4 8:30a Games & Wii 10a <b>Walking Club</b> 11a <b>ArtTrunk</b> 12p Metro Meals* 1p <b>Tech Help</b>	5 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a Nesterly Presentation 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Email Basic w/MW</b> 2p <b>Arthritis Exercise Class</b>	6 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arts &amp; Crafts</b> 11a <b>Arthritis Exercise Class</b> 12p Metro Meals*	7 8:30a Games & Wii 10a <b>Mother's Day Event</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b> 2p <b>Advisory Council Meeting</b>	8 8:30a Games & Wii 10a <b>Word Search Day</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Rummikub Tournament</b>
11 8:30a Games & Wii 10a <b>Hartman Park Dance into Shape</b> 11a <b>ArtTrunk</b> 12p Metro Meals* 1p <b>Tech Help</b>	12 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a Program Meeting 11:30a <b>Bingocize</b> 12p Metro Meals* 2p <b>Arthritis Exercise Class</b>	13 8:30a Games & Wii 10a <b>Mental Health Awareness Day</b> 11a <b>Lunch Club Day</b> 11a <b>Arthritis Exercise Class</b> 12p Metro Meals* 1p <b>FFB Support Group</b>	14 8:30a Games & Wii 10a Conversation w/MNPD 11a <b>Walking Club</b> 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	15 8:30a Games & Wii 10a <b>Community Health Clinic /Vanderbilt</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>BINGO w. Adam Studd</b>
18 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>	19 8:30a Games & Wii 9a <b>Get Fit Class</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Navigating Websites</b> 2p <b>Arthritis Exercise Class</b>	20 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arthritis Exercise Class</b> 11a <b>Arts &amp; Crafts</b> 12p Metro Meals* 1p <b>FFB Support Group</b>	21 8:30a Games & Wii 11a Wii Bowling 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	22 <b>7a Churchill Down FT</b> 8:30a Games & Wii 10a Walmart Trip 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>Getting to Know You</b>
25 <b>FiftyForward Centers and Offices are closed in observance of Memorial Day.</b>	26 8:30a Games & Wii 9a <b>Get Fit Class</b> 10a <b>Spade Tournament</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p <b>New Member Orientation</b> 2p <b>Arthritis Exercise Class</b>	27 8:30a Games & Wii 10a <b>Bible Study</b> 11a <b>Arthritis Exercise Class</b> 11a <b>Arts &amp; Crafts</b> 11:30a Password Safety Class 12p Metro Meals* 1p <b>Karaoke w/Friends</b>	28 8:30a Games & Wii 9:30a <b>MW Expo Trip</b> 11a Wii Bowling 12p Metro Meals* 1p <b>Senior Planet NP Library</b>	29 8:30a Games & Wii 10a <b>Community Health Clinic /Vanderbilt</b> 11:30a <b>Bingocize</b> 12p Metro Meals* 1p New Member Orientation



## May 2026 FiftyForward Bordeaux Center Programs

### 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 May 4 & 14, 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 Wednesday May 6, 20 & 27, 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 May 6, 20 & 27, 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, May 1 & 15, 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, May 18, 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 Friday, May 29, 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*

### MONTHLY MEETINGS

**Advisory Council Meeting Thursday, May 7, 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:**

**New Board Game Friday, May 1, 10a**

Board games for seniors offer critical cognitive stimulation that can slow dementia and memory decline while providing vital social interaction to combat loneliness.

1<sup>st</sup> Floor Lounge – 1<sup>st</sup> Floor

**ArtTrunk w/Frist Art Museum Monday, May 4 & 11, 11a**

the Frist Museum will be hosting two art classes this month “In Her Place: Nashville art in the Twenty-First Century,” with workshops entitled: Expression sculpture and Personal Collage. .

Multi/Purpose Rm- 2<sup>nd</sup> Floor

**Nesterly Presentation Tuesday, May 5, 10a**

Join us for an overview of Nesterly’s platform, information about our partnership with Metro Nashville and the local community, and lots of time for Q&A and personalized assistance getting started for those who wish.

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

**Email Basic , May Tuesday 5 1p** Learning the basics of emailing is crucial for seniors, acting as a gateway, to digital independence, reducing social isolation and enabling secure access to modern services. Sydney Mattern with Marth O’Bryan Center will be leading this class!

Multi/Purpose Rm- 2<sup>nd</sup> Floor

**Mother’s Day Program Thursday, May 7, 10a**

This celebration will allow us to honor our mothers with a traditional style and enjoy dessert, hot coffee and tea. Bring a picture of your mother to share with members. Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor

**Tech Help Monday May 4, 11, & 18 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

**Word Search Day Friday, May 8, 10a**

Word search games provide significant benefits for seniors by sharpening cognitive functions, including enhanced memory, improved focus, and better pattern recognition.

1<sup>st</sup> Floor Lounge

**Rummikub Tournament Friday, May 8, 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

**Arthritis Chair Exercise Class Tuesday, May 5, 12,**

**19, & 26 2p and Wednesday, May 6, 13, 20 & 27 11a** 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.

Dance/Exercise Rm- 2<sup>nd</sup> Floor

**Bingocize Tuesday May 5, 12 19 & 26 11:30a**

**Friday, May 1, 8, 15, 22 & 29, 11:30a** 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

**Program Meeting Tuesday, May 12, 10a**

This meeting is for members to come together and brainstorm and discuss old and new programs. Also discuss what’s working and not working. How do we bring in new members from the community.

Multi/Purpose Rm- 2<sup>nd</sup> Floor

**Mental Health Awareness Day Wednesday, May 13, 10a**

May is Mental Awareness Month. Today we will check in with members and do a wellness check to see if everyone is good.

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



## May 2026 FiftyForward Bordeaux Center

### **Conversation w/MNPD Thursday, May 14, 10a**

Every quarter MNPD will have open conversation with the Bordeaux community to discuss concerns and receive safety tips led by Officer Woods.

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

### **Navigating Websites Thursday, May 19, 1p**

Learning to navigate websites is crucial for seniors to maintain independence, reduces social isolation, and access essential makers like telehealth, online banking and grocery delivery.

*Multi/Purpose Rm- 2<sup>nd</sup> Floor*

### **Wii Bowling , May Thursday 21 & 28 11a**

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, May 20, 1p**

This is a safe space for members to share their experiences, feelings, and coping strategies.

*Multi/Purpose Rm- 2<sup>nd</sup> Floor*

### **Hartman Park Dance into Shape Monday, May 11 & 18, 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 – Take Bus*

### **Get Fit Tuesday, May 5, 12, & 19 & 26 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 w/Friends Wednesday, May 27, 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*

### **Password Safety Wednesday, May 27, 11:30a**

This class for seniors will focus on creating strong, memorable passphrases, using password managers, and enabling multi factor authentications to prevent identity theft.

*Multi/Purpose Rm- 2<sup>nd</sup> Floor*

### **Senior Planet NP Library Thursday, May 7, 14, 21 & 28, 1p**

Learn essential digital skills in a supportive environment designed for older adults. *Multi/Purpose Rm – 2<sup>nd</sup> Floor*

### **Community Health Clinic w/Vanderbilt Friday,**

**May 15 & 29, 10a** Vanderbilt School of Nursing will be working on a Quality Improvement Plan with our members. This could be creating a new resource book for members to have at their fingertips, helping members with telehealth appointments but most of all just listening to their needs and most important, interacting and playing games with members.

*Flex Rooms 1, 2 & 3 – 1<sup>st</sup> Floor*

### **Getting To Know You Friday, May 22, 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*

## 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, May 1st**

**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: Wednesday, May 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*

### Churchill Downs— Kentucky (All Day Trip)

**Date: Friday, May 22<sup>nd</sup>**

**Bus Depart at 7a**

**Estimated Return at 1p**

**Cost: \$25- This includes your Lunch!**

**Registration is required**

Join us for a trip to Churchill Downs where members will experience the thrill of watching some of racing best fillies under Churchill Downs' historic twin spires on Friday before the Kentucky Derby for a day of horse racing and great food. This is an all-day field trip and please dress for the occasion and wear comfortable shoes. Thanks to Janet Jernigan for making this possible for our Bordeaux members.

*Driver: Melvin or Drew or New Hire*

### Mathew Walker EXPO

**Date: Thursday, May 28th**

**Bus Depart at 9:30a**

**Estimated Return at 1p**

**Cost: \$5**

**Registration is required**

Join us for a trip to the Mathew Walker Expo. 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 Service:** 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 **615-248-2272** 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.