

# June 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/](https://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Lunch Club Day</b></p> <p>11a <b>Walking Club</b></p> <p>12p Metro Meals*</p> <p>1p <b>Tech Help</b></p>	<p>2</p> <p>8:30a Games &amp; Wii</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>1p Program Meeting</p> <p>2p <b>Arthritis Exercise Class</b></p>	<p>3</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Bible Study</b></p> <p>11a <b>Arthritis Exercise Class</b></p> <p>12p Metro Meals*</p> <p>1p Summer Games</p>	<p>4</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Walking Club</b></p> <p>12p Metro Meals*</p> <p>1p <b>Senior Planet NP Library</b></p> <p>1p Oasis Center</p> <p>2p <b>Advisory Council Meeting</b></p>	<p>5</p> <p>8:30a Games &amp; Wii</p> <p>9:30a <b>Grocery Shopping</b></p> <p>10a <b>New Board Game</b></p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>1p <b>BINGO w. Laurie Little</b></p>
<p>8</p> <p>8:30a Games &amp; Wii</p> <p>10:30a Frist Art Museum Workshop</p> <p>11a <b>Walking Club</b></p> <p>12p Metro Meals*</p> <p>1p <b>Tech Help</b></p>	<p>9</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Juneteenth Celebration</b></p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>2p <b>Arthritis Exercise Class</b></p>	<p>10</p> <p>8:30a Games &amp; Wii</p> <p>9:30a <b>Farmers Market</b></p> <p>11a <b>Arthritis Exercise Class</b></p> <p>12p Metro Meals*</p> <p>1p Summer Games</p>	<p>11</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Rummikub Tournament</b></p> <p>12p Metro Meals*</p> <p>1p Oasis Center</p> <p>1p <b>Senior Planet NP Library</b></p>	<p>12</p> <p>8:30a Games &amp; Wii</p> <p>10a Vanderbilt Students</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>1p Lunch &amp; Learn w/Attorney Barbara Moss</p>
<p>15</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>11a <b>Walking Club</b></p> <p>12p Metro Meals*</p> <p>1p <b>Tech Help</b></p>	<p>16</p> <p>8:30a Games &amp; Wii</p> <p>10a Program Meeting</p> <p>10a Cyber Seniors Class</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>2p <b>Arthritis Exercise Class</b></p>	<p>17</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Bible Study</b></p> <p>10a Cyber Seniors Class</p> <p>11a <b>Arthritis Exercise Class</b></p> <p>12p Metro Meals*</p> <p>1p Summer Games</p>	<p>18</p> <p>8:30a Games &amp; Wii</p> <p>10a Five Wishes Presentation</p> <p>10a Cyber Seniors Class</p> <p>12p Metro Meals*</p> <p>1p Oasis Center</p> <p>1p <b>Senior Planet NP Library</b></p>	<p>19</p> <p><b>FiftyForward Centers and Offices are closed in observance of Juneteenth.</b></p>
<p>22</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>12p Metro Meals*</p> <p>1p <b>Tech Help</b></p>	<p>23</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>1p <b>New Member Orientation</b></p> <p>2p <b>Arthritis Exercise Class</b></p>	<p>24</p> <p>8:30a Games &amp; Wii</p> <p>10a <b>Bible Study</b></p> <p>10a Cyber Seniors Class</p> <p>11a <b>Arthritis Exercise Class</b></p> <p>12p Metro Meals*</p>	<p>25</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>12p Metro Meals*</p> <p>1p Oasis Center</p> <p>1p <b>Senior Planet NP Library</b></p>	<p>26</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>1p <b>BINGO w/Thrive USA Home Care</b></p>
<p>29</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>11a <b>Music for Seniors</b></p> <p>12p Metro Meals*</p> <p>1p <b>Tech Help</b></p>	<p>30</p> <p>8:30a Games &amp; Wii</p> <p>10a Cyber Seniors Class</p> <p>11:30a <b>Bingocize</b></p> <p>12p Metro Meals*</p> <p>2p <b>Arthritis Exercise Class</b></p>			



## June 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 June 1, 4, 8 & 15, 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*

**Bible Study June 3, 17 & 24, 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, June 5 & 26, 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, June 29, 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, June 23, 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, June 4, 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, June 5, 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

**Intergenerational Programming w/Oasis Center Thursday, June 4, 11, 18 & 25 1p - 3p**

Our partner, Oasis Center will participate in an intergenerational program connecting seniors and youth to foster mutual learning, strengthen communities' cohesion and improve the quality of life of all participants.

Flex Rm 1 – 1<sup>st</sup> Floor

**Tech Help Monday June 1, 8, 15, 22 & 29 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. Flex Rm 2 – 1<sup>st</sup> Floor

**Summer Games Wednesday June 3, 10 & 17 1p**

Come join as we travel back and play classic board games from the 1960s and 1970s defined family game nights, featuring iconic titles like **Twister (1966)**, **Ker Plunk (1967)**, and **Mastermind (1970s)**. Flex Rm 2 – 1<sup>st</sup> Floor

**Rummikub Tournament Thursday, June 11, 10a**

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 Tuesdays at 2pm and**

**Wednesdays at 11am** Arthritis Chair Exercise is an evidence-based program that will improve joint mobility, strength, and range of motion for arthritis management. *Dance/Exercise Rm- 2<sup>nd</sup> Floor(These dates may change)*

**Bingocize Tuesdays at 11:30am and Fridays at 11:30am**

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*

**Juneteenth Celebration Tuesday, June 9, 10a**

Members will celebrate our cultural heritage by dressing in African attire and enjoying delicious home-cooked soul food prepared by our members. Flex Rm 1, 2 & 3 – 1<sup>st</sup> Floor

**Lunch & Learn w/Barbara Moss Friday, June 12, 1p**

Attorney Barbara Moss will host a discussion on "The Scamdemic".

Learn about scams targeting older adults. Flex Rm – 1<sup>st</sup> Floor

**Program Meeting Tuesday, June 16, 10a** This meeting is for members to come together and brainstorm new programs for our center.

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

**Cyber Seniors Computer Classes June 15, 16, 17, 18, 22, 23, 24, 25, 26, 29 & 30 10a – 4pm**

2026 Cyber-Seniors program offers technology training for older adults, pairing them with youth mentors to build digital skills and reduce social isolation. Flex Rm 2 – 1<sup>st</sup> Floor

**Five Wishes Presentation Thursday, June 18, 10a**

Five Wishes is a comprehensive, easy-to-use advance directive that covers medical, personal, emotional, and spiritual needs.

Flex Rm 1 – 1<sup>st</sup> Floor

**Frist Art Museum Workshop Monday, June 8, 10:30a**

Frist Art Museum will lead a hands-on artmaking activity based on International Surrealism from Tate: Fifty Years of Dreams.

Flex Rm 3 – 1<sup>st</sup> Floor

**Senior Planet NP Library Thursdays at 1p**

Learn essential digital skills in a supportive environment designed for older adults. Flex Rm 3 – 1<sup>st</sup> Floor

**Community Health Clinic w/Vanderbilt Friday, June 12 10a**

Vanderbilt School of Nursing will be working on a Quality Improvement Plan with our members. The purpose of their participation is to explore collaborative, team-based approaches to healthcare delivery while applying principles of equity, justice, and social drivers of health. The students will conduct a needs assessment of the populations they serve and use those findings to develop an evidence-based quality improvement project specifically aimed at addressing the needs of the communities they serve.

Flex Rm 1, 2 & 3 – 1<sup>st</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/>

### Lunch Club Day Trip

**Date: Monday, June 1st**

**Bus Depart at 10a**

**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*

### Grocery Shopping—Walmart

**Date: Friday, June 5th**

**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 or New Hire*

### Farmers Market

**Date: Tuesday, June 10th**

**Bus Depart at 9:30a**

**Estimated Return at 1p**

**Cost: \$10**

**Registration is required**

Join us for a trip to the famous Farmers Market. Members will have the opportunity to shop for local vegetables, handcrafts, soaps, lotions, souvenirs, gifts and enjoy lunch with friends.

*Driver: Mr. Fowler or New Hire*

## 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.