



July 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/.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30a Games & Wii 10a Cyber Seniors Class 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament	2 8:30a Games & Wii 10a Cyber Seniors Class 12p Metro Meals* 1p Oasis Center 1p Senior Planet NP Library 2p Advisory Council Meeting	3 Center and Offices Closed in Observance of the 4th of July
6 8:30a Games & Wii 10a Cyber Seniors Class 11a Walking Club Trip 12p Metro Meals* 1p Tech Help	7 8:30a Games & Wii 10a Cyber Seniors Class 11:30a Bingocize 12p Metro Meals* 1p Line Dance	8 8:30a Games & Wii 10a Cyber Seniors Class 11a Exercise w/Friends 12p Metro Meals* 1p Community Outreach	9 8:30a Games & Wii 10a Cyber Seniors Class 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center 1p Senior Planet NP Library	10 8:30a Games & Wii 10a Cyber Seniors Class 10a Vanderbilt Students 11:30a Bingocize 12p Metro Meals* 1p BINGO
13 8:30a Games & Wii 10a Cyber Seniors Class 11a Walking Club Trip 12p Metro Meals* 1p Puzzle Day	14 8:30a Games & Wii 9:30am Grocery Shopping 10a Program Meeting 11:30a Bingocize 12p Metro Meals* 1p Arts & Crafts	15 8:30a Games & Wii 10a Bible Study 10a Bring a Friend Day 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament	16 8:30a Games & Wii 10a Cowboy Day 11a Cyber Senior Graduation/Knowles Center 12p Metro Meals* 1p Oasis Center 1p Senior Planet NP Library	17 8:30a Games & Wii 10a Vanderbilt Students 11:30a Bingocize 12p Metro Meals* 1p Karaoke w/Friends
20 8:30a Games & Wii 9:30am Lunch Day Trip 10a Rummikub Tournament 12p Metro Meals* 1p Tech Help	21 8:30a Games & Wii 10a Golden Games 11:30a Bingocize 12p Metro Meals* 1p Line Dance	22 8:30a Games & Wii 10a Bible Study 10a AARP Lunch & Learn 11a Exercise w/Friends 12p Metro Meals* 1p Dominos Tournament	23 8:30a Games & Wii 10a Ice Cream Social 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center 1p Senior Planet NP Library	24 8:30a Games & Wii 9:30am Lunch Club Day Trip 10a New Member Orientation 11:30a Bingocize 12p Metro Meals* 1p BINGO
27 8:30a Games & Wii 10a RESET Presentation 11a Music for Seniors 12p Metro Meals* 1p Tech Help	28 8:30a Games & Wii 9:30a Movie-Opry Mills 11a FBI Cyber Crime Presentation 11:30a Bingocize 12p Metro Meals* 1p Arts & Crafts	29 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Community Outreach	30 8:30a Games & Wii 10a Hats Off Decorating Team 12p Metro Meals* 1p Oasis Center 1p Senior Planet NP Library	31 Hats Off to Bordeaux Fundraiser 5p – 7p Forward Creative Commons Building No Programing Today!

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*

Bible Study July 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, July 10 & 24, 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*

Line Dancing Tuesday, July 7 & 21 1p Come join us as you enjoy a low impact, joyful activity that promotes cardiovascular health, strengthens bones and improves balance. *Dance Room –2nd Floor ML*

New Member Orientation Friday, July 24, 10a New to the center? Join us for orientation! This session introduces you to programs, activities, how to sign up on GiveHub, and ways to get involved while helping you meet other members and staff. *Flex Room 2 – 1st Floor*

Music for Seniors Monday, July 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*

MONTHLY MEETINGS

Advisory Council Meeting Thursday, July 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:

Intergenerational Programming w/Oasis Center Thursdays

from 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 1,2 & 3 – 1st Floor

Spade Tournament Wednesday, July 1 & 15, 1p

Join us for a fun and friendly Spade Tournament! This popular game keeps the mind sharp while offering great social interaction. All skill levels are welcome.

Flex Rm 1, 2 & 3 – 1st Floor

Exercise w/Friends Wednesdays at 11a

Come join the group as we get moving with exercise videos, stay active, and share good times with friends.

Dance/Exercise Rm- 2nd Floor

Community Outreach Wednesday, July 8 & 29

Make a difference in your community! Join our outreach days as we connect with neighbors in local high-rises and community centers to share how FF's mission and programs are creating real impact. Sign up today to join our staff team on these visits.

Creative Seniors Rock Thursday, July 9 & 23 11a

Get creative with us! We're teaming up with Creative Girls Rock to bring monthly craft projects led by their amazing staff. Join in, learn something new, and have fun. Multi-Purpose Rm- 2nd Floor

Puzzle Day Monday, July 13, 1p

Join in on the challenge to put puzzles to gather with friends and socialize.

1st Floor Lounge – 1st Floor

Arts & Craft Tuesday, July 14 & 28 1p

Join us as we embark on a creative journey of arts and crafts with friends. We will explore diverse craft ideas each month.

Multi-Purpose Rm- 2nd Floor

Karaoke w/Friends Friday, July 17, 1p

Warm up your vocals and join the fun as we sing along to music from all kinds of genres with friends. *Flex Rm 1, 2 & 3 – 1st Floor*

Tech Help Monday July 20 & 27 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 – 1st Floor

Bring a Friend Day Wednesday, July 15, 10a Members are encouraged to bring a friend on this day to experience the wonderful new space at Forward Creative Commons at Bordeaux.

Flex Rm 1, 2 & 3 – 1st Floor

National Cowboy/Cowgirl Day Thursday, July 16, 10a

Come join us as we celebrate National Cowboy/Cowgirl Day. Members will model their Cowboy/Cowgirl outfit, and the members will choose the best dressed in each category.

Flex Rm 1, 2 & 3 – 1st Floor

Rummikub Tournament Monday, July 20, 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 – 1st Floor

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- 2nd Floor

Program Meeting Tuesday, July 14, 10a

This meeting is for members to come together and brainstorm new programs for our center.

ADS Rm – 1st Floor

Cyber Seniors Computer Classes July 1, 2, 6, 7, 8, 9, 10, & 13 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. **Graduation will be at Knowles FF on July 16th from 11am – 1pm.**

ADS Rm 1st Floor

Dominoes Tournament Wednesday, July 22, 1p

Join us for a fun and friendly Dominoes Tournament! This popular game keeps the mind sharp while offering great social interaction. All skill levels are welcome.

Flex Rm 1, 2 & 3 – 1st Floor

Golden Games Monday, July 21, 10a

Join FiftyForward Bordeaux as we launch our very first **Golden Games**. This team-powered challenge will push members to work together, tackle a series of fun tasks, and rise to the top as the Golden Games Champions. Win here, and your team will advance to face off against the other six centers. The question is... are you ready to go for the gold?

Flex Rm 3 – 1st Floor

[AARP Lunch and Learn](#) Wednesday, July 22, 10a Join AARP as they offer a variety of programs such as money matters, travel, your health and lifestyle topics that focus on older adults.

ADS Rm – 1st Floor

[National Ice Cream Day](#) Thursday, July 23, 10a This month is National Ice Cream Month. Members will be treated to an ice cream bar with delicious toppings of their choice.

Flex Rm 1, 2 & 3 – 1st Floor

[RESET Presentation](#) Monday, July 27, 10a Five Wishes is a comprehensive, easy-to-use advance directive that covers medical, personal, emotional, and spiritual needs. Learn more about this wonderful initiative from our Care Team.

Flex Rm 1,2,3 – 1st Floor

[FBI Cyber Crime Presentation](#) Tuesday, July 28, 10a FBI Nashville Citizens Academy Alumni Association will host a class on Fraud Prevent.

Flex Rm 1,2,3 – 1st Floor

[Senior Planet NP Library](#) Thursdays at 1p – Starting on July 23rd Learn essential digital skills in a supportive environment designed for older adults.

Multi-Purpose Rm. 2n Floor

[Community Health Clinic w/Vanderbilt](#) Friday, July 10 & 17 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 – 1st Floor

[Hats Off Decoration Team](#) Thursdays, July 30 at 10a

Members will meet at 10a on Thursday, July 30 to assist with decorating the center for our Annual Hats Off to Bordeaux Fundraiser. If you plan to participate, please see Mr. Fowler.

1st and 2nd 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/>

Walking Club Trip

Date: Monday, July 6th & 13th

Bus Depart at 10:30a

Estimated Return at 11:45a

Cost: (No Transportation Fee)

Registration is Required

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 explore community parks in the North Bordeaux areas.

Driver: Mr. Fowler

Grocery Shopping—Walmart

Date: Tuesday, July 14th

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: Tuesday, July 20th

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

Opry Mills Movie Day

Date: Tuesday, July 28th

Bus Depart at 9:30a

Estimated Return at 2p

Cost: \$10

Registration is required

Join us for a social trip to Opry Mills Mall for a good movie with friends.

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.