

August 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
3 8:30a Games & Wii 10a Center Well/Lunch & Learn 11a Cooking Class 12p Metro Meals* 1p Tech Help	4 8:30a Games & Wii 10a Walking Club Trip 12p Metro Meals* 1p Arts & Crafts	5 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament	6 8:30a Games & Wii 10a GiveHub Presentation 12p Metro Meals* 1p Senior Planet NP Library 2p Advisory Council Meeting	7 8:30a Games & Wii 9:30am Grocery Shopping 10a Vanderbilt Students 11:30a 12p Metro Meals* 1p BINGO
10 8:30a Games & Wii 9:30a Lunch Club Day Trip 11a GiveHub Presentation 12p Metro Meals* 1p Tech Help	11 8:30a Games & Wii 10a New Membership Model Presentation 12p Metro Meals* 1p Line Dance	12 8:30a Games & Wii 11a Exercise w/Friends 12p Metro Meals* 1p Community Outing	13 8:30a Games & Wii 10a GiveHub Presentation 11am Creative Seniors Rock 12p Metro Meals* 1p Senior Planet NP Library	14 8:30a Games & Wii 10a Rebuilding Tennessee Nashville Presentation 12p Metro Meals* 1p Dominos Tournament
17 8:30a Games & Wii 10a Walking Club Trip 11a Cooking Class 12p Metro Meals* 1p Tech Help	18 8:30a Games & Wii 10a Program Meeting 11a Will & Trust Lunch & Learn 12p Metro Meals* 1p Arts & Crafts	19 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament	20 8:30a Games & Wii 10a Town Hall Meeting 11a Nutrition Class 12p Metro Meals* 1p Senior Planet NP Library	21 8:30a Games & Wii 9a Oak Grove Trip 10a Puzzle Day 12p Metro Meals* 1p Karaoke w/Friends
24 8:30a Games & Wii 10a Rummikub Tournament 12p Metro Meals* 1p Tech Help	25 8:30a Games & Wii 10a New Membership Model Presentation 12p Metro Meals* 1p Line Dance	26 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Scam Presentation Lunch & Learn	27 8:30a Games & Wii 10a GiveHub Presentation 11a Creative Seniors Rock 12p Metro Meals* 1p Senior Planet NP Library	28 8:30a Games & Wii 10a New Member Orientation 11a Book Club Group 12p Metro Meals* 1p BINGO
31 8:30a Games & Wii 10a Center Well/Lunch & Learn 11a Music for Seniors 12p Metro Meals* 1p Tech Help				



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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 when the center is closed. *Flex Rooms 1, 2 & 3 – 1st Floor*

Bible Study Wednesday, August 5, 19, & 26, 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, August 7 & 28, 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, August 11 & 25 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, August 28, 10a
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. Light Lunch will serve!
Flex Room 2 – 1st Floor

Music for Seniors Monday, August 31, 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, August 6, 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*



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SPECIAL PROGRAMS & EVENTS:

Cooking Class 101 Monday, August 3 & 17th, 11a Come join us and learn how to cook on a budget with staff. We will focus on simple "mix-and-match" meal preparations.

Kitchen Area – 1st Floor

CenterWell w/ Shanda Campbell Monday, August 3 & 31, 10a
Come learn practical strategies, ask questions, and discover helpful resources to support your overall health and well-being.
Multi-Purpose Rm- 2nd Floor

Spade Tournament Wednesday, August 5 & 19, 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 Wednesday, August 5, 12, 19, & 26 11a Move, stretch, and strengthen in a supportive chair-based class that targets multiple parts of your body.

Dance/Exercise Rm- 2nd Floor

GiveHub Presentation Thursday, August 6, We'll walk you through how to log into your GiveHub account, make payments, register for activities, browse upcoming events and navigate the platform with confidence.

Flex Rm 1, 2 & 3 – 1st Floor

New Membership Model Presentation Tuesday, August 11 & 25

10a Join us as we introduce FiftyForward's new membership model, which will take effect on October 1, 2026.

Flex Rm 1, 2 & 3 – 1st Floor

Community Outing Wednesday, August 12, 1p Be part of our outreach days as we head into local high-rises and community centers to share the impact of FF's mission and programs. Sign-up is required to join staff on these visits. Community Outing

Creative Seniors Rock Thursday, August 13 & 27 11a We invite you to join us as we collaborate with Creative Girls Rock to provide monthly craft projects, facilitated by Creative Girls Rock staff. Multi-Purpose Rm- 2nd Floor

Arts & Craft Tuesday, August 4 & 18 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, August 21, 1p Join us as we sing along to tones from different genres with friends.

Flex Rm 1, 2 & 3 – 1st Floor

Tech Help Monday August 3, 10, 17, 24 & 31, 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 – 2nd Floor

Rummikub Tournament Monday, August 24, 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

Program Meeting Tuesday, August 18, 10a This meeting is for members to come together and brainstorm new programs for our center.

Multi-Purpose Rm – 2nd Floor

Will & Trust Lunch & Learn Tuesday, August 18, 11a Join Attorney, Lamar Moore as he shares informative session on Wills vs Trusts.

Multi-Purpose Rm – 2nd Floor

Rebuilding Together Nashville Fridays August 14th, 11a –Please join us as Rebuilding Together Nashville have an open forum discussion about WeGo Transportation.

Flex Rm 1, 2 & 3 – 1st Floor

Dominoes Tournament Friday, August 14, 1p Join Rm –r 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

Puzzle Day Friday, August 21, 10a Join us as we work to complete both large and small jigsaw puzzles. Whether you're a puzzle expert or just getting started, everyone is welcome to join in on the fun!

Downstairs Lounge – 1st Floor

Book Club Friday, August 28, 11a Come join us, we explore our favorite authors with the FiftyForward Bordeaux Book Club. members to pick engaging genres like historical fiction, memoirs, or mysteries. You will be required to purchase the book that is chosen for the Book Club.

Multi-Purpose Rm – 2nd Floor

Town Hall Meeting Thursday, August 20, 10a Join the staff as we open the floor for new ideas, program suggestions, and any questions you may have about our new space at Forward Creative Commons. We value your input and look forward to hearing your thoughts as we continue to grow and enhance our programs together!

Flex Rm 1, 2 & 3 – 1st Floor

Scam Lunch & Learn Wednesday, August 26 1p Join Attorney Barbra Moss as she does a presentation on "Scams & How to Avoid Them" that is affecting older adults.

Flex Rm 1, 2 & 3 – 1st Floor

Senior Planet NP Library Thursdays at 1p –Learn essential digital skills in a supportive environment designed for older adults.

Multi-Purpose Rm – 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, August 4th & 17th

Bus Depart at 10:00a

Estimated Return at 11:30a

Cost: \$0 (Transportation Fee)

Registration is Required

Join us as we explore walking trails, nature trails and local parts as we walk with friends in the Bordeaux area.

Driver: Mr. Fowler

Grocery Shopping—Walmart

Date: Friday, August 7th

Bus Depart at 9:30a

Estimated Return at 11a

Cost: \$10 (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, August 10th

Bus Depart at 9:30a

Estimated Return at 1p

Cost: \$15

Registration is required

Join us for a surprise location for lunch and enjoy lunch with friends.

Driver: Mr. Fowler

Oak Grove Casino Trip

Date: Friday, August 21st

Bus Depart at 9:00a

Estimated Return at 3p

Cost: \$30

Registration is required

Join us for a social trip to Oak Grove, Kentucky! Come enjoy good times, great company, and a lively day at the casino with friends.

Driver: Mike Murphy

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.