

September 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 10:30a Frist Art Workshop 12p Metro Meals* 12:30a Arthritis Class 1p Grand Parents Day Celebration	2 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament	3 8:30a Games & Wii 10a GiveHub Presentation 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library 2p Advisory Council Meeting	4 8:30a Games & Wii 9:30am Grocery Shopping 11a Meals on Wheel Presentation 11:30a Arthritis Class 12p Metro Meals* 1p BINGO
7 Center Closed in Observance of Labor Day	8 8:30a Games & Wii 10a New Membership Model Presentation 10:30a Frist Art Workshop 12p Metro Meals* 12:30p Arthritis Class 2p Line Dance	9 8:30a Games & Wii 9a – The Mint Casino 11a Exercise w/Friends 12p Metro Meals* 1p Community Outing	10 8:30a Games & Wii 10a Primerica Presentation 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	11 8:30a Games & Wii 9a Bring a Friend Day 10a Rummikub Tournament 11a FiftyForward 70 th Day Celebration 11:30a Arthritis Class 12p Metro Meals* 1p Art Class
14 8:30a Games & Wii 9a Bring a Friend Day 10a Lunch Day Trip 12p Metro Meals* 1p Tech Help	15 8:30a Games & Wii 10a Program Meeting 10:30a Frist Art Workshop 12p Metro Meals* 12:30p Arthritis Class 1pm Wii Bowling Game	16 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament 5p Allure Quest Presentation Travel	17 8:30a Games & Wii 10a Town Hall Meeting 11a Nutrition Class 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	18 8:30a Games & Wii 10a Rummikub Tournament 11:30a Arthritis Class 12p Metro Meals* 12:30p Baskin Robbins Ice Cream Trip
21 8:30a Games & Wii 9:30am – One Bellevue Shopping Trip 10a Wii Bowling Game 12p Metro Meals* 1p Tech Help	22 8:30a Games & Wii 10:30a Frist Art Workshop 12p Metro Meals* 12:30p Arthritis Class 2p Line Dance	23 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Care Management Presentation	24 8:30a Games & Wii 11a Thrift Store Shopping 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	25 8:30a Games & Wii 10a New Member Orientation 11a Book Club 11:30a Arthritis Class 12p Metro Meals* 1p BINGO
28 8:30a Games & Wii 10a New Membership Model Presentation 11a Center Well-Lunch & Learn 12p Metro Meals* 1p Tech Help	29 8:30a Games & Wii 10:30a Frist Art Workshop 12p Metro Meals* 12:30p Arthritis Class 1p Karaoke w/Friends	30 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Puppet Show		



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, September 2, 16, 23 & 30, 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, September 4 & 25, 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, September 8 & 22, 2p **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, September 25, 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*

MONTHLY MEETINGS

Advisory Council Meeting Thursday, September 3, 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:

Arthritis Class (New Program) Tuesdays at 12:30p and Fridays at 11:30a. Chair exercises for arthritis provide a safe, low-impact way to reduce joint pain, lubricate stiff joints, build muscle strength, and improve flexibility without placing harsh impact on the lower body. This is an **Evidence Based Program!**

Dance/Exercise Rm- 2nd Floor

Frist Art Workshop Tuesdays at 10:30a Learn new skills and explore your creativity using Gouache paint in this free workshop, taught by Jenni Dickens. **Registration is required.**

Multi-Purpose Rm – 2nd Floor

Grandparents Day Celebration Tuesday, September 1, 1p

September is Grandparents Month. Help us celebrate our amazing grandparents with a dessert and coffee party.

Flex Rm 1, 2 & 3 – 1st Floor

Spade Tournament Wednesday, September 2 & 16, 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

Meals on Wheels Presentation Friday, September 4, 11a Meals on Wheel staff will host a presentation about FiftyForward Meals on Wheels Program and how this program is vital to older adults and the nutrition value this program bring to the community.

Flex Rm 1, 2 & 3 – 1st Floor

Oasis Center Integrational Program Thursdays at 1pm This intergenerational Program connects different age groups to share knowledge, reduce loneliness, break down stereotypes and build strong community bonds. .

Flex Rm 1, 2 & 3 – 1st Floor

Tech Help Monday, September 14, 21 & 28, 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

Bring a Friend Day Friday, September 11 & 14, 9a Bring a friend and introduce them to everything our center has to offer. Friends can visit for FREE and explore our new building, meet our members and learn about our programs and services. We cannot wait to meet new friends!

Flex Rm 1, 2 & 3 – 1st Floor

Exercise w/Friends Wednesdays at 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, September 3 at 10a. Staff will guide you through logging into your GiveHub account, making payments, registering for activities, browse upcoming events and navigate the platform with confidence.

Flex Rm 1, 2 & 3 – 1st Floor

New Membership Model Presentation Tuesday, September 8 & 28 10a Learn about FiftyForward's new membership model which will take effect on October 1, 2026.

Flex Rm 1, 2 & 3 – 1st Floor

Community Outing Wednesday, September 9, at 1p. Make a difference in your community! Join FiftyForward staff as we visit local high-rises and community centers to spread awareness about our programs and services. Registration is required to participate.

Primerica Presentation Thursday, September 10, 10a Primerica will present a Financial Wellness Workshop for our members. The workshop will provide valuable information and practical tips on financial wellness.

Flex Rm 1, 2 & 3 – 1st Floor

Creative Seniors Rock Thursday, September 10, 11a Join Creative Girls Rock staff for a monthly craft project featuring fun, hands-on activities designed to inspire creativity and community engagement.

Multi-Purpose Rm- 2nd Floor

FiftyForward 70th Day Celebration Friday, September 11, 11a.

Celebrate FiftyForward's 70th anniversary with music, delicious food, friends and fun! Help us celebrate this incredible milestone.

Flex Rm 1, 2 & 3 – 1st Floor

Rummikub Tournament Friday, September 11 & 18, 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, September 15, 10a This meeting is designed to give members an opportunity to share their feedback, ideas, and suggestions for current and future programming at the center.

Multi-Purpose Rm – 2nd Floor

Wii Bowling Tuesday, September 15 at 10a and Monday, September 21 at 10a. Looking to trying something new? Join us for a fun game of Wii bowling. This interactive activity is a great way to socialize with friends and stay active at the same time.

Multi-Purpose Rm – 2nd Floor

Allure Quest Presentation Wednesday, September 16, 5p This meeting is designed to give members an opportunity to learn ways to save money for the perfect vacation of their choice. Participants will learn helpful tips and strategies for planning, budgeting, and reaching their vacation savings goals.

Flex Rm 1, 2 & 3 – 1st Floor

Care Management Presentation Wednesday, September 23 1p FiftyForward's Care Team Manager, Emily, will provide information about the many services and resources available to support our members. Discover how these valuable resources can benefit you.

Flex Rm 1, 2 & 3 – 1st Floor



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Book Club Friday, September 25, 11a Explore our favorite authors with the FiftyForward Bordeaux Book Club. Members pick engaging genres including historical fiction, memoirs, or mysteries. You will be required to purchase the book that is chosen. Books can be rented at your local library and are available for purchase from book retailers.
Multi-Purpose Rm – 2nd Floor

Center Well Lunch & Learn Monday, September 28, 11a Attorney, Barbara Moss, will present on "Scams & How to Avoid Them". This is an important topic 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

Karaoke w/Friends Tuesday, September 29, 1p Join us as we sing along with friends to different genres of music.
Flex Rm 1, 2 & 3 – 1st Floor

Art Class (New Program) Friday, September 11, 1p Embark on a creative journey of arts and crafts with friends. We will explore diverse craft ideas each month. \$20 registration fee includes a drink, sandwich and dessert.
Multi-Purpose Rm- 2nd Floor

Puppet Show, Wednesday, September 30, 1p Join us as we welcome our first puppet show at FiftyForward Bordeaux Center! This exciting, fun-filled performance will entertain members of all ages. Come enjoy the laughter, creativity, and wonderful experience of live puppetry with us!.
Flex Rm 1, 2 & 3 – 1st Floor



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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, September 4th

Bus Depart at 9:30a

Estimated Return at 12p

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

The Mint Casino Trip

Date: Wednesday, September 9th

Bus Depart at 9:00a

Estimated Return at 3p

Cost: \$30

Registration is required

Enjoy a lively day out with friends! Join us for a fun-filled trip to The Mint Casino in Kentucky, where you can eat, relax, connect with friends.

Driver: Mike Murphy

Lunch Club Day Trip

Date: Monday, September 14th

Bus Depart at 10a

Estimated Return at 1p

Cost: \$10

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

Baskin-Robbins Day Trip

Date: Monday, September 18th

Bus Depart at 12:30p

Estimated Return at 2p

Cost: \$10

Registration is required

Come and join us for a fun trip to the famous Baskin-Robbins Ice Cream Parlor! We will enjoy a delicious scoop of ice cream and great conversation.

Driver: Mr. Fowler

One Bellevue Place Shopping Trip

Date: Tuesday, September 21st

Bus Depart at 9:30a

Estimated Return at 2p

Cost: \$10

Registration is required

This social trip to One Bellevue Place will be so much fun. Members will enjoy a shopping adventure with friends and enjoy a great lunch.

Driver: Mr. Fowler

Thrift Club Shopping Group

Date: Thursday, September 24th

Bus Depart at 10:30a

Estimated Return at 1p

Cost: \$10

Registration is Required

Explore thrift stores throughout the Nashville area with friends as we find hidden treasures, unique finds, and great bargains. Join us for a fun-filled day of shopping, exploring, and enjoying good times 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.