

October 2026

FiftyForward Bordeaux Center

Please see the program description page to learn more about each offer, 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 GiveHub Presentation 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library 2p Advisory Council Meeting	2 8:30a Games & Wii 9:30am Grocery Shopping 10a Vanderbilt Students 11:30a Arthritis Class 12p Metro Meals* 1p BINGO
5 8:30a Games & Wii 9:30a Amish Market Day Trip 11a Wii Bowling Game 11a Book Club 12p Metro Meals* 1p Tech Help 4p Dance Class w/Lyle	6 8:30a Games & Wii 10a New Membership Model Presentation 10:30a Frist Art Workshop 12p Metro Meals* 1p Arthritis Class	7 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Line Dance 1p Community Outing	8 8:30a Games & Wii 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	9 Center Closed FF Staff Retreat
12 8:30a Games & Wii 10a National Domestic Violence Day 11a Puppet Show 12p Metro Meals* 1p Tech Help 4p Dance Class w/Lyle	13 8:30a Games & Wii 10a Program Meeting 10:30a Frist Art Workshop 12p Metro Meals* 1p Arthritis Class 1pm Wii Bowling Game	14 8:30a Games & Wii 10a National Pizza Day 11a Exercise w/Friends 12p Metro Meals* 1p Spade Tournament 4p A.W.A.K.E. Nashville – Fluid Painting Class	15 8:30a Games & Wii 10a Health & Wellness Fair 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	16 8:30a Games & Wii 10a Vanderbilt Students 10a Program Meeting 11:30a Arthritis Class 12p Metro Meals* 1p BINGO
19 8:30a Games & Wii 10a New Member Orientation 11a Breast Cancer Awareness Day 11:45a Lunch Day Trip 12p Metro Meals* 1p Tech Help 4p Dance Class w/Lyle	20 8:30a Games & Wii 9a Golden Games 10:30a Frist Art Workshop 12p Metro Meals* 1p Arthritis Class	21 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Line Dance	22 8:30a Games & Wii 10a Car Show 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	23 8:30a Games & Wii 10a Vanderbilt Students 11:30a Arthritis Class 12p Metro Meals* 1pm Wii Bowling Game 2p Puzzle Day
26 8:30a Games & Wii 10a Tennessee State Museum 11a Music for Seniors 12p Metro Meals* 1p Tech Help	27 8:30a Games & Wii 10:30a Frist Art Workshop 12p Metro Meals* 1p Arthritis Class	28 8:30a Games & Wii 10a Bible Study 11a Exercise w/Friends 12p Metro Meals* 1p Karaoke w/Friends 5p Game Night!	29 8:30a Games & Wii 10a Thrift Store Shopping 12p Metro Meals* 1p Oasis Center Youth 1p Senior Planet NP Library	30 8:30a Games & Wii 10a Vanderbilt Students 11:30a Arthritis Class 12p Metro Meals* 1p BINGO Halloween Costume Party



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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 ML

Bible Study Wednesday, October 7, 21 & 28, 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, October 2, 16 & 30, 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! **Oct. 30th BINGO will be a Halloween Costume Event with light refreshments. Members will vote on 1st, 2nd and 3rd Place Winners!**

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 Wednesday, October 7 & 21, 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*

Music for Seniors Monday, October 26, 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, October 30, 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, October 1, 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*



October 2026 FiftyForward Bordeaux Center

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

GiveHub Presentation Monday, October 1, 10a. 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

Dance Class w/Lyle (New Program) Thursdays at 4p *Seated Dance Class* is a 50-minute movement experience for older adults of all mobility levels, done entirely from a chair or wheelchair. Led by dancer and choreographer Lyle Oberman, classes use rhythmic music, counting exercises, and dynamic movement patterns to gently engage body and mind. More than exercise, it's an artistic, communal space where participants are defined not by age or limitation, but by rhythm, humanity, and movement.

Spade Tournament Wednesday, October 14, 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

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

Book Club Monday, October 5, 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

Tech Help Monday, October 5, 12, 19 & 26, 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

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

New Membership Model Presentation Tuesday, October 6, 10am & Monday, October 26, 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, October 7, 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.

Puppet Show, Monday, October 12, 11a 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

Creative Seniors Rock Thursday, October 8 & 22, 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*

National Pizza Day Wednesday, October 14, 10a Members will join us for a fun and delicious Pizza Party, generously sponsored by Domino's Pizza on Clarksville Pike! A special thank-you to Store Manager John Coley for donating the cheese, sausage and pepperoni pizza for our members to enjoy. We truly appreciate Domino's Pizza and John Coley for supporting the FiftyForward Bordeaux community.
Flex Rm 1, 2 & 3 – 1st Floor

A.W.A.K.E. Nashville Wednesday, October 14, 4p-6p A.W.A.K.E. Nashville will be hosting a fun and creative fluid painting class for our members! Join us as we explore our artistic side, create something beautiful, and enjoy a wonderful time painting and laughing with friends. Come ready to have fun and let your creativity flow!
Registration is required. Limited Space!
Multi-Purpose Rm – 2nd Floor

Program Meeting Tuesday, October 13, 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 Monday, October 5, 11a, and Tuesday, October 13, 1p. Looking forward 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

National Domestic Violence Day Monday, October 12, 10a BRIDGES Domestic Violence Center will host an open dialogue about domestic violence and how it can affect individuals, families, and the community. Members will learn how to recognize warning signs and patterns of domestic violence, as well as who to contact and where to report concerns or seek help.
Flex Rm 1, 2 & 3 – 1st Floor

New Membership Orientation Monday, October 19, 10a New members will learn about FiftyForward's mission, vision and explore policies and expectations as a new member.
Flex Rm 1, 2 & 3 – 1st Floor



October 2026 FiftyForward Bordeaux Center

Breast Cancer awareness Day **Monday, October 19, 11a** Gilda's Club of Middle Tennessee will host a group discussion about how Breast Cancer affects individuals, families and the community. Members will also learn how to recognize warning signs.
Flex Rm 1, 2 & 3 – 1st Floor

The Golden Games **Tuesday, October 20, 9a.** Members from all seven centers will compete in The Golden Games. Participants will compete in a variety of games and challenges that will require teamwork, communication, and collaboration. Each team will work together to earn points and demonstrate their skills. The team with the highest score will be crowned the Golden Games Champions for 2026!
Knowles Center

Puzzle Day **Friday, October 23, 1p** Did you know that putting puzzles together improves brain health, lowers stress, and builds hand-eye coordination.
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

Vanderbilt Students **Fridays, October 2, 16, 23 and 30, at 10a** –. Join Vanderbilt Students as they share valuable nutrition tips, fitness goals, and the importance of staying socially engaged as we age.
Flex Rm 1, 2 & 3 – 1st Floor

Karaoke w/Friends **Tuesday, October 27, 1p** Join us as we sing along with friends to different genres of music.
Flex Rm 1, 2 & 3 – 1st Floor

Game Night **Wednesday, October 28, 5p-7p** Game Nights is a new series that will take place each month on Wednesday night. This month we will host our first after **5pm Rummikub Tournament**. There will be a 1st - \$100, 2nd - \$75, 3rd - \$50 and 4th - \$25 place prizes for the winners. The night will be full of socializing, fun and food. **\$10 per person!** Space is limited. Open to the community!
Registration is required.
Flex Rm 1, 2 & 3 – 1st Floor