November 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
2 8:30a Games & Wii 10a New Membership Model Presentation 12p Metro Meals* 1p **Tech Help** 1p Arthritis Class 4p **Dance Class w/Lyle***	3 8:30a Games & Wii 9:30a **Opry Mills Mall*** 12p Metro Meals* 1p Wii Bowling Game	4 8:30a Games & Wii 10a **Bible Study** 11a Exercise w/Friends 12p Metro Meals* 1p **Line Dance** 5pm – **Travel Club***	5 8:30a Games & Wii 9a Walgreens Flu Clinic 10a Able Transportation Lunch & Learn 12p Metro Meals* 1p Oasis Center Youth 1p **Senior Planet NP Library** 2p **Advisory Council Meeting**	6 8:30a Games & Wii 9:30am **Grocery Shopping*** 10a **Vanderbilt Students** 11:30a Arthritis Class 12p Metro Meals* 1p **BINGO**
9 8:30a Games & Wii 10a **Book Club** 11a GiveHub Presentation 12p Metro Meals* 1p **Tech Help** 1p Arthritis Class 4p **Dance Class w/Lyle***	10 8:30a Games & Wii 10a **CenterWell Lunch & Learn** 12p Metro Meals* 1p Wii Bowling Game	11 8:30a Games & Wii 10a **Veteran's Day Program** 11a Exercise w/Friends 12p Metro Meals* 1p **Line Dance** 5pm – **Art Night***	12 8:30a Games & Wii 11am Creative Seniors Rock 12p Metro Meals* 1p Oasis Center Youth 1p **Senior Planet NP Library**	13 8:30a Games & Wii 9:30am **Oak Grove Casino*** 10a Spade Tournament 11:30a Arthritis Class 12p Metro Meals* 1p **BINGO**
16 8:30a Games & Wii 10a Program Meeting 12p Metro Meals* 1p **Tech Help** 1p Arthritis Class 4p **Dance Class w/Lyle***	17 8:30a Games & Wii 9:30a **Field Trip/Bowling*** 12p Metro Meals* 1p Wii Bowling Game	18 8:30a Games & Wii 10a **Bible Study** 11a **Vanderbilt Trip*** 11a Exercise with Friends 12p Metro Meals* 5pm – **Game Night ***	19 8:30a Games & Wii 11a Native American Heritage Presentation 12p Metro Meals* 1p Oasis Center Youth 1p **Senior Planet NP Library**	20 8:30a Games & Wii 10a Rummikub Tournament 11:30a Arthritis Class 12p Metro Meals* 1p **BINGO**
23 8:30a Games & Wii 11a Thanksgiving Luncheon* 12p Metro Meals* 1p **Tech Help** 1p Arthritis Class 4p **Dance Class w/Lyle***	24 8:30a Games & Wii 10a **New Member Orientation** 11a **Diabetes Program** 12p Metro Meals*	25 8:30a Games & Wii 10a **Bible Study** 11a Exercise w/Friends 12p Metro Meals* 1p **Line Dance** 5pm – **Bring A Friend Night***	26 **Center Closed Thanksgiving Holiday**	27 **Center Closed Thanksgiving Holiday**
30 8:30a Games & Wii 9:30a **Lunch Day Trip*** 12p Metro Meals* 1p Arthritis Class 1p **Tech Help**				

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, November 4, 18 & 25, 10a** Minister Larry Harrison, leads our weekly Bible Study sessions. This is a welcoming time for reflection, discussion, and fellowship.
Flex Rooms 1, 2 & 3 – 1st Floor ML

BINGO **Friday, November 6, 13 & 20, 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 **Wednesday, November 4, 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 **Tuesday, November 24, 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. A light lunch will be served!
Flex Room 2 – 1st Floor

MONTHLY MEETINGS

Advisory Council Meeting **Thursday, November 5, 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:

Arthritis Class (New Program) **Mondays at 1p 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

New Membership Model Presentation **Monday, November 2, 10a** Learn about FiftyForward's new membership model which will take effect on October 1, 2026.
Flex Rm 1, 2 & 3 – 1st Floor

Travel Club (Allure Quest) **Wednesday, November 4**, **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 saving goals.
Registration is required.
Flex Rm 1, 2 & 3 – 1st Floor

Walgreens Flu Clinic **Thursday, November 5, 9a** Join us as we partner with Walgreens to host an onsite flu clinic at FiftyForward Creative Commons. Members and community residents will have the opportunity to receive flu shots conveniently at the center. Protect yourself and your loved ones this flu season by taking steps to stay healthy!
Multi-Purpose Rm – 2nd Floor

Able & Ready Transportation **Thursday, November 5**, **10a** Join us as Able & Ready hosts a Lunch & Learn to share their mission, services and programs available to residents of Davidson County. Come learn more about the resources they offer and how they support individuals and families in our community!
Flex Rm 1, 2 & 3 – 1st Floor

Vanderbilt Students **Friday, November 6, 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

GiveHub Presentation **Monday, November 9**, **11a.** 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

Book Club **Monday, November 9, 10a** Explore your favorite authors with our Book Club. Members select engaging genres such as historical fiction, memoirs, and mysteries. You will be required to purchase the book that is chosen for the Book Club.
Multi-Purpose Rm – 2nd Floor

CenterWell Lunch & Learn **Tuesday, November 10, 10a** Learn practical strategies, and discover helpful resources to support your overall health and well-being. This is a wonderful opportunity to gain valuable information in a welcoming and interactive environment.
Flex Rm 1, 2 & 3 – 1st Floor

Dance Class w/Lyle (New Program) **Mondays 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. **Last Dance Class is November 23rd**.

Oasis Center Youth **Thursdays at 1p** 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, November 2, 9, 16, 23 & 30, 1p** Do you have questions about your technical device? This includes your phone, iPad, tablet or laptop. Bring it to our Tech Help sessions with Matthew Santana from NP Library.
Multi-Purpose Rm – 2nd Floor

Veterans Day Program **Wednesday, November 11, 10a. Help us celebrate with our veterans!** We thank you for your service, sacrifice, and dedication to our country. Let's make this a special day of recognition and gratitude.
Flex Rm 1, 2 & 3 – 1st Floor

Art Night **Wednesday, November 11, 5p.** Come join us this Wednesday for a FUN night of Arts & Crafts! Come and be creative, express yourself, and enjoy a wonderful evening of fellowship and fun with fellow members. Bring a friend and let's get creative together! We look forward to seeing you there!
Registration is required.
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

Creative Seniors Rock **Thursday, November 12, 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*

Spades Tournament **Friday, November 13, at 10a.** Join us for a fun and friendly Spades 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 **Monday, November 16, 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, November 3, 10 & 17, 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

Game Night **Wednesday, November 18, 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

Native American Heritage Presentation **Thursday, November 19, at 11a.** This month is Native American Heritage Month! Today, we will participate in an engaging presentation highlighting the rich culture, history, traditions, and contributions of Native American communities. Join us as we learn, celebrate, and deepen our appreciation of our Native American heritage.
Flex Rm 1, 2 & 3 – 1st Floor

Rummikub Tournament **Friday, November 20, at 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

Thanksgiving Luncheon **Monday, November 23, 11a** Members will come together and celebrate Thanksgiving as one big family! Join us as we share fond memories, enjoy delicious food and give thanks for the friendships and fellowship that make FiftyForward Senior Center so special! Let's celebrate the season of gratitude, love and togetherness!
Registration is required.
Flex Rm 1, 2 & 3 – 1st Floor

Diabetes Presentation **Tuesday, November 24, 11a** November is Diabetes Awareness Month! Join us as we share facts and statistics about diabetes and its impact on our community. Together, we can raise awareness, encourage healthy lifestyles, and promote the importance of prevention, early detection and proper diabetes management.
Flex Rm 1, 2 & 3 – 1st Floor

Bring A Friend Night **Wednesday, November 25, 5p** Gather with friends for an evening of fun, games, laughter and socializing. Bring a friend along and enjoy some good old-fashioned FUN with our Bordeaux family! The more, the merrier.
Registration is required.
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/

Opry Mills Mall Trip
Date: Tuesday, November 3rd
Bus departs at 9:30a
Estimated Return at 2p
Cost: $10
Registration is required
Join us for a fun trip to Opry Mills for shopping, fellowship, and quality time spent with friends! We'll also enjoy a delicious lunch together while making wonderful memories along the way. We look forward to sharing a great day of fun, laughter and friendship!
Driver: Mr. Fowler

Grocery Shopping—Walmart
Date: Friday, November 6th
Bus departs at 9:30a
Estimated Return at 12p
Cost: $5 (Transportation Fee)
Registration is Required
Join us for a convenient shopping trip to Walmart! Members will have time to shop for groceries and everyday essentials while enjoying a relaxing outing, fellowship and time with friends.
Driver: Mr. Fowler

Oak Grove Casino Trip
Date: Friday, November 13th
Bus departs at 9:30a
Estimated Return at 2p
Cost: $30
Registration is required
Join us for a fun social trip to Oak Grove, Kentucky! Enjoy a lively day at the casino filled with good times, great company, and wonderful memories with friends. Come along for a fun getaway and a chance to relax, socialize and enjoy the day!
Driver: Mike Murphy

Donelson Strike and Spare Bowling
Date: Tuesday, November 17th
Bus departs at 9:30a
Estimated Return at 1p
Cost: $25
Members will enjoy a fun day of bowling, laughter and socializing with friendly competition! Join us as we hit the lanes, socialize with friends, and see who can roll the highest score. Come out, have some fun, and show us what you've got on the lanes! The Strike is on YOU!
Driver: Mr. Fowler

Vanderbilt School of Nursing Trip Show
Date: Wednesday, November 18th
Bus departs at 10a
Estimated Return at 1p
Cost: Free
Registration is required
Vanderbilt School of Nursing would like to invite you to a special social event as a token of appreciation for your participation in their Friday group sessions at FiftyForward Bordeaux Senior Center. We look forward to celebrating with you and enjoying a wonderful time together!
Driver: Mr. Fowler

Lunch Club Day Trip
Date: Monday, November 30th
Bus departs at 9:30a
Estimated Return at 1p
Cost: $10
Registration is required
Join us for a delicious Lunch Club outing! Members will travel together to a local restaurant to enjoy great food, wonderful fellowship, and quality time socializing with friends. Come hungry and ready for good food, laughter, and great memories.
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.