# December 2026
# FiftyForward Bordeaux Center

**Please see the program description page to learn more about each offering and see which activities require registration. Events with an asterisk * require advance registration. Please register at *fiftyforward.org/member/*.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 1<br>8:30a Games & Wii<br>10a New Membership Model Presentation<br>12p Metro Meals*<br>1p Wii Bowling Game | 2<br>8:30a Games & Wii<br>10a **Bible Study**<br>11a Exercise w/Friends<br>12p Metro Meals*<br>1p **Line Dance**<br>5p – **Board Game Night***| 3<br>8:30a Games & Wii<br>10a Cooking Class 101<br>12p Metro Meals*<br>1p Oasis Center Youth<br>1p **Senior Planet NP Library**<br>2p **Advisory Council Meeting** | 4<br>8:30a Games & Wii<br>9:30a **Grocery Shopping***<br>10a Dominos Day<br>11:30a Arthritis Class<br>12p Metro Meals*<br>1p **BINGO** |
| 7<br>8:30a Games & Wii<br>10a **Book Club**<br>11a GiveHub Presentation<br>12p Metro Meals*<br>1p **Tech Help**<br>1p Arthritis Class | 8<br>8:30a Games & Wii<br>10a **Movie Day Trip***<br>12p Metro Meals*<br>1p Wii Bowling Game | 9<br>8:30a Games & Wii<br>10a Exercise w/Friends<br>11a **CenterWell Lunch & Learn**<br>12p Metro Meals*<br>1p **Line Dance**<br>5p – **Spade Night*** | 10<br>8:30a Games & Wii<br>11a Creative Seniors Rock<br>12p Metro Meals*<br>1p Oasis Center Youth<br>1p **Senior Planet NP Library** | 11<br>8:30a Games & Wii<br>9:30a **Lunch Club Day Trip***<br>11:30a Arthritis Class<br>12p Metro Meals*<br>1p Puzzle Day |
| 14<br>8:30a Games & Wii<br>10a **Thrift Day Trip***<br>12p Metro Meals*<br>1p **Tech Help**<br>1p Arthritis Class | 15<br>8:30a Games & Wii<br>10a Program Meeting<br>12p Metro Meals*<br>1p Wii Bowling Game | 16<br>8:30a Games & Wii<br>10a **Bible Study**<br>11a Holiday Luncheon*<br>12p Metro Meals*<br>1p **Line Dance**<br>5p – **Art Night*** | 17<br>8:30a Games & Wii<br>11a Bring A Friend Day<br>12p Metro Meals*<br>1p Oasis Center Youth<br>1p **Senior Planet NP Library** | 18<br>8:30a Games & Wii<br>10a Rummikub Tournament<br>11:30a Arthritis Class<br>12p Metro Meals*<br>1p **BINGO/Holiday** |
| 21<br>**Center Closed** | 22<br>**Center Closed** | 23<br>**Center Closed** | 24<br>**Center Closed** | 25<br>**Center Closed** |
| 28<br>8:30a Games & Wii<br>10a Cooking Class 101<br>12p Metro Meals*<br>1p Arthritis Class<br>1p **Tech Help** | 29<br>8:30a Games & Wii<br>10a New Member Orientation<br>12p Metro Meals*<br>1p Wii Bowling Game | 30<br>8:30a Games & Wii<br>10a **Bible Study**<br>11a Exercise w/Friends<br>12p Metro Meals*<br>1p **Line Dance**<br>5p – **Game Night*** | 31<br>8:30a Games & Wii<br>11a New Year's Eve Party<br>12p Metro Meals*<br>1p Oasis Center Youth<br>1p **Senior Planet NP Library** | |

**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, December 2, 16 & 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** Fridays, December 4 & 18, 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, December 2, 9, 16 & 30, 1p** Join us for a low-impact, joyful activity that promotes cardiovascular health, strengthens bones, and improves balance.
*Dance Room –2nd Floor ML*

**New Member Orientation** **Tuesday, December 29, 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, December 3, 2p.** 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 undue stress on the lower body. This is an **evidence-based program**!
*Dance/Exercise Rm – 2nd Floor*

New Membership Model Presentation **Tuesday, December 1, 10a** Learn about FiftyForward's new membership model that launched on October 1, 2026.
*Flex Rm 1, 2 & 3 – 1st Floor*

Board Game Night **Wednesday, December 2**, **5p** Join us for an evening of board games, socializing, and having fun with friends. Registration is required.
*Flex Rm 1, 2 & 3 – 1st Floor*

Cooking Class 101 **Thursday, December 3, 10a & Monday, December 28th, 10a.** Come join us in the kitchen with the Bordeaux staff. Learn simple cooking tips and discover how to prepare delicious, healthy snacks that are good for you. Enjoy learning new skills, sharing ideas, and having fun while making healthier choices.
*Kitchen – 1st Floor*

Book Club **Monday, December 7, 10a** Join us as we explore our favorite authors with the FiftyForward Bordeaux Book Club. Members select 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*

CenterWell Lunch & Learn Wednesday**, December 9, 11a** Learn practical strategies, ask questions, 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*

Spades Night **Wednesday, December 9, 5p.** Ready for an evening of fun, games, laughter, and socializing with friends? 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*

Creative Seniors Rock **Thursday, December 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*

Puzzle Day **Friday, December 11, 1p.** Join us for Puzzle Day and put the pieces together with friends! Enjoy a fun, relaxing time working on puzzles, sharing laughs and spending time with fellow members. Come challenge yourself and have some fun with us!
*Flex Rm 1 – 1st Floor*

Oasis Center Intergenerational Program **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, December 7,14 & 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*

Art Night **Wednesday, December 16, at 5p.** Ready for a fun, and creative night? Express yourself through art and enjoy a wonderful evening of fellowship with other creative members. Bring a friend! Everyone is welcome!
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**. December. 9th Class is at 10a!**
*Dance/Exercise Rm – 2nd Floor*

Program Meeting **Tuesday, December 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*

Holiday Luncheon **Wednesday, December 16, 11a Celeb**rate the holiday season with us as one big family. Share fond memories, enjoy delicious food, and give thanks for the friendships and fellowship that make FiftyForward Center so special! Let's celebrate the season of gratitude, love, and togetherness!
*Flex Rm 1, 2 & 3 – 1st Floor*
Registration is required.

Wii Bowling **Tuesday, December 1, 8, 15 & 29 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.
*Flex Rm 3 –1st Floor*

Rummikub Tournament **Friday, December 18, 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*

Senior Planet NP Library **Thursdays at 1p –**Learn essential digital skills in a supportive environment designed for older adults.
*Multi-Purpose Rm – 2nd Floor*

New Years Eve Celebration **Thursday, December 31 at 11a –Let's** welcome 2027 with food, friends, laughter, and wonderful memories. Celebrate new beginnings, share smiles, and ring in the New Year together. WE look forward to celebrating with you.
*Multi-Purpose Rm – 2nd Floor*
*Flex Rm 1, 2 & 3 – 1st Floor*

## DAY TRIPS

**Registration and Payment 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, December 4th**
**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*

### Movie Day Trip – Opry Mills Mall

**Date: Tuesday, December 8th**
**Bus departs at 10a**
**Estimated Return at 2p**
**Cost: $10**
**Registration is required**
Join us for a fun getaway to Opry Mills Mall for Movie. Sit back, enjoy a great movie, and treat yourself to a delicious box of popcorn.
*Driver: Mr. Fowler*

### Lunch Club Day Trip – Long John Silver's in Columbia

**Date: Friday, December 11**
**Bus departs at 9:30a**
**Estimated Return at 2p**
**Cost: $10**
**Registration is required**
Join us for a delicious Lunch Club outing! Members will travel together to a local restaurant to enjoy delicious food, wonderful fellowship, and quality time socializing with friends.
*Driver: Mr. Fowler*

### Thrift Club Shopping Group

**Date: Monday, December 14th**
**Bus departs at 10a**
**Estimated Return at 2p**
**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 trips will have only 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.