

Health Recognitions
 -National Nutrition Month
 -Registered Dietitian Day (11th)
 -National Colorectal Awareness Month
 -National Endometriosis Month
 -Multiple Sclerosis Education Month
 -National Kidney Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

March 2015

Hours of Operation:
Monday & Friday
 8:30 am - 4:30 PM
 Tuesday, Wednesday & Thursday
 7:30 am - 7:00 pm
 Saturday
 7:30 am - 1:00 pm

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
<p>LAN'S OUT</p> <p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Strength Training 8:45 Coffee & Conversation</p> <p>9:15 Health Education: Patient Safety Week- Fall Prevention</p> <p>9:30 No Piano- Lan's Out</p> <p>9:45 Aerobics Combo</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 Tai Chi 11:00 Health Assessments 11:15 Arthritis/Low Impact Aerobics 11:45 Nutrition News</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Create a Med ID Card 1:00 "Rec Room"</p> <p>1:30 Line Dancing</p> <p>1:30 No Piano- Lan's Out</p> <p>2:00 Better Balance</p> <p>2:30 No Piano- Lan's Out</p> <p>3:00 Counseling/Assess. 4:00 Planning 4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation 8:45 Mat Class</p> <p>8:45 Current Events</p> <p>9:15 Living Well: Brain Gym</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:15 NNM: Breakfast Social + Photo Contest Kick Off</p> <p>11:00 Activity Hour : Circle Loom Hats</p> <p>11:00 Aerobics w/Kojak 11:00 Assessments (Fitness/Health/Nutrition)</p> <p>12:00 Lunch</p> <p>1:00 Health Education: <i>Safe Practices at Home and On the Road</i></p> <p>1:30 NNM Activity: 1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Beginner's Quilting Class - Rm. B01</p> <p>2:00 Activity Hour – Movie Afternoon</p> <p>3:00 Counseling/Assess. 4:00 Planning</p> <p>5:00 Fitness w/Tee 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Step Class</p> <p>8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p>9:15 Health Education: Diabetes Class Week 3 10:00 Reiki with Ruth</p> <p>10:00 - 12:00 Commodity Food Pick Up</p> <p>10:30 Trip to Arena Stage 11:00 Chair Stretch w/Tee</p> <p>11:00 Health Assessment 11:45 Fitness News</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Colonoscopy-Understanding the procedure; Preventing the Cancer</p> <p>1:30 NNM Activity: Nutrition Game</p> <p>2:00 "Rec Room" 2:00 Fun with Art – Rm B01</p> <p>3:00 Counseling/Assess. 4:00 Planning</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Mat Class</p> <p>8:45 Yoga/Meditation</p> <p>8:45 Current Events 9:15 Health Education: Colonoscopy and Colon Cancer Prevention 9:30 Trip 9:45 Exercise Video</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations 10:30 NNM Activity: Diet Trends and Fads</p> <p>10:45 Exercise Video</p> <p>11:00 Health Assessments</p> <p>11:30 New Member Orientation</p> <p>12:00 Lunch</p> <p>1:00 "The Healing Circle" 1:00 Dancing for Life: Zumba 1:30 NNM Activity</p> <p>2:00 Quilting – Rm B01 Activity Hour – Game Time: 3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>5:00 - 6:30 Nutrition Counseling</p> <p>5:00 - 7:00 Open Gym</p> <p>7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength 8:45 Coffee & Conversation</p> <p>9:15 Health Education: Create a Med ID Card</p> <p>10:15 NNM: Nutrition Bingo!</p> <p>10:45 Living Well: Fitness Education - Life Coach w/Ms. Lloyd</p> <p>11:00 Activity Hour – Crochet (Basic stitch for baby blanket)</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>11:45 Health News 12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Health Education: Colorectal Awareness Month</p> <p>1:00 Aerobics w/Kojak</p> <p>1:30 NNM: Nutrition Bingo!</p> <p>2:00 Activity Hour:</p> <p>2:00 No Better Balance</p> <p>3:00 Counseling/Assess. 4:00 Planning 4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation</p> <p>8:30 Coffee & Conversation</p> <p>8:45 Saturday 300</p> <p>9:30 Activity Hour Quilling: basic shapes</p> <p>10:00 Glutes & Legs</p> <p>11:00 Counseling & Assessments</p> <p>11:00 Activity Hour –</p> <p>11:45 Fitness News</p> <p>12:00 Lunch</p> <p>1:00 Close</p> <hr/>  <p>Time to Spring Ahead</p> <p>Don't forget to set your clock one hour ahead!</p>

Activity Key: Orange– Activities Purple –Health Promotion Green - Nutrition Pink – Fitness Red –Special Event Blue –Trips Gray – Combined Activity
Staff: Michelle Singleton-Director • Nellie Pate-Administrative Assistant • Deborah Parker-Fitness Director • Lan Nguyen-Nutrition Education Director • Ruth Romero-Activity Coordinator • Falen Demas-Health Education • Ivan Hicks-Facility Coordinator • Ida Terry & Douglas Raspberry- Saturday Meal Service

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Saturday
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Monday 9	Tuesday 10	Wednesday 11 Registered Dietitian Day!	Thursday 12	Friday 13	Saturday 14
<p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:15 Health Education: Brain Awareness Week</p> <p>9:30 Piano – Music Rm</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>9:45 Aerobics Combo</p> <p>10:30 New Member Orientation</p> <p>10:30 Tai Chi</p> <p>11:00 Health Assessments</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>11:45 Nutrition News</p> <p>12:00 Lunch</p> <p>1:00 Health Education</p> <p>1:00 "Rec Room"</p> <p>1:30 Line Dancing</p> <p>1:30 Piano – Music Rm.</p> <p>2:00 Better Balance</p> <p>2:30 Piano – Music Rm.</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation</p> <p>8:45 Mat Class</p> <p>8:45 Current Events</p> <p>9:15 Living Well: Brain Gym</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:15 NNM Activity: Men's Nutrition</p> <p>11:00 Aerobics w/Kojak</p> <p>11:00 - 1:00 Staff Meeting</p> <p>12:00 Guest Speaker: We Are Family, Mark Andersen</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Multiple Sclerosis & The Brain</p> <p>1:30 NNM Activity</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Beginner's Quilting Class - Rm. B01</p> <p>2:00 Activity Hour – Movie Afternoon</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>5:00 Fitness w/Tee</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness w/Tee</p> <p>7:00 Close</p>	<p>Falen Out- Alzheimer's Training</p> <p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Step Class</p> <p>8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p>9:00 Visit to the Church of Latter Day Saints</p> <p>9:15 Health Education: Diabetes Class Week 4</p> <p>10:00 Reiki with Ruth</p> <p>10:15 NNM Activity</p> <p>10:30 Reiki Share</p> <p>11:00 Chair Stretch</p> <p>11:45 Fitness News</p> <p>12:00 Lunch</p> <p>Lan's Out ½ day for RD Day</p> <p>2:00 "Rec Room"</p> <p>2:00 Fun with Art – Rm B01</p> <p>2:00 Movie Afternoon</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Mat Class</p> <p>8:45 Yoga/Meditation</p> <p>8:45 Current Events</p> <p>9:15 Health Education: Women's Hormonal Health-Endometriosis</p> <p>9:30 Trip to Dollar Tree</p> <p>9:45 Ab-Licious Workout</p>  <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:30 NNM Cooking Demo: Vegan Curry</p>  <p>10:45 Aerobics Combo</p> <p>11:00 Health Assessments</p> <p>11:30 New Member Orientation</p> <p>11:30 Massage with Jada</p> <p>12:00 Lunch</p> <p>1:00 "The Healing Circle"</p> <p>1:00 Dancing for Life: Zumba</p> <p>1:30 NNM Activity</p> <p>2:00 Quilting – Rm B01</p> <p>2:00 Activity Hour – Game Time: Chess class</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>5:00 - 6:30 Nutrition Counseling</p> <p>5:00 - 7:00 Open Gym</p> <p>7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:15 Health Education: AmeriCorp Guest Lecture</p> <p>10:15 NNM Activity: Which Has More Calories Game</p> <p>10:45 Living Well: Fitness Education</p> <p>11:00 Activity Hour – Crochet Basic stitch for baby blanket</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>11:45 Health News</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Health Assessments</p> <p>1:00 Aerobics w/Kojak</p> <p>1:30 NNM Activity</p> <p>1:30-3:30 DC International Public Charter School Visit</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>"SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation</p> <p>8:30 Coffee & Conversation</p> <p>8:45 Saturday 300</p> <p>9:30 Activity Hour Quilling: basic shapes</p> <p>10:00 Glutes & Legs</p> <p>11:00 Counseling & Assessments</p> <p>11:00 Activity Hour –</p> <p>11:45 Fitness News</p> <p>12:00 Lunch</p> <p>1:00 Close</p>

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Saturday
 7:30 am - 1:00 pm

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
<p>Deborah's Out Morning 8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Coffee & Conversation 9:15 Health Education: Save Your Vision 9:30 Piano – Music Rm 10:00 Reiki with BFSWC Practitioners 10:30 <u>Advanced Directives Discussion/ Presentation</u> 10:30 New Member Orientation 10:30 Tai Chi 11:00 Health Assessments 11:45 Nutrition News 12:00 Lunch 1:00 Health Education: Save Your Vision 1:00 "Rec Room" 1:30 Line Dancing 1:30 Piano – Music Rm. 2:00 Better Balance 2:30 Piano – Music Rm. 3:00 Counseling/Assess. 4:00 Planning 4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Mat Class 8:45 Current Events 9:15 Living Well: Brain Gym 9:45 Fitness Assessments 10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 NNM Cooking Demo: Delicious Grains</p>  <p>11:00 Activity Hour : Circle Loom Hats 11:00 Aerobics w/Kojak 11:00 Assessments (Fitness/Health/Nutrition) 12:00 Lunch 1:00 DOH Presentation w/ Gerald Brown 1:00 Health Education: I can't See- What can cause Vision Loss? 1:30 NNM Activity 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Computer Class 2:00 Beginner's Quilting Class - Rm. B01 2:00 Activity Hour – Movie Afternoon 3:00 Counseling/Assess. 4:00 Planning 5:00 Fitness w/Tee 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close</p>	<p>LAN'S OUT 7:30-6:45 Open Gym & Computer Lab 7:45 Step Class 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:30 Health Education: Diabetes Class Week 5 10:00 Reiki with Ruth 10:30 Town Hall Meeting & 1st Quarter Birthday Celebration & *Special Presentation Terrific Inc* 12:00 Lunch Part of Hygiene Talk 1:00 Health Education: Hygiene and Good Health 2:00 "Rec Room" 2:00 Fun with Art – Rm B01 3:00 Counseling/Assess. 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Mat Class 8:45 Yoga/Meditation 8:45 Current Events 9:15 Health Education: Sleep Awareness Week-Preparing for Daylights Saving 9:30 Trip to U.S. Capitol 9:45 Ab-Licious Workout</p>  <p>10:00 Providence Hospital Diabetes Program 10:45 Aerobics Combo 11:00 Health Assessments 12:00 Lunch 1:00 "The Healing Circle" 1:00 Dancing for Life Zumba 1:30 NNM Activity 2:00 Quilting – Rm B01 2:00 Activity Hour – Game Time: Chess class 3:00 Counseling/Assess. 4:00 Planning 5:00 - 6:30 Nutrition Counseling 5:00 - 7:00 Open Gym 7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 – 9:30 Core Strength 8:45 Coffee & Conversation 9:15 Health Education: <i>How I can make the most of my Sleep Routine</i> 10-12pm Volunteer Opportunity with We Are Family 10:45 Living Well: Enhance Fitness Program Demo & Sign Up 11:00 Activity Hour Crochet – Basic stitch for baby blanket 11:00 Computer Training (1st Session) 11:15 Arthritis/Low Impact Aerobics 11:45 Health News 12:00 Lunch 12:30 Computer Training (2nd Session) 1:00 Health Assessments 1:00 Aerobics w/Kojak 3:00 Interdisciplinary Team Planning Meeting 2:00 Better Balance 2:00 Activity Hour: Choir Rehearsal 4:00 Planning 4:30 Close</p> 	<p>7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Activity Hour: Quilting: basic shapes 10:00 Glutes & Legs 10:00 Community Watch Training 11:00 Counseling & Assessments 11:00 Activity Hour – 11:45 Fitness News 12:00 Lunch 1:00 Close</p>

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Monday 23	Tuesday 24	Wednesday 25 Deborah's Out	Thursday 26 Deborah's Out	Friday 27 Deborah's Out	Saturday 28
8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"  8:45 Strength Training 8:45 Coffee & Conversation 9:15 Health Education: Kidney Awareness Month 9:30 Piano – Music Rm. 9:45 Aerobics Combo 10:00 Line Dancing 10:00 Reiki with BFSWC Practitioners 10:30 Tai Chi 11:00 Health Assessments 11:15 Arthritis/Low Impact Aerobics 11:45 Nutrition News 12:00 Lunch 1:00 Health Education: Kidney Function 1:00 "Rec Room" 1:30 Line Dancing 1:30 Piano – Music Rm. 2:00 Better Balance 2:30 Piano – Music Rm. 3:00 Counseling/Assess. 4:00 Planning 4:30 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Mat Class 8:45 Current Events 9:15 Living Well: Brain Gym 9:45 Fitness Assessments 10:00 - 3:00 Dr. Myers Social Services Consultations 10:00 "Money Smart for Seniors" 11:30 - 12:30 NNM: Cooking Demo at Briya School 11:00 Activity Hour: Circle Loom Hats 11:00 Aerobics w/Kojak 11:00 Assessments 12:00 Lunch 1:00 Health Education- Kidney Health 1:30 NNM Activity 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Computer Class 2:00 Beginner's Quilting 2:00 Activity Hour – Movie 3:00 Counseling/Assess. 4:00 Planning 5:00 Fitness w/Tee 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	7:30-6:45 Open Gym & Computer Lab 8:45 Glutes & Legs/w Tee 8:45 Coffee & Conversation 9:15 Health Education: Diabetes Class 6 10:15 NNM: Test Your Senses 11:00 Chair Stretch/w Tee 12:00 Lunch 1:00 "Circle of Sharing" with VITAS 1:30 NNM Activity 2:00 "Rec Room" 2:00 Fun with Art – Rm B01 3:00 Counseling/Assess. 4:00 Planning 5:00-7:00 Open Gym 5:00 Activity Hour 7:00 Close	7:30-6:45 Open Gym & Computer Lab 8:45 Current Events 9:15 Health Education: How do other diseases affect my kidneys 9:30 Chinese Cultural Center for Chinese for Calligraphy Class 10:00-Health ED- Providence Hospital Diabetes Program Session 2 10:00 - 3:00 Dr. Myers Social Services Consultations 10:30 NNM Activity: Eating Out and Eating Healthy 11:00 Health Assessments 11:30 Massage with Jada 11:30 New Member Orientation 12:00 Lunch 1:00 "The Healing Circle" 1:00 Dancing for Life: Zumba 1:30 NNM Activity 2:00 Quilting – Rm B01 2:00 Activity Hour – Game Time: Chess class 3:00 Counseling/Assess. 4:00 Planning 5:00 - 6:30 Nutrition Counseling 5:00 - 7:00 Open Gym 7:00 Close	8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Conversation 8:45 Fitness Video 9:15 Health Education: Dialysis and Kidney Health 10:15 NNM Activity: Cooking with Tofu 11:00 Activity Hour – Crochet (Basic stitch for baby blanket) 11:00 Computer Training (1st Session) 11:45 Health News: 12:00 Lunch 12:30 Computer Training (2nd Session) 1:00 Aerobics w/Kojak 1:30 NNM Activity 4:00 Planning 4:30 Close	7:30-12:45 Open Gym & Computer Lab "SENSATIONAL SATURDAY"  7:45 Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Activity Hour Quilting: basic shapes 10:00 Glutes & Legs 11:00 Counseling & Assessments 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

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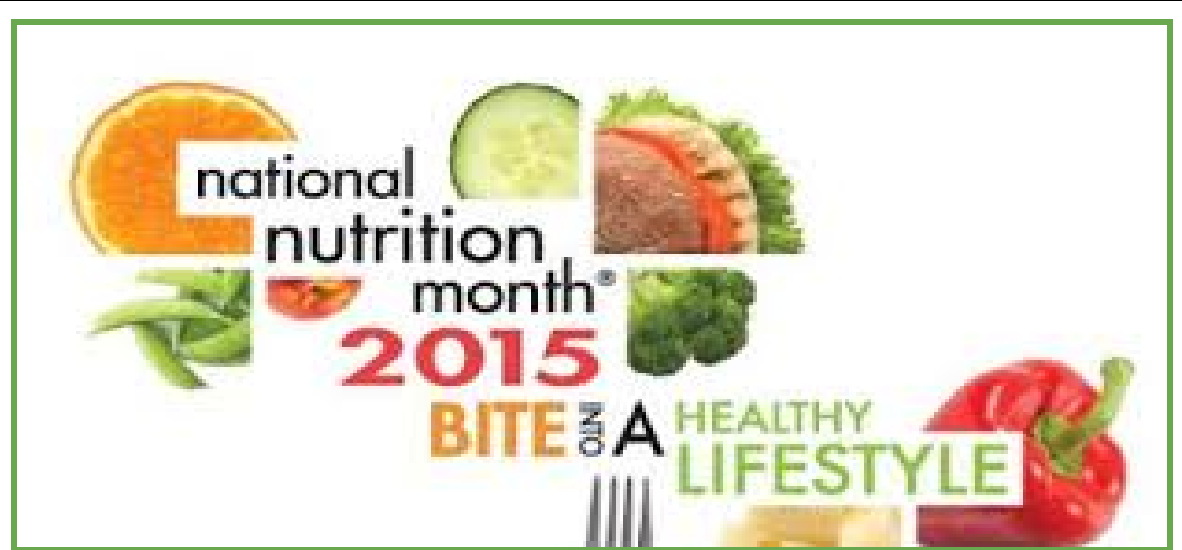
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<p>8:30-4:15 Open Gym & Computer Lab “BOOT CAMP MONDAY” </p> <p>8:45 Strength Training 8:45 Coffee & Conversation</p> <p>9:15 Health Education: Water-The Key to a Healthier Life</p> <p>9:30 Piano – Music Rm.</p> <p>9:45 Aerobics Combo</p> <p>10:00 Line Dancing</p> <p>10:00 Grandparents Support Group</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 Tai Chi</p> <p>11:00 Health Assessments</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>11:45 Nutrition News</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Water, The Key to a Healthier Life</p> <p>1:00 “Rec Room”</p> <p>1:30 Line Dancing</p> <p>1:30 “Senior Issues” Group Meeting</p> <p>1:30 Piano – Music Rm.</p> <p>2:00 Better Balance</p> <p>2:30 Piano – Music Rm.</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation</p> <p>8:45 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Living Well: Brain Gym</p> <p>9:45 Fitness Assessments</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:15 Gardening Focus Group with “Juju” from Arcadia Food</p> <p>11:00 Activity Hour: Circle Loom Hats</p> <p>11:00 Aerobics w/Kojak</p> <p>11:00 Assessments</p> <p>11:00 AARP Individual Counseling Sessions</p> <p>12:00 Lunch</p> <p>12:45 Book Club</p> <p>1:30 NNM Activity</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Beginner’s Quilting</p> <p>2:00 Activity Hour – Movie</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>5:00 Fitness w/Tee</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness w/Tee</p> <p>7:00 Close</p>



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