

Health Recognition
 -World Hepatitis Day
 - 22 Day Vegan Challenge

Bernice Fonteneau Senior Wellness Center Calendar of Activities
 3531 Georgia Avenue NW Washington, DC 20010
 (202)-727-0338
July 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

Join us on our FARMERS' MARKET MARATHON

Explore a variety of farmers' markets and have the opportunity to buy fresh produce!



I STRAW BERRIES

Keep an eye out on Tuesdays and Thursdays for scheduled trips, and make sure to SIGN UP!



Wednesday 1	Thursday 2	Friday 3	Saturday 4
<p>LAN'S OUT 7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:30 - 11:00 We GLEAN 9:30 Senior Self-Defense Meet & Greet 10:00 Reiki with Ruth 10:30 Health Education- Georgetown Sponsored Breast Cancer and Mammogram Awareness 11:00 Chair Stretch 12:00 Lunch 1:30 ENHANCE FITNESS® 2:00 "Rec Room" 2:00 NO "Little dresses for Africa" 2:30 Dancing for Life 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close</p>	<p>LAN'S OUT 7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: 9:45 Ab-Licious Workout 10:00 - 3:00 Dr. Myers Social Services Consultations 10:30 Trip to Woodrow Wilson Plaza for Live Performance 10:45 Aerobics Combo 11:00 Health Education 12:00 Lunch 1:00 "The Healing Circle" 2:00 Hand Dancing 2:00 Quilting - Rm B01 2:00 Activity Hour - Chess class 3:00 Health Assessments by Appointment 4:00 Planning 5:00 ENHANCE FITNESS® 6:00 Fitness w/Tee 7:00 Close</p>	<p>The Center will be CLOSED on July 3rd and 4th for the Independence Day Holiday</p> <p> HAPPY 4TH of JULY</p> <p></p>	

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Monday 6 VEGAN CHALLENGE DAY 1	Tuesday 7 VEGAN CHALLENGE DAY 2	Wednesday 8 VEGAN CHALLENGE DAY 3	Thursday 9 VEGAN CHALLENGE DAY 4	Friday 10 VEGAN CHALLENGE DAY 5	Saturday 11 VEGAN DAY 6
8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"  8:45 Strength Training 8:45 Coffee & Conversation 9:00 Health Education-Importance of Hydration - Rm 306 9:30 - 11:00 HEED Program 10:00 Reiki with BFSWC Practitioners- Rm 308 9:45 Aerobics Combo 10:00 Qualified Medicare Beneficiary (QMB) Program (Rm 104) 10:30 Tai Chi 11:00 Health Education- Rm 306 11:15 Arthritis/Low Impact Aerobics 11:45 Nutrition News (Kitchen) 12:00 Lunch 1:00 Health Education-Heat and Hydration 1:00 "Rec Room"- B-08  1:30 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Health Education-Brain Gym 9:30 Yoga @ Yoga Heights 9:30 Activity Hour: " Little dresses for Africa" 10:30- 12:30 Trip to City Center DC Farmers' Market 11:00 Aerobics w/Kojak 11:00 - 1:00 Staff Meeting 12:00 Lunch 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen/Ruth) 2:00 Beginner's Quilting Class - Rm. B01 3:00 - 4:30 We GLEAN 3:00 Health Assessments by Appointment 4:00 Planning  5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	LAN'S OUT 7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:00 - 1:00 pm Health Education: Center for Vein Restoration 9:00 - 11:00 We GLEAN 9:30 Senior Self Defense Class w/Calvin Hopkins 10 - 2pm Grocery Plus Pick Up + Sign Up 10:00 Reiki with Ruth 10:30 Reiki Share 11:00 Health/Nutrition Assessments 11:00 Chair Stretch 11:45 Fitness News 12:00 Lunch 1:00 Health Education  1:30 2:00 Nutrition Counseling by Appt Only 2:30 Dancing for Life 2:00 Activity Hour "Little dresses for Africa" 3:00 Health Assessments by Appointment 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education- Good Cholesterol vs. Bad Cholesterol 9:45 Ab-Licious Workout  10:00 - 3:00 Dr. Myers Social Services Consultations 10:30-12:30 Trip to the White House Farmers' Market 10:45 Aerobics Combo 11:00 Health Education 11:30 Massage with Jada 12:00 Lunch 1:00 "The Healing Circle" 2:00 Nutrition Counseling by Appt Only 2:00 Hand Dancing 2:00 Quilting - Rm B01 2:00 Activity Hour - Checkers 3:00 Health Assessments by Appointment 4:00 Planning  5:00 6:00 Fitness w/Tee 7:00 Close	8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 Health Education- How 3 months can change your labs 9:30 Senior Self Defense Class w/Calvin Hopkins 10:15 Nutrition Bingo!  10:30 11:00 DC Cable TV Presentation 11:00 Computer Training (1st Session) 11:00 Health News 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 12:30 Computer Training (2nd Session) 1:00 Aerobics w/Kojak 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 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 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

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Monday 13 VEGAN CHALLENGE DAY 8	Tuesday 14 VEGAN CHALLENGE DAY 9	Wednesday 15 VEGAN CHALLENGE DAY 10	Thursday 16 VEGAN CHALLENGE DAY 11	Friday 17 VEGAN CHALLENGE DAY 12	Saturday 18 VEGAN DAY 13
<p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Coffee & Conversation 8:45 Strength Training 9:00 Health Education: Twenty Two Day Vegan Challenge (Rm 306) 9:30 - 11:00 HEED Program 10:00 Reiki with BFSWC Practitioners 10:30 New Member Orientation 10:30 Tai Chi 11:00 Health Education- (Rm 306) 11:15 Low Impact Fitness Video 12:00 Lunch 1:00 Health Education-Medication Management 1:00 "Rec Room" -(B-08) 1:30  2:30 Piano – Music Rm. 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Health Education- Brain Gym 9:30 Yoga @ Yoga Heights 9:30 Activity Hour: " Little dresses for Africa" 10:45 Diabetes: What is The Glycemic Index? 11:00 Aerobics w/Kojak 11:00 Assessments (Fitness/Health/Nutrition) 12:00 Lunch 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen/Ruth) 2:00 Beginner's Quilting Class - Rm. B01 3:00 Health Assessments by Appointment 4:00 Planning 5:00  5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:00 - 11:00 We GLEAN 9:00 Health Education- (Rm 306) 9:30 Senior Self Defense Class w/Calvin Hopkins 9:30 Health Education: Diabetes 6 Week Management Class (Day 1) (Rm 306) 10:00 Reiki with Ruth 10:15 Nutrition Education 11:00 Chair Stretch 11:00 Health/Nutrition Assessments 11:45 Fitness News 12:00 Lunch 1:00  2:00 Nutrition Counseling by Appt Only 2:30 Dancing for Life 2:00 Fun with Art – Rm B01 Project "Little dresses for Africa" 3:00 Health Assessments by Appointment 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 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: How input affects output-what my urine and bowels tell me about my diet. 9:30 Trip to UniverSoul Circus 9:45 Ab-Licious Workout 10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 Diabetes + Traveling - How To Plan Ahead 10:45 Aerobics Combo 11:00 Health Education 12:00 Lunch 1:00 "The Healing Circle" 1:00 - 3:00 Movie Afternoon 2:00 Nutrition Counseling by Appt Only 2:00 Hand Dancing 2:00 Quilting – Rm B01 2:00 Activity Hour – Chess class 3:00 Health Assessments by Appointment 4:00 Planning 5:00  6:00 Fitness w/Tee 7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 Health Education: Vegan Day- How do you feel? 9:30 Senior Self Defense Class w/Calvin Hopkins 10:15 How Does Alcohol Affect Your Diabetes? 10:30  11:00 Health News 11:00 Activity Hour Crochet, circle loom, knitting 11:00 Computer Training (1st Session) 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 12:30 Computer Training (2nd Session) 1:00 Health Education- Understand Lab Results 1:00 Aerobics w/Kojak 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 3:00 Interdisciplinary Team Planning Meeting 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 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close</p>

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8:30-4:15 Open Gym & Computer Lab “BOOT CAMP MONDAY”  8:45 Strength Training 8:45 Coffee & Conversation 9:00 Health Education: Vegan 22-day revisit on progress (Rm 306) 9:30 - 11:00 HEED Program 9:45 Aerobics Combo 10:00 Reiki 10:30 Tai Chi 11:00 Health Education 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Health Education: Mental Health-Signs and Symptoms 1:00 “Rec Room Rm. B-08”  1:30 3:00 Fitness Counseling & Assessments by Appointment Only 4:00 Planning 4:30 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Living Well: Brain Gym 9:30 Yoga @ Yoga Heights 9:45 Fitness Assessments 9:30 Activity Hour: 10:00 Garden Club with Juju 11:00 Aerobics w/Kojak 11:00 Assessments 12:00 Lunch 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen/Ruth) 2:00 Beginner’s Quilting 2:30 - 4:30 We GLEAN 3:00 Health Assessments by Appointment 4:00 Planning  5:00 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:00 - 11:00 We GLEAN 9:30 Health Education: Diabetes 6 Week Management Class (Day 2) (Rm 306) 10:30 Town Hall Meeting 12:00 Lunch  1:30 2:00 Nutrition Counseling by Appt 2:30 Dancing for Life 3:00 Health Assessments by Appointment 4:00 Planning 5:00 Step Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: Chronic Disease Management 9:45 Ab-Licious Workout  10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 Diabetes: Controlling Blood Sugars Through Your Diet 10:30 Trip to Woodrow Wilson Plaza for Live Performance 10:45 Aerobics Combo 11:00 Health Education 11:30 Massage with Jada 12:00 Lunch 1:00 “The Healing Circle” 2:00 Nutrition Counseling by Appt Only 2:00 Hand Dancing 2:00 Quilting – Rm B01 2:00 Activity Hour – Checkers 3:00 Health Assessments by Appointment 4:00 Planning  5:00 7:00 Fitness w/Tee 7:00 Close	8:30-6:45 Open Gym & Computer Lab 8:45 Coffee & Conversation 8:45 Core Strength 9:00 Health Education- Vegan Challenge- Have you noticed a difference? 9:30 Senior Self Defense Class w/Calvin Hopkins 10:15 Diabetes + Eating Out  10:30 11:00 Spanish Class 11:00 Activity Hour – Crochet, circle loom, knitting 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 Aerobics w/Kojak 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 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 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close

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Monday 27 VEGAN CHALLENGE DAY 22!! Last DAY!	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday August 1st
<p>8:30-4:15 Open Gym & Computer Lab “BOOT CAMP MONDAY”</p>  <p>8:45 Strength Training 8:45 Coffee & Conversation</p> <p>9:00 Health Education: Vegan Breakfast Final Day Celebration! 9:30 - 11:00 HEED Program 9:45 Aerobics Combo</p> <p>10:00 Reiki w/BFSWC Practitioners 10:00 Grandparents Support Group Meeting 10:30 Tai Chi</p> <p>11:00 Health Education 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch</p> <p>1:00 Health Education: Emotional Health- Stress management 1:00 “Rec Room - Rm. B-08</p>  <p>1:30</p> <p>2:30 “Senior Issues” Group Meeting 3:00 Fitness Counseling & Assessments by Appointment Only</p> <p>4:00 Planning 4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:00 Health Education- Stress and how it affects blood pressure and Gastric Health 9:30 Yoga @ Yoga Heights 9:45 Fitness Assessments 10:30 - 12:30 Trip to USDOT Farmers’ Market</p> <p>11:00 Aerobics w/Kojak 11:00 Assessments by Appointment 11:00 AARP Individual Counseling Sessions 12:00 Lunch 12:45 Book Club 1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group (Falen/Ruth)</p> <p>2:00 Beginner’s Quilting 2:00 Activity Hour – 3:00 Ballroom Dancing 3:00 Health Assessments by Appointment 4:00 Planning</p>  <p>5:00 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 Yoga/Meditation 8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p>9:00 - 11:00 We GLEAN</p> <p>9:30 Senior Self Defense Class w/Calvin Hopkins</p> <p>9:30 Health Education: Diabetes 6 Week Management Class (Day 3) (Rm 306)</p> <p>10:15 Diabetes: Preventing Low Blood Sugars 10:00 Reiki with Ruth 11:00 Chair Stretch 11:45 Fitness News 12:00 Lunch</p> <p>1:00 Health Education</p>  <p>1:30</p> <p>2:00 Nutrition Counseling by Appt Only 2:30 Dancing for Life 2:00 Fun with Art – Rm B01 “Little dresses for Africa”</p> <p>3:00 Health Assessments by Appointment 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</p> <p>7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events 9:00 Health Education: Tobacco Free- Reasons and Ways to Quit 9:45 Ab-Licious Workout</p>  <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:15 Diabetes + Snacking 11:00 Health Education 10:45 Aerobics Combo 11:00 Trip to Lucky Strike Bowling for “Lunch & Bowl” 11:00 Health Education 11:30 Massage with Jada</p> <p>12:00 Lunch 1:00 “The Healing Circle” 1:00 Spanish Class 2:00 Nutrition Counseling by Appt Only 2:00 Hand Dancing 2:00 Quilting – Rm B01 2:00 Activity Hour – Chess class 3:00 Health Assessments by Appointment 4:00 Planning</p>  <p>5:00 7:00 Fitness w/Tee 7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Core Strength 9:00 Health Education- Bladder Control and Urinary Health</p> <p>10:00 - 12:00 Game Day</p> <p>11:00 Computer Training (1st Session) 12:00 Lunch 12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour: Country Dance Lessons w/Richard Crutchfield 2:00 Better Balance 4:00 Planning 4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>“SENSATIONAL SATURDAY”</p>  <p>7:45 Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Jewelry with paper beads 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close</p>

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