

Health Recognitions

- Heart Month (American)
- Age-Related Macular Degeneration / Low Vision Awareness Month
- Recreational Therapy / Therapeutic Recreation Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

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

February 2015

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
<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: “Biology of Aging”</p> <p>9:30 Piano - Music Rm.</p> <p>9:45 Aerobics Combo</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</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>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 Heart Healthy Eating: Dining Out</p> <p>11:00 Activity Hour : Circle Loom Hats</p> <p>11:00 Aerobics w/Kojak</p> <p>11:00 Assessments (Fitness/Health/Nutrition)</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Medication: Is Generic Bad?</p> <p>1:30 Heart Healthy Eating: Meatless Meals</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>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 1)</p> <p>10:00 Reiki with Ruth</p> <p style="text-align: center;">10:00 - 12:00 Commodity Food Pick Up</p> <p>10:15 Heart Healthy Eating: Food Labels</p> <p>11:00 Chair Stretch</p> <p>11:00 Health Assessment</p> <p>11:45 Fitness News</p> <p>12:00 Guest Speaker: Do You Qualify for SNAP?</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Can We Prevent Aging?</p> <p>1:30 Heart Healthy Eating: Dining Out</p> <p>2:00 “Rec Room”</p> <p>2:00 Fun with Art – Rm B01</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: 9:00 am - 11:00 Free Business Seminar</p> <p>9:30 Trip to Theater to see “Black or White”</p> <p>9:45 Ab-Licious Workout</p>  <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:30 Heart Healthy Eating: Fruits + Vegetables</p> <p>10:45 Aerobics Combo</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”</p> <p>1:00 Dancing for Life: Zumba</p> <p>2:00 Right Size for Me</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 - 7:00 Open Gym</p> <p>7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p style="text-align: center;">NATIONAL WEAR RED DAY</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:15 Health Education: Your Heart and Fat</p> <p>10:15 Heart Healthy Eating: Heart Healthy Fats</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 Heart Healthy Eating: Fruits + Vegetables</p> <p>2:00 Activity Hour: Choir Rehearsal</p> <p>2:00 Better Balance</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p style="text-align: center;">“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>

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 Demsas-Health Education • Ivan Hicks-Facility Coordinator • Ida Terry & Douglas Raspberry- Saturday Meal Service

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February 2015

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
<p>7:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Strength Training 8:45 Coffee & Conversation</p> <p>9:15 Health Education: <i>"The Doctor Patient Relationship"</i></p> <p>9:30 Piano – Music Rm</p> <p>10:00 Reiki with BFSWC Practitioners 9:45 Aerobics Combo 10:30 Tai Chi 11:00 Health Assessments</p> <p>11:15 Arthritis/Low Impact Aerobics 11:45 Nutrition News</p> <p>12:00 Lunch 1:00 Health Education 1:00 "Rec Room" 1:30 Line Dancing</p> <p>1:30 Piano – Music Rm.</p> <p>2:00 Better Balance 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</p> <p>8:45 Mat Class 8:45 Current Events 9:30 Living Well: Brain Gym 10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 Heart Healthy Eating: Sodium 11:00 Activity Hour: Circle Loom Hats 11:00 Aerobics w/Kojak 11:00 - 1:00 Staff Meeting 12:00 Lunch 1:00 Health Education: 1:30 Heart Healthy Eating: Heart Healthy Fats 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.</p> <p>4:00 Planning 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 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:15 Health Education: Diabetes Class (Week 2) 10:00 Reiki with Ruth 10:15 Nutrition Video: "Forks Over Knives" 10:30 Reiki Share 11:00 Chair Stretch 11:00 Health Assessment 11:45 Fitness News 12:00 Guest Speaker: Do You Qualify for SNAP? 12:00 Lunch 1:00 Health Education: "Socializing is for your Mind"</p> <p>1:30 Nutrition Video: "Forks Over Knives" 2:00 "Rec Room" 2:00 Fun with Art – Rm B01 2:00 Black History Month Movie Afternoon 3:00 Counseling/Assess. 4:00 Planning</p> <p>5:00 Step Class</p> <p>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 Mat Class 8:45 Yoga/Meditation 8:45 Current Events 9:30 Health Education: 9:30 Trip to Frederick Douglass Historic Site 9:45 Ab-Licious Workout</p>  <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:30 Heart Healthy Eating: Plant Based Foods 10:45 Aerobics Combo 11:00 Health Assessments 11:30 New Member Orientation</p> <p>11:30 Massage with Jada 12:00 Lunch</p> <p>1:00 "The Healing Circle" 1:00 Dancing for Life: Zumba 2:00 Quilting – Rm B01</p> <p>2:00 Activity Hour – Game Time: Chess class 2:00 Right Size For Me 3:00 Counseling/Assess. 4:00 Planning 5:00 - 7:00 Open Gym 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: Prostate Health</p> <p>10:15 Heart Healthy Eating: Plant Stanols</p> <p>10:45 Living Well: Fitness Education 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</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Health Assessments 1:00 Aerobics w/Kojak 2:00 Valentine's Day Social</p> <p>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 8:45 Saturday 300 9:30 Activity Hour Quilting: basic shapes 10:00 Glutes & Legs 11:00 Counseling & Assessments 11:00 Activity Hour –</p> <p>11:45 Fitness News</p> <p>12:00 Lunch 1:00 Close</p>  <p style="text-align: center;">HAPPY VALENTINE'S DAY</p>

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Saturday
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February 2015

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
<p style="font-size: 2em; font-weight: bold; margin: 0;">Center Closed for President's Day</p> 	<p>7:30-6:45 Open Gym & Computer Lab</p> <p style="color: pink;">7:45 Yoga/Meditation</p> <p style="color: pink;">8:45 Mat Class</p> <p style="color: pink;">8:45 Current Events</p> <p>9:30 Living Well: Brain Gym 9:45 Fitness Assessments</p> <p style="color: orange;">10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p style="color: green;">10:15 Heart Healthy Eating: Snacking</p> <p style="color: orange;">11:00 Activity Hour : Circle Loom Hats</p> <p style="color: pink;">11:00 Aerobics w/Kojak</p> <p>11:00 Assessments (Fitness/Health/Nutrition)</p> <p style="color: blue;">12:00 Lunch</p> <p style="color: orange;">1:00 DOH Presentation w/ Gerald Brown</p> <p>1:00 Health Education: Vision Health</p> <p style="color: green;">1:30 Heart Healthy Eating: Plant Stanols</p> <p style="color: orange;">1:30 Inspiration and Fellowship Group</p> <p style="color: orange;">1:30 First Baptist Senior Center Computer Class</p> <p style="color: orange;">2:00 Beginner's Quilting Class - Rm. B01</p> <p style="color: orange;">2:00 Activity Hour – Movie Afternoon</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p style="color: pink;">5:00 Fitness w/Tee</p> <p style="color: orange;">5:00 Activity Hour</p> <p style="color: pink;">6:00 Fitness w/Tee</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p style="color: pink;">7:45 Step Class</p> <p style="color: pink;">8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p style="color: purple;">9:30 Health Education: Diabetes Class (Week 3)</p> <p style="color: orange;">10:00 Reiki with Ruth</p> <p style="color: orange;">10:30 – Town Hall Meeting with a Presentation by E. Veronica Pace</p> <p style="color: blue;">12:00 Lunch</p> <p>1:00 Health Education: Macular Degeneration</p> <p style="color: green;">1:30 Heart Healthy Eating: Snacking</p> <p style="color: orange;">2:00 "Rec Room"</p> <p style="color: orange;">2:00 Fun with Art – Rm B01</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p style="color: pink;">5:00 Step Class</p> <p style="color: orange;">5:00 Activity Hour</p> <p style="color: pink;">6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p style="color: pink;">7:45 Mat Class</p> <p style="color: pink;">8:45 Yoga/Meditation</p> <p>8:45 Current Events</p> <p style="color: purple;">9:30 Health Education: "Can physical therapy help me?"</p> <p style="color: purple;">9:30 Trip to Wheaton Plaza</p> <p style="color: pink;">9:45 Ab-Licious Workout</p>  <p style="color: green;">10:30 Heart Healthy Eating: Stocking the Kitchen</p> <p style="color: orange;">10:45 Aerobics Combo</p> <p>11:00 Health Assessments</p> <p style="color: blue;">12:00 Lunch</p> <p>1:00 "The Healing Circle"</p> <p style="color: orange;">1:00 Dancing for Life Zumb</p> <p style="color: orange;">2:00 Right Size For Me</p> <p style="color: orange;">2:00 Quilting – Rm B01</p> <p style="color: orange;">2:00 Activity Hour – Game Time: Chess class</p> <p>3:00 Counseling/Assess.</p> <p>4:00 Planning</p> <p style="color: orange;">5:00 - 7:00 Open Gym</p> <p>7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p style="color: pink;">8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:15 Health Education: "Menopause and Me"</p> <p style="color: green;">10:15 Heart Healthy Eating: Sugar</p> <p style="color: pink;">10:45 Living Well: Fitness Education</p> <p style="color: orange;">11:00 Activity Hour Choquet – Basic stitch for baby blanket</p> <p>11:00 Computer Training (1st Session)</p> <p style="color: pink;">11:15 Arthritis/Low Impact Aerobics</p> <p>11:45 Health News</p> <p style="color: blue;">12:00 Lunch</p> <p style="color: orange;">12:30 Computer Training (2nd Session)</p> <p style="color: purple;">1:00 Health Assessments</p> <p style="color: orange;">1:00 Aerobics w/Kojak</p> <p style="color: green;">1:30 Heart Healthy Eating: Stocking the Kitchen</p> <p>3:00 Counseling/Assess.</p> <p style="color: pink;">2:00 Better Balance</p> <p style="color: orange;">2:00 Activity Hour: Choir Rehearsal</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p style="color: blue; font-weight: bold; text-align: center;">"SENSATIONAL SATURDAY"</p>  <p style="color: pink;">7:45- Yoga/Meditation</p> <p>8:30 Coffee & Conversation</p> <p style="color: pink;">8:45 Saturday 300</p> <p style="color: orange;">9:30 Activity Hour: Quilting: basic shapes</p> <p style="color: pink;">10:00 Glutes & Legs</p> <p style="color: pink;">11:00 Counseling & Assessments</p> <p>11:00 Activity Hour –</p> <p style="color: pink;">11:45 Fitness News</p> <p style="color: blue;">12:00 Lunch</p> <p>1:00 Close</p>

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February 2015

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
<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: Chest Pain-Angina or MI?</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: <i>"Obesity & Healthy Weight"</i></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>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 Heart Healthy Eating: Omega 3</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 Heart Healthy Eating: Sugar</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>	<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)</p> <p>9:30 Trip to Buddhist Temple</p> <p>9:30 Heart Healthy Eating: Meatless Meals</p> <p style="text-align: center;">10:00 - 2:00 DCOA Health & Information Fair</p> <p>12:00 Lunch</p> <p>1:00 Health Education: Cancer Facts over 50</p> <p>1:30 Heart Healthy Eating: Omega 3</p> <p>2:00 "Rec Room"</p> <p>2:00 Fun with Art – Rm B01</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>9:30 Health Education:</p> <p>9:30 Trip to the Moorland-Spingarn Research Center Gallery at HU</p> <p>9:45 Ab-Licious Workout </p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:30 Heart Healthy Eating: Whole Grains</p> <p>10:45 Aerobics Combo</p> <p>11:00 Health Assessments</p> <p>11:30 Massage with Jada</p> <p>11:30 New Member Orientation</p> <p>12:00 Lunch</p> <p>1:00 "The Healing Circle"</p> <p>1:00 Dancing for Life: Zumba</p> <p>2:00 Right Size For Me</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 - 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: "Why goals matter-how your brain understands your desires"</p> <p>10:15 Heart Healthy Eating: "Heart Healthy Whole Grains"</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 NO Aerobics w/Kojak</p> <p style="text-align: center;">1:00 pm - 4:00 pm</p> <p style="text-align: center;">BFSWC 4TH ANNIVERSARY CELEBRATION SOCIAL</p> <p style="text-align: center;"><i>Special Performance by Sandra Y. Johnson</i></p> <p>4:00 Planning</p> <p>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>

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