-National Influenza Vaccination Week (Dec. 7-13)

-National Hand Washing Awareness Week (Dec. 7-13)

-National Drunk & Drugged Driving Prevention Month

-International AIDS Awareness 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

December 2014

MONDAY	TUESDAY 2	WEDNESDAY 3	THURSDAY	FRIDAY	SATURDAY
I	-	Ů	4	5	· ·
8:30-4:15 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	7:30-12:45 Open Gym & Computer Lab
	7:45 Yoga/Meditation	7:45 Fitness Video	7:45 Mat Class		7:45- Yoga/Meditation
BOOT CAMP MONDAY	8:45 Mat Class	8:45 Fitness w/Tee	8:45 Chair Yoga @ Yoga Heights	8:45 – 9:30 Core Strength	8:30 Coffee & Conversation
S.A.F. Strangth Training	8:45 Current Events 9:30 Holiday	8:45 Coffee & Conversation	8:45 Current Events	8:45 Coffee & Conversation	8:45 Saturday 300
8:45 Strength Training 8:45 Coffee &	Decorating 9:30 Living Well:	9:30 Health Education – Video Discussion	9:00 Health Education – "High Blood Pressure and the Brain"	9:30 Living Well	9:30 Activity Hour
Conversation	"Managing Blood Sugar"		9:45 Ab-Licious Workout	10:30 "Rec Room"	10:00 Glutes & Legs
9:30 Health Education: "Diabetes: Taking Care of	10:00 Nutrition Ed –	9:45 Fitness w/Tee		11:00 Activity Hour	11:00 Counseling &
Your Heart"	"Nutrition with Camilla"	10:00 Reiki with Ruth	9:30 Trip to Wheaton Plaza	11:00 Health Education:	Assessments
9:30 Piano (Practice Only)	10:25 Tai Chi	10:00 – 12:00pm	10:45 Aerobics Combo	"Brain Games"	11:00 Activity Hour –
10:00 Reiki with	11:00 Activity Hour - 11:00 Aerobics w/Kojak	Commodity Food Pickup (Conference Rm.)	11:00 Health Assessments	11:00 Computer Training (1st Session)	11:45 Fitness News
BFSWC Practitioners	11:00 Health Assessment	11:00 Spanish Class	11:45 Fitness News		12:00 Lunch
11:00 Health Assessments	12:00 Lunch	11:00 Health Assessments	12:00 Lunch	11:15 Arthritis/Low Impact Aerobics	
10:30 Chair Aerobics/Stretch	1:00 Health Education –	11:45 Nutrition News	12:00 Staff Meeting/Lunch	12:00 Lunch	1:00 Close
	1:30 Inspiration and Fellowship Group	12:00 Lunch 1:00 – 3:00pm	1:00 "The Healing Circle"	12:30 Computer	
11:15 Arthritis/Low Impact Aerobics	1:30 First Baptist Senior	Kalorama Rec Center	1:00 Joy of Motion	Training (2 nd Session)	
11:30 Piano (Practice	Center Computer Class	1:00 Health Education	w/Tyrone	1:00 Health Assessments	
Only) - Music Rm.	2:00 Beginner's Quilting	3:00 Counseling/Assess.	2:00 Quilting – Rm B01	1:00 Aerobics w/Kojak	
11:45 Health News	Class - Rm. B01	2:00 Fun with Art –Rm B01	2:00 Activity Hour – Game		
12:00 Lunch	2:00 Activity Hour	4:00 Planning	Time	2:00 Better Balance	
1:00 Health Education	3:00 Counseling/Assess. 4:00 Planning	5:00 Step Class	3:00Counseling/Assess.	3:00 Counseling/Assess.	
1:00 "Rec Room	5:00 Fitness Class	5:00 Activity Hour	4:00 Planning	4:00 Planning	
2:00 Better Balance	5:00 Activity Hour		5:00 Senior Self-Defense	4:30 Close	
2:30 Piano (Practice Only)	•	6:00 Fitness Class	6:00 Fitness Class	7.50 01036	
3:00Counseling/Assess.	6:00 Fitness Class 7:00 Close	7:00 Close	7:00 Close		
4:00 Planning 4:30 Close	7.00 Close				

Activity Key: Orange- Activities Purple - Health Promotion Green - Nutrition Pink - Fitness Red - Special Event Blue - Trips Gray - Combined Activity

-National Influenza Vaccination Week (Dec. 7-13)

-National Hand Washing Awareness Week (Dec. 7-13)

-National Drunk & Drugged Driving **Prevention Month**

-International AIDS Awareness Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338

8:30 am - 4:30 PM

Tuesday, Wednesday & Thursday 7:30 am - 7:00 pm **Saturday** 7:30 am – 1:00 pm

Hours of Operation:

Monday & Friday

December 2014

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
8 Deborah Out	9	10	11	12	13
8:30-4:15 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	7:30-12:45 Open Gym & Computer Lab
BOOT CAMP MONDAY	7:45 Yoga/Meditation	7:45 Fitness Video	7:45 Mat Class	8:45 - 9:30 Core Strength	7:45- Yoga/Meditation
8:45 Coffee &	8:45 Mat Class 8:45 Current Events	8:45 Coffee & Conversation 9:00 Mayor's	8:45 Chair Yoga @ Yoga Heights	8:45 Coffee & Conversation	8:30 Coffee & Conversation
Conversation	9:30 Living Well: "COPD/ Emphysema"	Holiday Celebration	8:45 Current Events 9:00 AARP Driver's Ed Class	9:30 Living Well	8:45 Saturday 300
10:00 - Holiday Bazaar Begins	10:00 Nutrition Ed – "Nutrition with Camilla"	@ DC Armory 9:45 Fitness w/Tee	9:00 Health Education: "Good Fats/ Bad Fats"	10:00 am – 2:00 pm Terrific Inc.'s Holiday Celebration	9:30 Activity Hour 10:00 Glutes & Legs
9:30 Piano (Practice	10:25 Tai Chi 11:00 Activity Hour -	11:00 Spanish Class	9:45 Ab-Licious Workout	19 th Street Baptist Church	11:00 Counseling & Assessments
Only) 9:30 Health Education –	11:00 Aerobics w/Kojak 11:00 Health Assessment	11:45 Nutrition News	9:30 Trip to the National	10:30 "Rec Room" 11:00 Activity Hour –	11:00 Activity Hour –
"Asthma" 10:00 Reiki with	11:30 AARP Individual Legal Counseling Sessions	No Kalorama Rec Center	Botanical Gardens 10:45 Aerobics Combo	Crochet- Rm 306	11:45 Fitness News
BFSWC Practitioners 11:00 Health	12:00 Lunch 1:00 Health Education	2:00 Fun with Art – Rm B01	11:00 Health Assessments	11:00 Health Education: "Heart Disease"	12:00 Lunch
Assessments	1:30 Inspiration and Fellowship Group	3:00 Counseling/Assess.	11:30 Massage with Jada 11:45 Fitness News	11:00 Computer Training (1st Session)	1:00 Close
11:30 Piano (Practice Only) - Music Rm.	1:30 First Baptist Senior	4:00 Planning	12:00 Lunch 1:00 "The Healing Circle"	11:15 Arthritis/Low Impact Aerobics	
11:45 Health News 12:00 Lunch	Center Computer Class 2:00 Beginner's Quilting	5:00 Step Class 5:00 Activity Hour	1:00 Joy of Motion w/Tyrone (Last Class)	12:00 Lunch	
1:00 Health Education	Class - Rm. B01 2:00 Activity Hour	6:00 Fitness Class	2:00 Quilting – Rm B01	12:30 Computer Training (2 nd Session)	
1:00 "Rec Room 2:30 Piano (Practice	3:00 Counseling/Assess.	7:00 Close	2:00 Activity Hour – Game Time	1:00 Health Assessments	
Only) 3:00 Counseling/Assess.	4:00 Planning 5:00 Fitness Class		3:00Counseling/Assess. 4:00 Planning	1:00 Aerobics w/Kojak	
4:00 Planning	5:00 Activity Hour 6:00 Fitness Class		5:00 Senior Self-Defense w/	4:00 Planning 4:30 Close	
4:30 Close	7:00 Close		6:00 Fitness Class 7:00 Close		

Activity Key: Orange- Activities Purple -Health Promotion Green - Nutrition Pink - Fitness Red - Special Event **Blue –Trips** Gray – Combined Activity -National Influenza Vaccination Week (Dec. 7-13)

-National Hand Washing Awareness Week (Dec. 7-13)

-National Drunk & Drugged Driving Prevention Month

4:30 Close

-International AIDS Awareness Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338

December 2014

Hours of Operation:

Monday & Friday

8:30 am - 4:30 PM
Tuesday, Wednesday & Thursday
7:30 am - 7:00 pm

7:30 am - 7:00 pm Saturday 7:30 am - 1:00 pm

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	Saturday 20
Deborah Out				Deborah Out	
8:30-4:15 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	7:30-12:45 Open Gym
BOOT CAMP MONDAY	7:45 Yoga/Meditation	7:45 Fitness Video	7:45 Mat Class	8:45 - 9:30 Fitness Video	& Computer Lab
	8:45 Mat Class	8:45 Fitness w/Tee	8:45 Chair Yoga @ Yoga Heights	8:45 Coffee & Conversation	7:45- Yoga/ Meditation
8:45 Fitness w/Tee 8:45 Coffee & Conversation	8:45 Current Events 9:30 Living Well: "Brain Games"	8:45 Coffee & Conversation 9:30 Health Education:	8:45 Current Events	9:30 Living Well –'Chat w/ a Life Coach" Ms. Lloyd	8:30 Coffee & Conversation
9:30 Piano (Practice Only)	9:30 Trip to Magic Johnson Theater	"Understanding Lab Results"	10:00 am - 2:00 pm BFSWC Holiday Celebration	10:30 "Rec Room"	8:45 Saturday 300 9:30 Activity Hour
9:30 Health Education: "Stroke: Signs and	10:00 Nutrition Ed – "Nutrition with Camilla"	9:45 Fitness w/Tee	& Town Hall (4 th Quarter Birthday	11:00 Activity Hour – Crochet- Rm 306	10:00 Glutes & Legs
Symptoms"	10:25 Tai Chi	10:00 Reiki with Ruth	Celebration)	Orochet- Kill 300	11:00 Counseling &
10:00 Reiki Practitioners Mtg.	11:00 Activity Hour	11:00 Spanish Class	2:00 Quilting – Rm B01	11:00 Health Education: "Memory Screening"	Assessments
10:00 Reiki with BFSWC Practitioners 10:00 Grandparents	11:00 Aerobics w/Kojak 11:00 Health Assessment 12:00 Lunch	12:00 Lunch 1:00 Health Education	2:00 Activity Hour – Game Time	11:00 Computer Training (1st Session)	11:00 Activity Hour 11:45 Fitness News
Support Group	1:00 Health Education	1:00 - 3:00	3:00 Counseling/Assess.	11:15 Arthritis/Low Impact Aerobics Video	12:00 Lunch
11:00 Health Assessments 10:30 Chair	1:30 Inspiration and Fellowship Group	Kalorama Rec Center 1:00 "Circle of Sharing"	4:00 Planning	12:00 Lunch	1:00 Close
Aerobics/Stretch Video 11:15 Arthritis/Low Impact	1:30 First Baptist Senior	w/VITAS 2:00 Fun with Art	5:00 Senior Self-Defense w/ Neil	12:30 Computer Training (2 nd Session)	
Aerobics Video	Center Computer Class	2:00 Flower Arranging with	6:00 Fitness Class	Training (2 Session)	
11:30 Piano (Practice	2:00 Beginner's Quilting Class - Rm. B01	Urban Petals	7:00 Close	1:00 Health Assessments	
Only) - Music Rm.	2:00 Activity Hour	3:00 Counseling/Assess.		1:00 Aerobics w/Kojak	
11:45 Health News	3:00 Counseling/Assess.	4:00 Planning		3:00 Counseling/Assess.	
12:00 Lunch 1:00 Health Education	4:00 Planning	5:00 Step Class			
1:00 "Rec Room	5:00 Fitness Class	5:00 Activity Hour		4:00 Planning	
2:30 Piano (Practice Only)	5:00 Activity Hour			4:30 Close	
3:00 Counseling/Assess.	6:00 Fitness Class	6:00 Fitness Class			
4:00 Planning	7:00 Close				
4:20 Class		7:00 Close			l

Activity Key: Orange- Activities Purple -Health Promotion Green - Nutrition Pink - Fitness Red - Special Event Blue - Trips Gray - Combined Activity

-National Influenza Vaccination Week (Dec. 7-13)

-National Hand Washing Awareness Week (Dec. 7-13)

-National Drunk & Drugged Driving

Prevention Month

-International AIDS Awareness 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

December 2014

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	Saturday 27
8:30-4:15 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab		8:30-4:15 Open Gym & Computer Lab	7:30-12:45 Open Gym & Computer Lab
BOOT CAMP MONDAY	7:45 Yoga/Meditation	7:45 Fitness Video			7:45- Yoga/Meditation
	8:45 Mat Class	8:45 Fitness w/Tee	Christmas	8:45 Core Strength	8:30 Coffee &
8:45 Strength Training	8:45 Current Events	8:45 Coffee & Conversation	Day	8:45 Coffee & Conversation	Conversation
8:45 Coffee & Conversation	9:30 Living Well:	9:30 Health Education: Happy	L. T.	9:30 Living Well	8:45 Saturday 300
9:30 Piano (Practice Only)	"Arthritis/Bone Health" 10:00 Nutrition Ed –	in the Brain"		_	9:30 Activity Hour
9:30 Health Education:	"Nutrition with Camilla"	9:45 Fitness w/Tee		10:30 "Rec Room"	10:00 Glutes & Legs
"HIV/AIDS Awareness"	10:25 Tai Chi	10:00 Reiki with Ruth	A	11:00 Activity Hour – Crochet- Rm 306	11:00 Counseling & Assessments
10:00 Reiki with BFSWC Practitioners	11:00 Activity Hour - 11:00 Aerobics w/Kojak	11:00 Spanish Class		11:00 Health Education:	11:00 Activity Hour –
11:00 Health Assessments	11:00 Health Assessment	11:00 Health Assessments		"Mental Health"	_
10:30 Chair	12:00 Lunch			11:00 Computer	11:45 Fitness News
Aerobics/Stretch	1:00 Health Education	11:45 Nutrition News		Training (1st Session)	12:00 Lunch
11:15 Arthritis/Low Impact	1:30 Inspiration and Fellowship Group	12:00 Lunch		11:15 Arthritis/Low Impact Aerobics	1:00 Close
Aerobics 11:30 Piano (Practice Only) -	1:30 First Baptist Senior Center Computer Class	1:00 Health Education 1:00 – 3:00		12:00 Lunch	
Music Rm.	2:00 Beginner's Quilting	NO Kalorama Rec Center		12:30 Computer Training (2 nd Session)	
11:45 Health News	Class - Rm. B01				
12:00 Lunch	2:00 Activity Hour	2:00 Fun with Art – Rm B01		1:00 Health Assessments	
	3:00 Counseling/Assess.	3:00 Counseling/Assess.		1:00 Aerobics w/Kojak	
1:00 Health Education	4:00 Planning	4:00 Planning	Center	•	
1:00 "Rec Room	5:00 Fitness Class	5:00 Step Class		2:00 Better Balance	
2:00 Better Balance	5:00 Activity Hour	5:00 Activity Hour	Closed	3:00 Counseling/Assess.	
2:30 Piano (Practice Only)	6:00 Fitness Class			4:00 Planning	
3:00 Counseling/Assess.	7:00 Close	6:00 Fitness Class			
4:00 Planning		7:00 Close		4:30 Close	
4:30 Close					
				l	

Activity Key: Orange- Activities Purple -Health Promotion Green - Nutrition Pink - Fitness Red - Special Event Blue -Trips Gray - Combined Activity

-National Influenza Vaccination Week (Dec. 7-13)

-National Hand Washing Awareness Week (Dec. 7-13)

-National Drunk & Drugged Driving Prevention Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities

3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338

December 2014

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

	7:30 am – 1:00 pm
Ivan	Michelle
Ruth	<i>Deborah</i>
Model	
Ja	
Lan	
Nellie	Falen

-International AIDS Awareness M	lonth	December 2014		
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
8:30-4:15 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	7:30-6:45 Open Gym & Computer Lab	Ivan	
BOOT CAMP MONDAY	7:45 Yoga/Meditation	7:45 Fitness Video		
	8:45 Mat Class	8:45 Fitness w/Tee		
8:45 Strength Training	8:45 Current Events	8:45 Coffee & Conversation	Ruth 🧖	
8:45 Coffee & Conversation	9:30 Living Well: Hormone Health	9:30 Health Education: "Healthy New Year/New You"	Nue	
9:30 Piano (Practice Only)	10:00 Special Activity	New real/New rou	Cal	
9:30 Health Education: "Urine	10:25 Tai Chi	9:45 Fitness w/Tee	MILLON	
Infection or Dementia?" 10:00 Reiki with	11:00 Activity Hour -	10:00 Reiki with Ruth	N.	
BFSWC Practitioners	11:00 Aerobics w/Kojak	11:00 Spanish Class	WITH	
10:00 Grandparents Support	11:00 Health Assessment		No.	
Group	12:00 Lunch 12:45 NO Book Club	11:00 Health Assessments	CHA:	
11:00 Health Assessments	1:00 Health Education	11:45 Nutrition News	9 29	
10:30 Chair Aerobics/Stretch	1:30 Inspiration and	12:00 Lunch		
11:15 Arthritis/Low Impact	Fellowship Group	1:00 New Year's Eve Toast		
Aerobics 11:30 Piano (Practice Only) -	1:30 First Baptist Senior Center Computer Class	1:00 Health Education		
Music Rm.	2:00 Beginner's Quilting Class	1:00 – 3:00		
11:45 Health News	- Rm. B01	NO Kalorama Rec Center		
12:00 Lunch	2:00 Activity Hour	2:00 Fun with Art – Rm B01	(F) (F)	
1:00 Health Education	3:00 Counseling/Assess. 4:00 Planning	2,00 Counceling/Access		
1:00 "Rec Room	5:00 Fitness Class	3:00 Counseling/Assess.	Lan	
2:00 Better Balance	5:00 Activity Hour	4:00 Planning	Lan	
2:30 Piano (Practice Only)	6:00 Fitness Class	5:00 Step Class		
3:00 Counseling/Assess.	0.00 i illie33 Ola33	5:00 Activity Hour	. 11:0	
4:00 Planning	7:00 Close	6:00 Fitness Class	Nellie	
4:30 Close		7:00 Close		