

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

# 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

- 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

## December 2014

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

**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

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

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

-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 <b>BOOT CAMP MONDAY</b>  8:45 Strength Training 8:45 Coffee & Conversation 9:30 Piano (Practice Only) 9:30 Health Education: "HIV/AIDS Awareness" 10:00 Reiki with BFSWC Practitioners 11:00 Health Assessments 10:30 Chair Aerobics/Stretch 11:15 Arthritis/Low Impact Aerobics 11:30 Piano (Practice Only) - Music Rm. 11:45 Health News 12:00 Lunch 1:00 Health Education 1:00 "Rec Room" 2:00 Better Balance 2:30 Piano (Practice Only) 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 9:30 Living Well: "Arthritis/Bone Health" 10:00 Nutrition Ed – "Nutrition with Camilla" 10:25 Tai Chi 11:00 Activity Hour - 11:00 Aerobics w/Kojak 11:00 Health Assessment 12:00 Lunch 1:00 Health Education 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 3:00 Counseling/Assess. 4:00 Planning 5:00 Fitness Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Fitness Video 8:45 Fitness w/Tee 8:45 Coffee & Conversation 9:30 Health Education: Happy in the Brain" 9:45 Fitness w/Tee 10:00 Reiki with Ruth 11:00 Spanish Class 11:00 Health Assessments 11:45 Nutrition News 12:00 Lunch 1:00 Health Education 1:00 - 3:00 <b>NO Kalorama Rec Center</b> 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	<div style="text-align: center;"> <h1>Christmas Day</h1>  <h1>Center Closed</h1> </div>	8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 8:45 Coffee & Conversation 9:30 Living Well 10:30 "Rec Room" 11:00 Activity Hour – Crochet- Rm 306 11:00 Health Education: "Mental Health" 11:00 Computer Training (1st Session) 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 12:30 Computer Training (2 <sup>nd</sup> Session) 1:00 Health Assessments 1:00 Aerobics w/Kojak 2:00 Better Balance 3:00 Counseling/Assess. 4:00 Planning 4:30 Close	7:30-12:45 Open Gym & Computer Lab 7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 Activity Hour 10:00 Glutes & Legs 11:00 Counseling & Assessments 11:00 Activity Hour – 11:45 Fitness News 12:00 Lunch 1:00 Close

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

-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

### 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

MONDAY 29	TUESDAY 30	WEDNESDAY 31	
8:30-4:15 Open Gym & Computer Lab <b>BOOT CAMP MONDAY</b>  8:45 Strength Training 8:45 Coffee & Conversation 9:30 Piano (Practice Only) 9:30 Health Education: "Urine Infection or Dementia?" 10:00 Reiki with BFSWC Practitioners 10:00 Grandparents Support Group 11:00 Health Assessments 10:30 Chair Aerobics/Stretch 11:15 Arthritis/Low Impact Aerobics 11:30 Piano (Practice Only) - Music Rm. 11:45 Health News 12:00 Lunch 1:00 Health Education 1:00 "Rec Room 2:00 Better Balance 2:30 Piano (Practice Only) 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 9:30 Living Well: Hormone Health 10:00 Special Activity 10:25 Tai Chi 11:00 Activity Hour - 11:00 Aerobics w/Kojak 11:00 Health Assessment 12:00 Lunch 12:45 NO Book Club 1:00 Health Education 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 3:00 Counseling/Assess. 4:00 Planning 5:00 Fitness Class 5:00 Activity Hour 6:00 Fitness Class 7:00 Close	7:30-6:45 Open Gym & Computer Lab 7:45 Fitness Video 8:45 Fitness w/Tee 8:45 Coffee & Conversation 9:30 Health Education: "Healthy New Year/New You" 9:45 Fitness w/Tee 10:00 Reiki with Ruth 11:00 Spanish Class 11:00 Health Assessments 11:45 Nutrition News 12:00 Lunch 1:00 New Year's Eve Toast 1:00 Health Education 1:00 - 3:00 <b>NO Kalorama Rec Center</b> 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	<div style="text-align: center;"> <p><i>Ivan</i></p> <p><i>Michelle</i></p> <p><i>Ruth</i></p> <p><i>Deborah</i></p> <p><i>wishing you a Happy Holiday season!</i></p>  <p><i>Lan</i></p> <p><i>Nellie</i></p> <p><i>Falen</i></p> </div>

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