

Bernice Fonteneau Senior Wellness Center

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

February 2017

FEBRUARY 7TH IS



I AM MY BROTHER'S
AND SISTER'S KEEPER.
FIGHT HIV/AIDS!

Wednesday 1

8:30-4:15 OpenGym
& Computer Lab
8:45 Brain Gym & Coffee
Klatch
8:45 Chair Stretch
9:30 ALED (Last Class)
10:00 Heart-Healthy
Eating
11:00 Heart Attacks:
What you need to know
11:00 DC Dept. of
Transportation (DDOT)
LUNCH 11:45 & 12:45
1:00 Otago Balance &
Stability
1:00 Nutrition Assess.
1:30 Enhance Fitness
1:30 Fitness Assess.
2:15 Activity Hour: Oldies
But Goodies Dance Party
3:00 Open Gym

Thursday 2

8:30-4:15 Open Gym &
Computer Lab
8:45 Current Events
8:45 Walk with Ease
9:30 Core Strength
10:00 Nutrition (Sp)

10:00-3:00
Social Service Consults
11:00 Step Aerobics
**NO ESL AND SPANISH
CLASS**

LUNCH 11:45 & 12:45

1:00 CLUB MEMORY
1:30 Arthritis Exercise
2:00 Quilting
2:00 Social Hour
3:00 Open Gym

Friday 3

8:30-4:15 Open Gym
& Computer Lab
8:45 Brain Gym & Coffee
Klatch
8:45 Butts & Guts
9:00 Computer Class
9:00 BP Check
9:30 Enhance Fitness
10:00 Nutrition Jeopardy
10:30 Computer Class
11:00 Activity Hour:
Needles and yarn
11:00 Sticking Around
LUNCH 11:45 & 12:45
1:00 Aerobics-Kojak
2:00 Social Hour
3:00 Open Gym

Monday 6

8:30-4:15 Open Gym &
Computer Lab
8:45 Brain Gym & Coffee
Klatch
8:45 Strength Training
9:30 Cardio Kickboxing
10:15 Weight loss support
group
10:30 Tai Chi
11:00 Health Education:
Workout Gear 101
11:00 - 1:00 Focus Group:
Immunizations
LUNCH 11:45 & 12:45
1:00 Otago Balance &
Stability
1:30 Enhance Fitness
1:30 Fitness Assess.
2:00 Activity Hour -
Games
3:00 Open Gym

Tuesday 7

8:30-4:15 Open Gym
& Computer Lab
8:45 Current Events
8:45 Self Healing
9:00 B/P Check
9:30 Yoga
10:00 Reiki
10:00 Mindfulness &
Eating
**10:00 National
Building Museum**
11:00 Aerobics w/Kojak
**11:00-3:00
Mental Wellness**
LUNCH 11:45 & 12:45
1:00 Zumba
1:30 Senior Nutrition
1:30 Fitness Assess.
2:00 Beginner's
Quilting
2:00 Social Hour
3:00 Open Gym

Wednesday 8

8:30-4:15 Open Gym
& Computer Lab
8:45 Brain Gym &
Coffee Klatch
8:45 Chair Stretch
9:30 Senior Tabata
Boot Camp
10:00 Cooking demo:
baked oatmeal
11:00 Stroke Education
LUNCH 11:45 & 12:45
1:00 Member
Orientation
1:00 Otago Balance &
Stability
1:00 Nutrition Assess.
1:30 B/P Check
1:30 Enhance Fitness
1:30 Fitness Assess.
2:00 Activity Hour: Yarn
dolls (Pt. 2)
3:00 Open Gym

Thursday 9

8:30-4:15 Open Gym
& Computer Lab
8:45 Current Events
8:45 Walk with Ease
9:30 Core Strength
10:00 Nutrition (Sp)
**10:00 Hattie Holmes
SWC**
10:00-3:00
Social Service Consults
11:00 Step Aerobics
**NO ESL AND
SPANISH CLASS**

LUNCH 11:45 & 12:45





1:30 Arthritis Exercise
1:00 Nutrition Assess.
2:00 Quilting -
2:15 Wii Bowling
2:00 Social Hour
3:00 Open Gym

Friday 10

Katie Out
8:30-4:15 Open Gym
& Computer Lab
8:45 Brain Gym &
Coffee & Klatch
8:45 Butts & Guts
9:00 Computer Class
9:00 B/P Check
9:30 Enhance Fitness
10:30 Computer Class
11:00 Activity Hour:
Needles and yarn
11:00 Sticking Around
11:00 Diabetes 101 (Sp)
LUNCH 11:45 & 12:45
1:00 Aerobics-Kojak
2:00 Social Hour:
3:00 Open Gym

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch</p> <p>8:45 Strength Training</p> <p>9:30 Cardio Kickboxing</p> <p>10:15 Weight loss support group</p> <p>10:00 Journaling & Memoir Writing</p> <p>10:30 Tai Chi</p> <p>11:00 Medicaid QMB information and sign-up</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Balance Stability</p> <p>1:30 Enhance Fitness</p> <p>1:30 Fitness Assess..</p> <p>2:00 Activity Hour: Learn a card game</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 Self Healing</p> <p>9:00 B/P Check</p> <p>9:30 Yoga</p> <p>10 -12pm Grocery Plus Pick-Up</p> <p>10:00 Reiki</p> <p>11:00 Aerobics w/ Kojak</p> <p>11:00 Arena Stage</p> <p>11:00 Coloring with Friends</p> <p>11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba</p> <p>1:30 Senior Nutrition</p> <p>1:30 Fitness Assess.</p> <p>2:00 Valentines - Friendship Celebration</p> <p>2:00 Beginner's Quilting</p> <p>2:00 Social Hour</p> <p>3:00 Open Gym</p>	<p>Wear Red Day</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch</p> <p>8:45 Chair Stretch</p> <p>9:00 Breakfast Club</p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:30 BFSWC TOWN HALL</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance and Stability</p> <p>1:00 Nutrition Assess</p> <p>1:30 Enhance Fitness</p> <p>1:30 Fitness Assess</p> <p>2:00 Activity Hour: Paint & Sip (Bring a glass item to paint)</p> <p>3:00 Open gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 Walk with Ease</p> <p>9:30 Core Strength</p> <p>10:00 Nutrition (Spanish)</p> <p>11:00 Step Aerobics</p> <p>10:00-3:00 Social Service Consults</p> <p>12:30 ESL</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 CLUB MEMORY</p> <p>1:30 Spanish Class</p> <p>1:30 Arthritis Exercise Program</p> <p>2:00 Quilting</p> <p>2:15 Hot Shot Hoops</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch</p> <p>8:45 Butts & Guts</p> <p>9:00 Computer Class</p> <p>9:00 B/P Check</p> <p>9:30 Enhance Fitness</p> <p>10:00 Good City Farm visits BFSWC</p> <p>10:30 Computer Class</p> <p>11:00 Activity Hour: Needles and yarn</p> <p>11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak</p> <p>1:00 Nutrition Assess.</p> <p>2:00 Social Hour:</p> <p>3:00 Open Gym</p>

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>CENTER WILL BE CLOSED FOR</p> <p>k5306815 www.fcloresearch.com</p>	<p>8:30-4:15 Open Gym Computer La</p> <p>8:45 Current Events</p> <p>8:45 Self Healing</p> <p>9:00 B/P Check</p> <p>9:30 Yoga</p> <p>10:00 Reiki</p> <p>10:00 Portion sizes</p> <p>11:00 Aerobics w/Kojak</p> <p>11:00 Coloring with Friends</p> <p>11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba</p> <p>1:30 Senior Nutrition</p> <p>1:30 Fitness Assess</p> <p>2:00 Quilting</p> <p>2:00 Social Hour</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch</p> <p>8:45 Chair Stretch</p> <p>9:30 Senior Tabatta Boot Camp</p> <p>10:00 Grains cooking demo</p> <p>11:00 Blood Pressure Check</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Book Club</p> <p>1:00 Otago Balance-Stability</p> <p>1:00 Nutrition Assess</p> <p>1:30 Enhance Fitness</p> <p>1:30 Fitness Assess.</p> <p>2:00 Activity Hour: Yarn dolls (Pt. 3)</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 Ease Walk</p> <p>9:30 Core Strength</p> <p>10:00 Nutrition (Sp)</p> <p>10:00-3:00 Social Service Consults</p> <p>11:00 Step Aerobics</p> <p>11:30-3:30 Jada Massage</p> <p>12:30 ESL</p> <p>LUNCH 11:45 & 12:41</p> <p>1:00 Black History Month Celebration</p> <p>1:00 Nutrition Assess</p> <p>1:30 Spanish Class</p> <p>1:30 Arthritis Exercise Program</p> <p>2:00 Quilting</p> <p>2:15 Beachball Volleyball</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch</p> <p>8:45 Butts & Guts</p> <p>9:00 Computer Class</p> <p>9:00 B/P Check</p> <p>9:30 Enhance Fitness</p> <p>10:00 Publick Play house</p> <p>10:00 Volumetrics</p> <p>10:30 Computer Class</p> <p>11:00 Activity Hour: Needles and yarn</p> <p>11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak</p> <p>1:30 Fitness Assess.</p> <p>2:00 Social Hour: Bingo</p> <p>3:00 Open Gym</p>

<p align="center">Monday 27</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch</p> <p>8:45 Strength Training</p> <p>9:30 Cardio Kickboxing</p> <p>10:15 Weight loss support group</p> <p>10:00 Journaling & Memoir Writing</p> <p>10:00 Grandparents support group</p> <p>10:30 Tai Chi</p> <p>10:30 Medication Management</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Balance Stability</p> <p>1:30 Enhance Fitness</p> <p>1:30 Fitness Assess..</p> <p>2:00 Activity Hour: Movie afternoon</p> <p>3:00 Open Gym</p>	<p align="center">Tuesday 28</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 Self Healing</p> <p>9:00 B/P Check</p> <p>9:30 Yoga</p> <p>10:00 Reiki</p> <p>10:00 Chili in a jar</p> <p align="center">11:00 - 12:30</p> <p align="center">Legal Counsel For The Elderly SMP</p> <p align="center">11:00-3:00</p> <p align="center">Mental Wellness</p> <p>11:00 Aerobics w/ Kojak</p> <p>11:00 Coloring with Friends</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba</p> <p>1:30 Senior Nutrition</p> <p>2:00 Beginner's Quilting</p> <p>1:30 Fitness Assess.</p> <p>2:00 Social Hour</p> <p>3:00 Open Gym</p>	<div data-bbox="998 109 1430 468"> <p align="center">Living With Low Vision:</p> <p align="center">What you should know</p>  </div> <div data-bbox="899 478 1240 835">  </div> <div data-bbox="1247 564 1533 835">  </div> <div data-bbox="1049 842 1382 1108">  </div>
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HIGHLIGHTS

<p align="center">ACTIVITIES:</p> <p align="center">Valentine's Day Celebration</p> <p align="center">Black History Month Celebration</p>	<p align="center">TRIPS:</p> <ul style="list-style-type: none"> - National Building Museum - Hattie Holmes SWC - Arena Stage - Publick Playhouse 	<p align="center">HOURS OF OPERATION:</p> <p align="center">Monday - Friday</p> <p align="center">8:30 am - 4:30 pm</p>
<p align="center">Fitness Goal for the Month</p> <p>Looking for a challenge? Try our "Senior Tabata Boot Camp" on Wednesdays ay 9:30 am starting on Feburary 8th!</p>	<p align="center">Nutrition Goal for the Month</p> <p align="center">Eat your vegetables.</p> <p align="center">These colorful gems provide essential phytonutrients, micronutrients, vitamins, fiber, minerals and enzymes.</p>	<p align="center">Health Goal for the Month</p> <p>Nourish your body when you exercise. Be sure to eat a snack within 10-15 minute after exercise that has both protein and carbohydrates. A good after workout snack is banana and nut butter.</p>

FEBRUARY HEALTH RECOGNITIONS

- Low Vision Awareness Month
- American Heart Month
- National Wear Red Day
- World Cancer Day
- National Black HIV/AIDS Awareness Day

Please be advised that the daily calendar events are subject to change. Please check fliers and monitor in lobby for any additions or changes.

Thank you!

Activity Key:

Green - Nutrition

Pink – Fitness

Red –Special Event

Blue –Trips

Purple- Health Promotion/Consumer Ed

Sky Blue - Consumer Education

Rust - Social Activity

Staff:

Michelle Singleton - Director

Ruth Romero - Administrative Assistant

Katherine Kline - Nutrition Education Director

Aunyea Carr - Fitness Director

Things to remember:

Plan your day!