

February

African Heritage Month
 AMD/Low Vision Awareness Month
 American Heart Month
 National "Wear Red Day" for women's heart health
 World Cancer Day
 Eating Disorder Awareness and Screening Month

Events with a ★ next to it are points toward the "Healthy Start" Challenge!!

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Breakfast Club \$\$\$ 10:15 Martha's Table 10:00 Nutrition en espanol: Kidney Diet Basics	4 WORLD CANCER DAY 12:00 AMC - Just Mercy 9-11:30 Diabetes Self-Mngmnt Group 10:15 Howard U. Cancer Center - Signs & Symptoms of Cancer ★ 11:00 Healthy Start Nutr Ed: Sugar detox boot camp!	5 ★ 10:00 - 12:00 – Reiki 10:15 Heart Health w/ GU Med Students	6 9:30 Craft Club ★ 10:15 Healthy Start Nutr Ed: Sugar detox boot camp!	7 WEAR RED DAY! ★ 10:15 Healthy Start Nutr Ed: Sugar detox boot camp! 11:00 If Beale Street Could Talk - Publick Playhouse 2:00 Activity Hr: Heart Curtain 
10 ★ 9-11 Food Diary Check In 12 -1 pm Mayors Budget Engagement Telephone Forum	11 9-11:30 Diabetes Self-Management Group 10-12pm Grocery+ <i>Regular Roster</i> 12-12:45 Grocery+ <i>Waitlist</i>	12 ★ 10:00 - 12:00 – Reiki 11:00 DCPL Music Club 10:15 Cooking Demo- Hearty To-Go Soup in a Jar	13 9:30 Craft Club: Valentine Wreaths 10:30 DACL Town Hall 1:30 <i>Healing Circle moved</i>	14 10:15 Sex Ed Bingo ★ 11-1:30pm HIV Testing 12:30 Ward 1 Senior Sweetheart Dance 
17 CLOSED 	18 9-11:30 Diabetes Self-Management Group ★ 9-11 Food Diary Check In w/Nicole 10:15 DCFD Fire Safety/health check 12:00 Lucky Strike \$\$	19 10:30 BFSWC Town Hall  1:00 New Member Orientation	20 ★ 9-1:00 Massage w/ Nichole 9:30 Craft Club 9:30 Fit Field Trip- Yoga 10:15 Nutr Ed: Kidney Diet 101 1:00 Club Memory	21 10:00 Congresswoman Eleanor Holmes Norton 2:00: Activity Hour: Nutrition Bingo w/ Nicole
24 ★ 9-11 Food Diary Check In 10:00 Tech Check - Smart Phone 101 10:15 Martha's Table 10:15 Reverse Mortgage Answers ★ 2:15 Tea Time w/Austyn & Nicole	25 9-11:30 Diabetes Self Management Group 10:00 DACL Oversight Hearing ★ 10:15 Healthy Relationships w/ Austyn 11:00 Senior Medicare Patrol (AARP) 1:30: BFSWC Movie Day: Hitch	26 ★ 10:00 - 12:00 – Reiki 10:00 Wheaton 10:15 Cooking Demo: End cravings healthily w mug cakes! 1:15 BFSWC Book Club	27 9:30 Craft Club 10:00 Black History Month Panel: Georgia Ave Business Innovators 1:30 <i>Healing Circle moved</i>	28 10:15 Food Innov. Friday: Gene Editing tech in Diabetes 10:00 Dutch Market 1:30-4:00 BFSWC 9th Anniversary Happy Hour! 



Bernice Fonteneau Senior Wellness Center



Hours of Operation




Monday-Friday
8:30 am – 4:30 pm

Location: Hours

3531 Georgia Avenue NW
Washington, D.C. 20010
202-727-0338

Gym & Computer Lab

Monday- Friday
8:30 am- 4:30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:00 - (Span)Health Ed</p> <p>10:15 - Tai Chi</p> <p>10:15 - Arts & Crafts</p> <p>★ 11:00 - Chair Stretch & Meditation</p> <p>11:00 - Piano class</p> <p>11:00 - Aging Wellness Group</p> <p>11:00-1:30 Social Svcs. Erin</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:00 - Otago Balance & Stability</p> <p>1:30 - Power Circuit</p> <p>1:30 - “No Waste”</p> <p>2:15 - Watch Club/Card Games</p>	<p>8:45 - Current Events</p> <p>8:45 - Cardio</p> <p>Kickboxing</p> <p>★ 9:30 – Yoga</p> <p>11:00 - Aerobics: Kojak</p>  <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:30 - Fun Fit</p> <p>★ 1:30 - Mind Over Mood w/ Austyn</p> <p>1:30 - Inspiration & Fellowship</p> <p>2:00 - Beginner’s Quilting</p>	<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:15 - Nutrition Ed.</p> <p>★ 10:00 - 12:00 – Reiki</p> <p>11:00 - Line Dancing</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:00 - Otago Balance & Stability</p> <p>1:30 - Sticking Around</p>	<p>8:45 - Current Events</p> <p>8:45 - Step Aerobics</p> <p>9:30 - Strength Training</p> <p>10:15 - Nutrition Ed.</p> <p>★ 10:45-Healing Circle</p> <p>★ 11:00 - Stretching your Limits</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:30 - Spanish Class</p> <p>1:30 - Arthritis Exercise</p>  <p>2:00 Quilting</p> <p>2:30 - Aerobics: Kojak</p>	<p>8:45 - Brain Gym: Word of the Day!</p> <p>8:45 - Boot Camp</p> <p>9:00 - Computer Class</p> <p>9:30 - Walk with Ease</p> <p>10:15 - Nutrition Ed.</p> <p>10:30 - Computer Class</p> <p>11:00 - Butts & Guts</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:00 - Enhance Fitness: Kojak</p>  <p>2:00 – Activity Hour</p>

Staff: Michelle Singleton - Director * Jennifer Guerra-Ortiz - Program Assistant * Aunyea Carr - Fitness Coordinator * Nicole Evangelista - Nutrition Educ. Coordinator

Activity Key: Pink: Fitness * Green: Nutrition * Purple: Health Promotion * Sky Blue: Consumer Educ. * Rust: Social Recreation * Blue: Trips * Red: Special Events

Inclement Weather: Follow DC Public School’s Status in the event of inclement weather

CALENDAR IS SUBJECT TO CHANGE

Managed by:  Mary's Center
Quality. Healthier. Stronger communities.

Funded by:  DACL
DEPARTMENT OF HEALTH AND CARE SERVICES