

Bernice Fonteneau Senior Wellness Center


August 2017

Calendar of Activities

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
 <p>national IMMUNIZATION awareness month</p>	<p>7:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:30 Water Aerobics (Takoma) 8:45 Chair Aerobics 9:45 Trip to National Museum of AAHC 9:00 B/P Check 9:30 Yoga 11:00 Aerobics - Kojak 11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba 2:00 Free Swim 1:30 Senior Nutrition 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp 10:00 Reiki 10:00 Cookbook committee meeting 10:30 Reverse Mortgage (DISB) 12:00 Healthy Eating Tour of Giant 11:00 Fun Fit: Bubbles on the Roof</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Nutrition Assess 1:00 Otago Balance and Stability 1:30 Self Healing 2:15 Activity Hour: UNO 3:00 Open Gym</p>	<p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:30 Water Aerobics (Takoma) 8:45 Walk With Ease 9:30 Core Strength 10:00-3:00 Social Worker Dexter Reed 10:00: Nutrition in Spanish 11:00 Step Aerobics</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Butts and Guts 9:00 Computer Class 9:00 BP Check 10:00 Volumetrics Class 10:30 Computer Class 10:00 Activity Hour: Needles and Yarn 11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 2:00 Ice Cream Social 3:00 Open Gym</p>
	<p>Monday 7</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Worker Erin Segal 10:30 Tai Chi 10:00 Fact or Fiction: Nutrition Trends 11:00 Utility Discount Programs (DOEE) 10:30 Active Living Every Day LUNCH 11:45 & 12:45</p> <p>11:15 Fun Fit: Oldies But Goodies Dance Part 1:00 Otago Balance & Stability 1:30 Strength Training 2:00 Crafts with Ruth</p>	<p>Tuesday 8</p> <p>7:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:30 Water Aerobics (Takoma) 8:45 Chair Aerobics 9:00 B/P Check 9:30 Yoga 10-12 Grocery Plus Pick-Up 10:00 AARP Mortgage Foreclosure and Taxes 10:15 Men's Exercise 11:00 Aerobics - Kojak 11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba 2:00 Free Swim 1:30 Senior Nutrition 2:00 Beginner's Quilting</p>	<p>Wednesday 9</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp 10:00 Reiki 10:00 Cooking demo, garden veggies</p> <p>LUNCH 11:45 & 12:45</p> <p>12:00-2:00 Congressman Norton Town Hall</p> <p>1:00 Nutrition Assess 1:30 Self Healing 2:15 Activity Hour: What is YOUR favorite game? 3:00 Open Gym</p>	<p>Thursday 10 Katie Out</p> <p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:30 Water Aerobics (Takoma) 8:45 Walk with Ease 9:30 Core Strength 9:30 MOVIE DAY 10:00-3:00 Social Worker Dexter Reed 11:00 Step Aerobics</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Member Orientation 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 3:00 Open Gym</p>

3:00 Open Gym	3:00 Open Gym			
<p align="center">Monday 14</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Worker: Erin Segal 10:00 Herbs/spices and their benefits 10:30 Tai Chi 10:30 Active Living Every Day 10:00 Howard Univ. - SBIRT 11:15 Health Ed: UV protection 11:15 Fun Fit: Carribean Dance Party LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability 1:30 Strength Training 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym</p>	<p align="center">Tuesday 15</p> <p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:30 Water Aerobics (Takoma) 8:45 Chair Aerobics 9:00 B/P Check 9:30 Yoga 10:00 AARP Property Taxes and Mortgage Foreclosure. 10:15 Men's Exercise 11:00 Aerobics - Kojak 11:00 Coloring with Friends 11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45 1:00 Zumba 2:00 Free Swim 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p align="center">Wednesday 16</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp</p> <p align="center">10:30 BFSWC TOWN HALL</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Nutrition Assessments 1:00 Otago Balance and Stability 1:30 Self Healing 2:15 Activity Hour: Learn a card game 3:00 Open gym</p>	<p align="center">Thursday 17</p> <p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:30 Water Aerobics (Takoma last Day) 8:45 Walk with Ease 9:30 Core Strength 10:00-3:00 Social Worker Dexter Reed 10:00 Tour to North Brentwood African American Museum 10:00 Nutrition in Spanish 11:00: Garden Club 11:00 Step Aerobics</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 3:00 Open Gym</p>	<p align="center">Friday 18</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts & Guts 9:00 B/P Check 10:00 Volumetrics Class 10:30 Computer Class 10:00 Activity Hour: Needles and yarn 11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 1:30 Fitness Assess. 2:00 Social Hour: BINGO & Ice Cream Social with UHC 3:00 Open Gym</p>

<p align="center">Monday 21 Aunyea Out</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee&Brain Gym 8:45 Enhance Fitness 10:30 Tai Chi 10:00 Smart 911 10:00-3:00 Social Worker Erin Segal 11:15 Fun Fit: Beach Ball Volley Ball</p> <p>LUNCH 11:45 & 12:45</p> <p>1:30 Fun Fit: Wii Sports 2:00 Activity Hour: Vision Boards 3:00 Open Gym</p>	<p align="center">Tuesday 22</p> <p>7:30-4:15 Open Gym Computer Lab</p> <p>8:45 Current Events 8:45 Chair Aerobics 9:00 B/P Check 9:30 Yoga 10:00: Mass Mutual: Social Security 10:00 Trip to Rolling Crest Splash Pool 11:00 Aerobics - Kojak</p> <p align="center">11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45 1:00 Zumba 2:00 Free Swim 1:30 Senior Nutrition 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p align="center">Wednesday 23</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30- Senior Boot Camp 10:00 Reiki 10:00 Healthy baking 11:00 Fun Fit: Muscial Chairs</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance Stability 1:00 Nutrition Assess 1:30 Self Healing 2:00 Activity Hour: Learn a board game 3:00 Open Gym</p>	<p align="center">Thursday 24</p> <p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00 Nutrition in Spanish 10:00-3:00 Social Worker Dexter Reed 10:30 Trip to "Live Concert on the Plaza" 11:00 Step Aerobics</p> <p>LUNCH 11:45 & 12:41</p> <p>1:00 Nutrition Assess 1:30 Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 3:00 Open Gym</p>	<p align="center">Friday 25</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts and Guts 10:00 Volumetrics Class 10:30 Computer Class 10:00 Activity Hour: Needles and yarn 11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 1:30 Fitness Assess. 2:00 Social Hour: 3:00 Open Gym</p>
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Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Worker Erin Segal 10:00 H Univ. - SBIRT 11:00 Health Ed: Gastroparesis 10:30 Tai Chi 10:30 Active Living Every Day 11:00 Grand Parents Support Group 11:15 Fun Fit Beach Ball Volley Ball LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability 1:30 Strength Training 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym</p>	<p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Chair Aerobics 9:00 B/P Check 9:30 Yoga 10:00 Trip to Turkey Thicket Aquatic Center 10:00 Artificial sweeteners: What's the deal? 11:00 Aerobics - Kojak</p> <p>11:00-3:00 Mental Wellness 11:00 - 12:30 Legal Counsel For The Elderly SMP</p> <p>LUNCH 11:45 & 12:45 1:00 Zumba 2:00 Free Swim 1:30 Senior Nutrition 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30- Senior Boot Camp 10:00 Reiki 10:00 Nutrition Bingo 11:00 Fun Fit: Putt Putt Golf in the Gym LUNCH 11:45 & 12:45</p> <p>1:00 Book Club 1:00 Otago Balance Stability 1:00 Nutrition Assess 1:30 Self Healing 2:00 Activity Hour: Memory Games 3:00 Open Gym</p>	<p>7:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00-3:00 Social Worker Dexter Reed 10:00 Nutrition in Spanish 11:00 Garden Club 11:00 Step Aerobics 11:30-3:30 Jada Massage</p> <p>LUNCH 11:45 & 12:41</p> <p>1:00 Nutrition Assess 1:30 Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 3:00 Open Gym</p>	 <p>August is National Immunization Awareness Month</p>

HIGHLIGHTS

<p>ACTIVITIES:</p> <p>Ice Cream Social: Friday, August 4th at 2pm.</p> <ul style="list-style-type: none"> National Immunization Awareness Month – 	<p>TRIPS:</p> <p>National Museum of AAHC North Brentwood AAM Rolling Crest Splash Pool Turkey Thicket Aquatic Center</p>	<p>Location:</p> <p>3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338</p> <p>Hours of Operation: Monday - Friday 8:30 am - 4:30 pm</p> <p>Inclement Weather: Center follows DC Public School's status in the event of inclement weather</p>
<p>Fitness Goal for the Month</p> <p>In a workout rut? Studies show that swimming can burn up to 8.9 calories per minute! + Beat the August heat by joining us for "Free Swim" every Tuesday at 2pm!</p>	<p>Nutrition Goal for the Month</p> <p>If you drink sodas and juices, try replacing all or some with water. You can even make your own infused water by adding fruit and mint to give it a bit of flavor. Juice and sodas contain a lot of unnecessary sugar.</p>	<p>Health Goal for the Month</p> <p>It is National Immunization Awareness Month! Make sure you are up to date on all your vaccines when you see your medical provider. You will be able to get flu shots for free</p>

- Self - Healing is back every Wednesday at 1:30!

here at BFSWC in September.

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!**

Check out the consumer education sessions this month!!!