

# Bernice Fonteneau Senior Wellness Center Calendar

## February 2019

**Location:**

3531 Georgia Avenue NW Washington,  
DC 20010

(202)-727-0338

**Hours of Operation:**

Monday - Friday  
8:30 am - 4:30 pm

**Open Gym & Computer Lab:**

8:30 am - 4:15 pm

**Inclement Weather:**

Follow DC Public School's status in  
the event of inclement weather

**Staff:**

Michelle Singleton - Director

Ruth Romero - Administrative Asst.

Sheena Swanner - Nutrition Ed. Dir.

Aunyea Carr - Fitness Director

**Activity Key:**

Green - Nutrition

Pink - Fitness

Red - Special Event

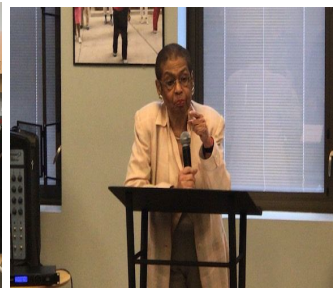
Blue - Trips

Purple - Health Promotion

Sky Blue - Consumer Education

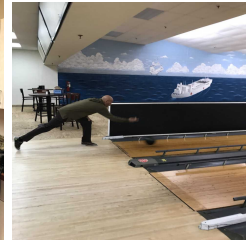
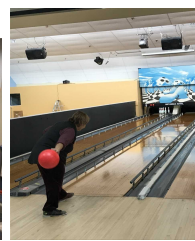
Rust - Social Activity

\*Calendar Subject to Change\*



**BFSWC Starts the New Year with a bang!**

- Bowling at Bethesda Naval Bowling Center
- Congresswoman Eleanor Holmes Norton Visits BFSWC
  - Donated our quilt for Mary's Center fundraiser
- Helping Students from Howard U. School of Nursing & The International Honors Program learn more about Senior Wellness



### HAPPY FEBRUARY BIRTHDAY!!!!

Jimmie Abercrombie  
Antonia Dioselina Arias  
Carmela Barrett  
Sandra Blanton  
Joaquin Bonilla  
Janie Boyd  
Nathaniel Carter  
Alonzo Cohen  
Major Coward  
Clifton Crump  
Lydia Curtis  
Alexandrina Elliot  
Grenda Fagin

Donald Frazier  
Norma Gooden  
Mae Goss  
Catherine Hargrove  
Rosetta Horne  
Ibrahin Hussein  
Robert Joyner  
Allie Latimer  
Wanda Lee  
Chien (Eddie) Lin  
Antoine Lobe  
Cynthia Love

Vernon Lucas  
Marsha Lyles  
Thomas McDonald  
James Thomas  
McDonough  
Jessie Melson  
Paula Moore-Pyne-Ayo  
Furman Patterson  
Edith Phillips  
Ronald Pratt  
Michael Ragin  
Ella Rosamont-Moroan

Abigail Royster  
Amed Sanz  
Alphonso Scott  
Geraldine Shorter  
Ronald Smith  
Joyce Strother  
Danjuma Takum  
Juan Valle Fabregas  
Lovenia Wilson



Alzheimer's Disease and Dementia  
Care Staff Education Week



Friday  
1

**WEAR RED DAY**

8:45 Brain Gym (puzzles)  
8:45 Boot Camp  
9:00 Computer Class  
9:30 Butts & Guts  
10:30 Computer Class

**LUNCH 11:45 & 12:45**

1:00 Enhance Fitness- Kojak



2:00 Activity Hour: Oldies But Goodies Karaoke Sing Along!

Monday  
4

8:45 Brain Gym (1 min memory drills)  
8:45 Aerobics with Adriene  
9:30 Enhance Fitness  
10:00 Health Ed: (Spanish)  
10:00 DISB: Reverse Mortgages  
10:15 Tai Chi  
11:00 Urban Yoga with Rain (Demo)  
11:00-1:30 Social Services: Erin Segal  
**LUNCH 11:45 & 12:45**

1:00 Otago Balance & Stability  
1:30 Power Circuit  
1:30 "No Waste" Group-

Tuesday  
5

8:45 Current Events  
8:45 Cardio Kickboxing  
9:30 Yoga  
10:15 Nutrition Bingo  
11:00 Aerobics: Kojak



**LUNCH 11:45 & 12:45**

1:30 Fun Fit: Hula Hoop Fun!  
1:30 Inspiration & Fellowship  
2:00 Beginner's Quilting

Wednesday  
6

8:45 Brain Gym (The Name Game!)  
8:45 Aerobics with Adriene  
9:00 Trip to Harmony Hall Art  
9:30 Enhance Fitness  
10:00-12:00 Reiki  
11:00 Line Dancing

**LUNCH 11:45 & 12:45**

1:00 Otago Balance & Stability  
1:30 Sticking Around  
2:00 Health Education with Georgetown Med Students

Thursday  
7

8:45 Current Events  
8:45 Step Aerobics  
9:30 Strength Training  
9:30 Trip to Walmart  
11:00 Stretching your Limits

**LUNCH 11:45 & 12:45**

1:00 CLUB MEMORY  
1:30 Spanish Class  
1:30 Arthritis Exercise  
2:00 Quilting  
2:30 Aerobics: Kojak

Friday  
8

8:45 Brain Gym (Card Games)  
8:45 Boot Camp  
9:00 Computer Class  
9:30 Butts & Guts  
10:15 Nutrition Education: Whole grains + Air Popped Popcorn  
10:30 Computer Class





**11:00 Fun Fit**



**LUNCH 11:45 & 12:45**

1:00 Enhance Fitness- Kojak






2:00 Activity Hour: Painting with Rain

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>8:45 Brain Gym (1 min memory drills) 8:45 Aerobics Adriene 9:30 Enhance Fitness 10:00 Health Ed Group - Spanish 10:00 AARP: Living Wills &amp; Power of Attorney 10:15 Tai Chi 11:00 Chair Stretch &amp; Meditation 11:00-1:30 Social Services: Erin Segal</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>12:00 Mayor's Budget Town Hall - Wilson Bldg 1:30 Power Circuit 1:30 "No Waste"</p>	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10-12 Grocery Plus Pick-Up 11:00 Aerobics Kojak</p>  <p>LUNCH 11:45 &amp; 12:45</p> <p>1-3:30 CM Nadeau's Sweetheart Dance 1:30: Fun Fit: Wii Bowling 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym (Tray Game) 8:45 Aerobics Adriene 9:30 Enhance Fit 10:00-12:00 Reiki 10:15 Food Demo: Chocolate Dip 11:00 Line Dancing</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 Otago Balance &amp; Stability</p>  <p>1:00 Member Orientation 1:30 Sticking Around 2:00 Activity Hour Ruth: Valentines Decorations</p>	<p><b>NO Kojak or Spanish Class</b></p> <p>8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 9:30 Trip to Publick Play House 11:00 Stretching Your Limits</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>2:00 Valentines Day Celebration</p>  <p>2:00 Quilting</p>	<p>8:45 Brain Gym (Sudoku) 8:45 Boot Camp 9:00 Computer Class 9:30 Butts &amp; Guts 10:15 Nutrition Education: Eating Healthy For your Heart 10:30 Computer Class 11:00 Fun Fit</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 Enhance Fitness- Kojak</p>  <p>2:00 Activity Hour: Bingo</p>

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p><b>CENTER CLOSED</b></p> 	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10:00 DC Hunger Solutions: SNAP Presentation 11:00 Aerobics Kojak</p>  <p>LUNCH 11:45 &amp; 12:45</p> <p>1:30 Fun Fit: Beach Ball Volleyball 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting</p>	<p><b>NO Line Dancing</b></p> <p>8:45 Brain Gym (Picnic Game) 8:45 Aerobics Adriene 9:30 Enhance Fitness 10:30 Town Hall Meeting</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 Otago Balance &amp; Stability 1:30 Sticking Around 2:00 Activity Hour: glass painting</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 9:30 - 1:30 Massage w/Nichole 10:30 Trip to Golden Corral 11:00 Stretching Your Limits</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Aerobics-Kojak</p>	<p>8:45 Brain Gym (Spades ) 8:45 Boot Camp 9:00 Computer Class 9:30 Butts &amp; Guts 10:30 Computer Class 11:00 Fun Fit</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 Enhance Fitness- Kojak 2:00 Activity Hour: Pokeno</p>



Monday 25	Tuesday 26	Wednesday 27	Thursday 28	
<p>8:45 Brain Gym(1 min memory drills) 8:45 Aerobics Adriene 9:30 Enhance Fitness 10:00 Health Ed Group - Spanish 10:15 Tai Chi 10:30 Vision Board with UHC <b>11:00 Chair Stretch &amp; Meditation</b> 11:00-1:30 Social Services: Erin Segal</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:30 Otago Balance &amp; Stability 1:30 Power Circuit 1:30 "No Waste" Group</p>	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:00 Breakfast Donation 10:15 Nutrition Education: Good, Bad, Ugly Fats 9:30 Yoga 11:00 Aerobics Kojak 11:00 - 1:00 Legal Counsel For The Elderly SMP <b>MEDICARE</b> LUNCH 11:45 &amp; 12:45 1:30: Movie Day Lee Daniel's "The Butler"</p>  <p>1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym (Meet &amp; Greet Game) 8:45 Aerobics with Adriene 9:30 Enhance Fitness 10:00-12:00 Reiki 10:15 Garden Club 1st Meeting of the year! 11:00 Line Dancing 10:30 Trip to National Archives and Book Club</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:00 Otago Balance &amp; Stability <b>1:30 Sticking Around</b> 2:00 Activity Hour with Ruth: paint bookmarks.</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30 Trip to Dollar Tree 9:30 Strength Training 11:00 Stretching Your Limits</p> <p>LUNCH 11:45 &amp; 12:45</p> <p>1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Aerobics: Kojak</p> 	

**HIGHLIGHTS: MARK YOUR CALENDAR & PLAN YOUR DAY!!!**

ACTIVITIES:	TRIPS:	SPECIAL EVENTS:
<p>"No Waste" Group Painting with Rain Valentines Decorations Glass painting Bookmarks painted</p>	<p>Harmony Hall Art Walmart Mayor's Budget Town Hall CM Nadeau's Sweetheart Dance Publick Play House Golden Corral National Archives Dollar Tree</p>	<p>Mayor's Budget Town Hall Wilson Bldg</p> <p>BFSWC Town Hall Meeting</p>
<p><b>Fitness Goals</b> We have a few changes to our group exercise schedule! <b>All changes are highlighted in yellow.</b> Add variety to your workouts with Fun Fit this month. Tuesdays at 1:30pm</p>	<p><b>Nutrition Goals</b> A healthy diet &amp; lifestyle are your best weapons to fight cardiovascular disease. Focus on choosing 100% whole grain bread vs. white bread. Be sure to read the ingredients and look for the first ingredient to list "whole wheat flour"</p>	<p><b>Health Promotion Goals</b> This month get to know your numbers! Get your blood pressures checked in the lobby by the nursing students from George Washington, Howard, and Caatholic University. WHEN: 9 AM - 1 PM Monday's, Wednesday's &amp; Thursday's</p>

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