

# Bernice Fonteneau Senior Wellness Center Calendar

## June 2018

### *Location:*

3531 Georgia Avenue NW  
Washington, DC 20010  
(202)-727-0338

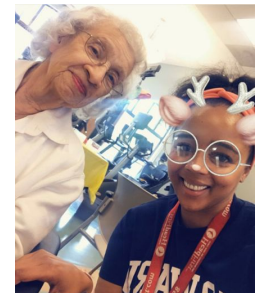
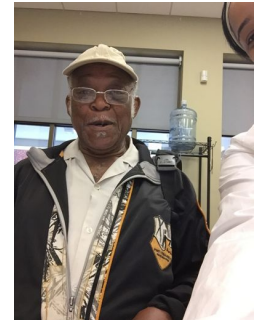
### *Hours of Operation:*

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

### *Inclement Weather:*

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

### Senior Health & Fitness Day 2018 "Selfie Contest"



### Fitness Goal for the Month

Is arthritis making your joints achy & stiff? The most simple solution to help with arthritis pain is movement! Studies show that even 5 minutes of additional movement during a flare up can help to reduce pain and joint stiffness. Aunyea will be doing a lecture on Tuesday the 12th at 10:00am on how to exercise with Arthritis. Ready to get started? "Arthritis Exercise" is every Thursday at 1:30pm.

### Nutrition Goal for the Month

Incorporate more cruciferous vegetables into your diet! This includes broccoli, cauliflower, cabbage, brussel sprouts, collard greens, and arugula (just to name a few). In addition to being high in fiber and micronutrients, cruciferous vegetable may have cancer-preventing properties and are good for your brain.

### Health Goal for the Month

June is Alzheimer's and Brain Awareness Month. If you haven't already, try Club Memory, a class that meets the 1st and 3rd Thursdays of the month at 1pm, to learn strategies to keeping your brain healthy!



National HIV Testing Day  
June 27



Friday  
1

8:30-4:15 Open Gym & Computer Lab

8:45 Brain Gym  
8:45 Enhance Fitness  
9:00 Computer Class  
9:30 Reiki Meeting  
9:30 Butts & Guts  
10:00 Vegetarianism and Veganism  
10:30 Computer Class  
11:00 Sticking Around

LUNCH 11:45 & 12:45

1:00 Aerobics-Kojak



2:00 Activity Hour:  
Name that Tune!  
3:00 Open Gym

**Monday**  
**Aunyea Out**  
4

8:30-4:15 Open Gym & Computer Lab

8:45 Brain Gym  
8:45 Enhance Fitness  
9:30 Aerobics with Adriene  
10:00 Garden Club  
**10:00-3:00 Social Services: Erin Segal**  
10:30 Tai Chi

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

1:30 "No Waste" Group  
1:30 Salsa Dancing

3:00 Open Gym


**Tuesday**  
**Aunyea Out**  
5

8:30-4:15 Open Gym & Computer Lab

8:45 Current Events  
8:45 Walk with Ease (Parkview)  
9:30 Yoga  
10:00 Nutrition Jeopardy  
11:00 Aerobics with Kojak

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

1:00 Zumba  
1:30 Inspiration & Fellowship  
1:45 Activity Hour: Movie Afternoon: "Black Panther"



2:00 Beginner's Quilting  
3:00 Open Gym


**Wednesday**  
**Aunyea Out**  
6

8:30-4:15 Open Gym & Comp

8:45 Brain Gym  
8:45 Enhance Fitness  
**9-11:30 Living Well Workshop**  
9:30 Aerobics with Adriene  
10:00 Salad Demo (from our garden)  
10:00 Reiki  
11:00 Line Dancing

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

1:30 Self-Healing



2:00 Activity Hour with Ruth: paper beads for jewelry  
3:00 Open Gym

**Thursday**  
**Aunyea Out**  
7

8:30-4:15 Open Gym & Computer Lab

9:00 Brain Games Practice  
8:45 Walk With Ease or field games  
9:30 Wii Bowling  
10:00 Trip to City Blossoms  
10:00 Pharmacy Student Presentation (English and Spanish)  
**10:00- 4:00 Social Services: Dexter Reed**  
**10:30 Cardio Vascular Disease - Vita**  
11:00 Stretching your Limits  
**LUNCH 11:45 & 12:45**  
**1:00 CLUB MEMORY**  
1:30 NO Spanish Class  
2:00 Quilting  
2:30 Enhance Fitness  
3:00 Open Gym

**Friday**  
**Aunyea Out**  
8

8:30-4:15 Open Gym & Computer Lab




9:00 Brain Games Practice  
8:45 Enhance Fitness  
9:00 Computer Class  
9:30 Aerobics with Adriene  
10:00 Nutrition Labels: lecture and games  
10:30 Computer Class  
11:00 Sticking Around



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




1:00 Aerobics-Kojak



2:00 Activity Hour: Bingo with Katie  
3:00 Open Gym

<p><b>Monday</b> 11 <b>Ruth Out</b></p>	<p><b>Tuesday</b> 12 <b>Ruth Out</b></p>	<p><b>Wednesday</b> 13 <b>Ruth Out</b></p>	<p><b>Thursday</b> 14 <b>Ruth Out</b></p>	<p><b>Friday</b> 15 <b>Ruth Out</b></p>
<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing <b>10:00-3:00 Social Services: Erin Segal</b> <b>9:00 Trip to Model Cities</b> 10:30 Tai Chi .</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability</p>  <p>1:30 Salsa Dancing 1:30 "No Waste" Group 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga 10:00 Health Education: Exercising with Arthritis. 10:00-12:00 GRIN (oral health) study</p> <p><b>10-12 Grocery Plus Pick-Up</b></p> <p>11:00 Aerobics - Kojak <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Zumba 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting 2:00 Fun Fit: Beachball Volleyball 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym <b>9-11:30 Living Well Workshop</b> <b>9:30 Brain Games Practice</b> 8:45 Enhance Fitness 9:30 Senior Boot Camp <b>10:30 BFSWC TOWN HALL 2nd Quarter Birthdays</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b> <b>1:00 Member Orientation</b> 1:00 Otago Balance and Stability</p>  <p>1:30 Self-Healing 2:00 <b>NO</b> Activity Hour with Ruth 3:00 Open gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Step Aerobics <b>9:00 Trip to NMAAHC</b> 9:30 Strength Training 10:00 Nutrition in Spanish <b>10:00-12:30 Social Services: Dexter Reed</b> 11:00 Stretching Your Limits</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:30 <b>NO</b> Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness 3:00 Open Gym</p>	<p><b>World Elder Abuse Awareness Day! Wear Purple</b></p> <p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts &amp; Guts 10:00 Using technology to track your nutrition <b>11:00 Brain Games Practice</b> 10:30 Computer Class 11:00 Sticking Around- <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Aerobics-Kojak 2:00 Activity Hour: Pictionary with Katie</p>  <p>3:00 Open Gym</p>

<p><b>Monday</b> 18</p>	<p><b>Tuesday</b> 19</p>	<p><b>Wednesday</b> 20</p>	<p><b>Thursday</b> 21</p>	<p><b>Friday</b> 22 <b>Ruth Out</b></p>
<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing <b>9:30 Brain Games Practice</b> <b>10:00-3:00 Social Services: Erin Segal</b> 10:00 Diabetes Support Group 10:30 Tai Chi .</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability</p>  <p>1:30 Salsa Dancing 1:30 "No Waste" Group <b>2:15 Father's Day Celebration</b> 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym Computer Lab</b></p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga 10:00 Health Education: B Vitamins (Pharmacy student from Safeway)</p> <p><b>9:30-12:00 Assessment Palooza</b> 11:00 Aerobics - Kojak</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Zumba 1:30 Inspiration &amp; Fellowship 1:30: Active Living Every Day 2:00 Fun Fit: Hula-Hoops 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:30-Senior Boot Camp <b>8:30 Trip to Senior Symposium</b> 10:00 Reiki</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance and Stability 1:30 Self-Healing 2:00 Activity Hour with Ruth: macrame plant holder 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Step aerobics 9:30 Strength Training 10:00 Nutrition-Spanish <b>10:00-4:00 Social Services: Dexter Reed</b> <b>9:30 Trip to Potomac Yard Center</b> <b>10:30 Prostate Health HU</b> 11:00 Stretching your Limits</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p><b>1:00 CLUB MEMORY</b> 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts and Guts 10:00 Cold Soups Cooking Demo 10:30 Computer Class 11:00 Sticking Around</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak</p>  <p>2:00 Activity Hour: Charades with Katie 3:00 Open Gym</p>

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing <b>10:00-3:00 Social Services: Erin Segal</b> 10:00 Garden Club 10:00 HU Grandparents Support Group <b>11:00 Brain Games Practice</b> 10:30 Tai Chi .</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability</p>  <p>1:30 Salsa Dancing 1:30 Older Americans Month: Trivia 1:30 "No Waste" Group 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym Computer Lab</b></p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga 10:00 Nutrition Bingo 11:00 Aerobics - Kojak</p> <p><b>11:00 - 1:00 Legal Counsel For The Elderly SMP</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Zumba 1:30 Inspiration &amp; Fellowship 1:30:Active Living Every Day 2:00 Fun Fit:Balance Obstecal Course 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:30-Senior Boot Camp <b>9:30 Trip to Folk Festival</b> 10:00 Calcium and Vitamin D 10:00 Reiki</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Book Club 1:00 Otago Balance and Stability</p>  <p>1:30 Self-Healing 2:00 Activity Hour with Ruth:macrame plant holder 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Step aerobics 9:30 Strength Training <b>10:00 Memoir Celebration- Petworth Library</b> 10:00 Medicare QMB presentation <b>10:00-12:30 Social Services: Dexter Reed</b> 11:00 Stretching your Limits <b>11:30-3:30 Jada Massage</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 10:00 Van Trip to Butler Orchard ? 9:30 Butts &amp; Guts 10:30 Computer Class 11:00 Sticking Around</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak</p>  <p>2:00 Activity Hour:Bring your tunes for a Dance Party! 3:00 Open Gym</p>

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

ACTIVITIES:	TRIPS:	SPECIAL EVENTS:
<p>6/5 Movie Afternoon: Black Panther Brain Games training</p>	<p>City Blossoms Model Cities Senior Symposium Potomac Yard Center Folk Festival Petworth Library</p>	<p>6/18 Father's Day Celebration 6/20 Senior Symposium 6/28 Memoir Celebration: Petworth Library</p>