

# Bernice Fonteneau Senior Wellness Center

## November 2017 Calendar of Activities



### Wednesday 1

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

8:45 Coffee&Brain Gym  
8:45 Enhance Fitness  
9:30 Senior Boot Camp  
10:00 GW Health Ed  
10:00 Shoe Box Gifts  
10:00 Reiki  
11:00 Line Dancing with  
Angie!

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

**1:00 Member Advisory  
Committee**

1:00 Otago Balance  
and Stability  
1:30 Self-Healing  
2:00 Activity Hour: Uno  
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 Eating Healthy on  
a Budget in Spanish  
**10:00-3:00 Social  
Services: Dexter Reed**  
11:00 Step Aerobics

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

**1:00 CLUB MEMORY**  
**1:30 Day of the Dead  
Mexican Culture  
Institute**

1:30 Spanish Class  
1:30 Arthritis Exercise  
2:00 Quilting  
2:30 Enhance Fitness  
with Kojak  
3:00 Open Gym

### Friday 3

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

8:45 Coffee&Brain Gym  
9:00 Computer Class  
10:30 Computer Class  
**NO ALED!**

**Heritage Day  
10:00-11:30**

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

**12:00 - Staff Meeting**  
1:00 Aerobics-Kojak  
2:00 Activity Hour:  
Learn a card game  
3:00 Open Gym



**SUNDAY NOV 5**

### Monday 6

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  
Services: Erin Segal**  
10:00 GW Health Ed  
10:30 Tai Chi  
10:30 Active Living  
Every Day (ALED)

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

1:00 Otago Balance &  
Stability  
1:30 Strength Training  
2:15 Activity Hour -  
Crafts with Ruth

### Tuesday 7

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

8:45 Current Events  
8:45 Chair Aerobics  
**9:30-12:30  
Assessment Palooza**  
9:30 Yoga  
10:00 Diabetes  
Self-Management  
11:00 Aerobics - Kojak  
**11:00-3:00  
Mental Wellness**  
**LUNCH 11:45 & 12:45**

1:00 Zumba  
1:30 Inspiration &  
Fellowship  
2:00 Beginner's Quilting  
2:00 Senior Nutrition  
3:00 Open Gym

### Wednesday 8

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

8:45 Coffee & Brain Gy  
8:45 Enhance Fitness  
9:30 Senior Boot Camp  
10:00 Reiki  
10:00 Shoe Box Gifts  
10:00 Food Labels 101  
11:00 Reverse  
Mortgage Presentation  
11:00 Line Dancing  
w/Angie

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

**1:00 Member  
Orientation**  
1:00 Otago Balance  
and Stability  
1:30 Self-Healing  
2:00: Activity Hour -  
Memory games  
3:00 Open Gym

### Thursday 9

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

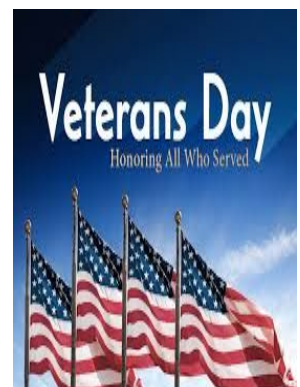
8:45 Current Events  
8:45 Walk with Ease  
9:30 Core Strength  
**10:00-3:00 Social  
Services: Dexter Reed**  
10:00 Nutrition  
Jeopardy in Spanish  
11:00 Step Aerobics

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


1:30 Spanish Class  
1:30 Arthritis Exercise  
2:00 Quilting  
2:30 Enhance Fitness  
with Kojak  
2:30 Men's Chair  
Fitness with Aunyea  
3:00 Open Gym

### Friday 10

**Center is  
Closed**



3:00 Open Gym				
<p><b>Monday</b> <b>13</b></p> <p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 9:30 GW Health Ed 10:00-3:00 Social Services: Erin Segal 10:30 Tai Chi 10:30 Active Living Every Day (ALED) 11:00 Medicare Enrollment Presentation</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability 1:30 Strength Training 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym</p>	<p><b>Tuesday</b> <b>14</b></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 Men's Exercise:Bball @Parkview <b>Hand Dance</b> <b>Thanksgiving Cabaret</b> <b>10:00 - 2:30 pm</b> <b>10-12 Grocery Plus Pick-Up</b> 10:00 Diabetes Self-Management 11:00 Aerobics - Kojak <b>11:00-3:00 Mental Wellness</b> <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Zumba 2:00 Gym 101: The Equipment Basics 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p><b>Wednesday</b> <b>15</b></p> <p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp</p> <p><b>10:30 BFSWC TOWN HALL</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance and Stability 1:30 Self-Healing 2:15 Activity Hour: Name that tune! 3:00 Open gym</p>	<p><b>Thursday</b> <b>16</b></p> <p><b>DAY TO WEAR PURPLE</b> <b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 9:30 Movie Day 10:00 Medicare QMB in Spanish 10:00-3:00 Social Services: Dexter Reed 11:00 Step Aerobics</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 Program 2:00 Quilting 2:30 Enhance Fitness with Kojak 3:00 Open Gym</p>	<p><b>Friday</b> <b>17</b></p> <p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts &amp; Guts 9:00 B/P Check 10:00 One Pot Meals 10:30 Computer Class 10:30 Active Living Every Day 11:00 Sticking Around</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak 2:00-4:30 Happy Hour 3:00 Open Gym</p>

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
8:30-4:15 Open Gym & Computer Lab	8:30-4:15 Open Gym Computer Lab	8:30-4:15 Open Gym & Computer Lab	<div>CENTER CLOSED</div> <div>  </div>	
8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing <b>10:00 - 2:00pm Thanksgiving Luncheon- Councilmember Nadeau</b> 10:00-3:00 Social Services: Erin Segal 10:30 Tai Chi . 10:30 Active Living Every Day (ALED)  <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Otago Balance & Stability 1:30 Strength Training 3:00 Open Gym	8:45 Chair Aerobics <b>9:30-12:30 Assessment Palooza</b> 8:45 Current Events 9:30 Yoga 11:00 Aerobics - Kojak <b>11:00-3:00 Mental Wellness</b>  <b>LUNCH 11:45 &amp; 12:45</b>  1:00 Zumba 1:30 Senior Nutrition 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting 3:00 Open Gym	8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30-Senior Boot Camp (Adriene) 10:00 Reiki 10:00 Eating Healthy on a Budget 10:00 Shoe Box Gifts 11:00 Line Dancing with Angie! <b>LUNCH 11:45 &amp; 12:45</b>  1:30 Self-Healing 2:00 Activity Hour: Backgammon 3:00 Open Gym		

Monday 27	Tuesday 28	Wednesday 29	Thursday 30
<b>Aunyea Out</b> <b>Holiday Bazaar</b> <b>8:30-4:15 Open Gym &amp; Computer Lab</b>  8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Aerobics with Adriene 10:00 Health Ed: Diabetes Awareness Month <b>10:00-3:00 Social Services: Erin Segal</b> 10:30 Tai Chi <b>11:00 HU Grandparents Support Group</b>  <b>LUNCH 11:45 &amp; 12:45</b> 1:30 Fun Fit: Oldies but Goodies Dance Party. 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym	<b>Holiday Bazaar</b> <b>8:30-4:15 Open Gym Computer Lab</b>  8:45 Current Events <b>8:45 Chair Aerobics</b> 9:30 Yoga 10:00: Nutrition Jeopardy <b>11:00 Aerobics - Kojak</b>  <b>11:00-3:00 Mental Wellness</b> <b>11:00 - 12:30 Legal Counsel For The Elderly SMP</b>  <b>LUNCH 11:45 &amp; 12:45</b>  1:00 Zumba 1:30 Senior Nutrition 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting 3:00 Open Gym	<b>Holiday Bazaar</b> <b>8:30-4:15 Open Gym&amp; Computer Lab</b>  8:45 Coffee & Brain Gym <b>8:45 Enhance Fitness</b> 9:30- Senior Boot Camp 10:00 Reiki 10:00 Healthy Swaps for the Holidays 10:00 Shoe Box Gifts <b>11:00 Line Dancing with Angie!</b> <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Book Club <b>1:00 Otago Balance Stability</b> <b>1:30 Self-Healing</b> 2:00 Social Hour: Bingo & Mulled Cider 3:00 Open Gym	<b>Holiday Bazaar</b> <b>8:30-4:15 Open Gym &amp; Computer Lab</b>  8:45 Current Events <b>8:45 Walk with Ease</b> 9:30 Core Strength 10:00 Nutrition in Spanish <b>10:00-3:00 Social Services: Dexter Reed</b> <b>11:00 Step Aerobics</b> <b>11:30-3:30 Jada Massage</b>  <b>LUNCH 11:45 &amp; 12:45</b> 1:30 Spanish Class <b>1:30 Arthritis Exercise</b> 2:00 Quilting 2:00 Social Hour: Karaoke <b>2:30 Enhance Fitness with Kojak</b> 3:00 Open Gym

## HIGHLIGHTS

<p><b>ACTIVITIES:</b> Crafts with Ruth Heritage Day</p>	<p><b>TRIPS:</b> Day of the Dead Mexican Culture Institute Councilmember Nadeau Ward 1 Senior Thanksgiving Luncheon Hand Dance Thanksgiving Cabaret</p>	<p><b>Location:</b> 3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338 <b>Hours of Operation:</b> Monday - Friday 8:30 am - 4:30 pm <b>Inclement Weather:</b> Center follows DC Public School's status in the event of inclement weather</p>
<p><b>Fitness Goal for the Month</b></p> <p>It is recommended that we take 10,000 steps per day for positive health benefits. Stay on track this Thanksgiving by joining Aunyea and the rest of your BFSWC fitness family in our Turkey Trot fitness challenge. Weekly winners will be announced and the member with the most steps at the end of the month will receive an activity tracker!</p>	<p><b>Nutrition Goal for the Month</b></p> <p>Start your meal by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.</p>	<p><b>Health Goal for the Month</b></p> <p>November is Diabetes Awareness month. Learn to meditate to help reduce stress and improve your blood sugar levels. Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk.</p>

<p><b>Activity Key:</b></p> <p><i>Green - Nutrition</i> <i>Pink – Fitness</i> <i>Red –Special Event</i> <i>Blue –Trips</i> <i>Purple- Health Promotion/Consumer Ed</i> <i>Sky Blue - Consumer Education</i> <i>Rust - Social Activity</i></p>	<p><b>Staff:</b></p> <p>Michelle Singleton - Director Ruth Romero - Administrative Assistant Katherine Kline - Nutrition Education Director Aunyea Carr - Fitness Director</p>
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**Things to remember:**  
**Plan your day!**