

Health Recognition
 -National Food Safety Month
 -Fruits and Veggies - More Matters Month
 -Celiac Disease Awareness Month

Bernice Fonteneau Senior Wellness Center Calendar of Activities
 3531 Georgia Avenue NW Washington, DC 20010
 (202)-727-0338
September 2015

Hours of Operation:
 Monday & Friday
 8:30 am - 4:30 PM
 Tuesday, Wednesday & Thursday
 7:30 am - 7:00 pm
 Saturday
 7:30 am - 1:00 pm

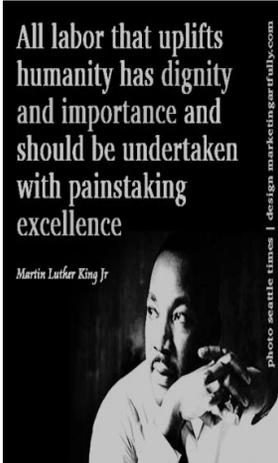
	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
<p>September is</p> <p>Fruits & Veggies -</p> <p>More Matters Month</p>  <p>FRUITS & VEGETABLES OF SEPTEMBER</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Mat Class 8:45 Current Events 9:30 Yoga @ Yoga Heights 9:30 Intermediate Stability ball 10:00 Reiki with Ruth 10:45: National Food Safety Month: Receiving Food + Food Storage 11:00 Aerobics w/Kojak 11:00 - 1:00 Staff Meeting 12:00 Lunch</p> <p>1:30 Produce Plus Distribution</p> <p>1:30 Inspiration and Fellowship Group 1:30 First Baptist Senior Center Group</p> <p>2:00 Beginner's Quilting Class - Rm. B01</p> <p>4:00 Planning</p> <p>5:00  ENHANCE FITNESS 5:00 Activity Hour</p> <p>6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation 9:30 - 11:00 We GLEAN 10 - 2pm Grocery Plus Pick Up + Sign Up</p> <p>10:00 Advanced Stability ball 10:30 Activity Hour: macrame plant holders 11:00 Chair Stretch 12:00 Lunch</p> <p>1:30  ENHANCE FITNESS 2:00 "Rec Room" 2:00 Activity Hour: Photography Class 2:30 Dancing for Life 2:00 Nutrition Counseling by Appt Only 4:00 Planning</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour 6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab 7:45 Yoga/Meditation 8:45 Current Events 9:15 National Food Safety Month: Game Keep or Toss 9:30 Ab-Licious Workout</p> <p></p> <p>9:30 Trip to Movie Theater to see "War Room" /TBA 9:30 Technology Training 10:00 - 3:00 Dr. Myers Social Services Consultations 10:15 Beginner Therapeutic Stability ball 10:45 Aerobics Combo 12:00 Lunch 1:00 "The Healing Circle" 1:00 Spanish Class 2:00 Quilting - Rm B01 2:00 Activity Hour - Chess class 2:00 Nutrition Counseling by Appt Only</p> <p>4:00 Planning</p> <p>5:00  ENHANCE FITNESS 6:00 Fitness w/Tee 7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 9:00 - 11:00 Cooking Matters 9:30 Computer Training (1st Session) 9:30 Intermediate Stability ball 10:00 Senior Self Defense Class w/Calvin Hopkins (no class)</p> <p> ENHANCE FITNESS 10:00 10:45 Advanced Stability ball 11:00 Computer Training (2nd Session) 11:00 Activity Hour Crochet, circle loom, knitting 11:15 Arthritis/Low Impact Aerobics 12:00 Lunch 1:00 Aerobics w/Kojak 1:30 Produce Plus Distribution 2:00 Nutrition Counseling by Appt Only 2:00 Activity Hour 2:00 Better Balance 4:00 Planning 4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>"SENSATIONAL SATURDAY"</p> <p></p> <p>7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 macrame bracelets 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close</p>

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Monday 7	Tuesday 8	Wednesday 9	Thursday 10 Deborah's Out	Friday 11 Deborah's Out	Saturday 12 Deborah's Out
<p>Labor Day</p> <p>Center Closed</p> 	<p>7:30-6:45 Open Gym & Computer Lab Lan's Out Thru the Morning 7:45 Meditation</p> <p>8:45 Mat Class 8:45 Current Events</p> <p>9:30 Yoga @ Yoga Heights 9:30 Intermediate Stability ball 10:00 Reiki with Ruth</p> <p>11:00 Aerobics w/Kojak 12:00 Lunch</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Group</p> <p>2:00 Nutrition Counseling by Appt</p> <p>2:00 Beginner's Quilting Class - Rm. B01</p> <p>5:00 </p> <p>5:00 Activity Hour</p> <p>6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation 8:45 Glutes & Legs 8:45 Coffee & Conversation</p> <p>9:30 am -12:00 pm Health Education: Rite Aid Immunizations</p> <p>9:00 - 11:00 We GLEAN</p> <p>10:00 Advanced Stability ball 9:30 Senior Self Defense Class w/Calvin Hopkins 10:30 Reiki Share 11:00 Chair Stretch 11:45 Fitness News 12:00 Lunch</p> <p>1:30 </p> <p>2:00 Nutrition Counseling by Appt Only 2:30 Dancing for Life</p> <p>2:00 Activity Hour - Photography Class</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour 6:00 Fitness Class 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 NO Yoga/Meditation 8:30 DPR Senior Cruise 8:45 Morning Walk 8:45 Current Events</p> <p>9:15 National Food Safety Month: Thawing + Preparation 9:30 Trip to Golden Corral 9:30 Technology Training 9:30 NO Ab-Licious Workout</p> <p>10:15 NO Beginner Therapeutic Stability ball</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations 10:45 NO Aerobics Combo 11:30 Massage with Jada 12:00 Lunch</p> <p>1:00 Spanish Class 1:00 "The Healing Circle" 2:00 Nutrition Counseling by Appt Only</p> <p>2:00 Quilting - Rm B01 2:00 Activity Hour - Checkers 4:00 Planning</p> <p>5:00 </p> <p>6:00 Fitness w/Tee 7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 NO Core Strength 9:00 - 11:00 Cooking Matters</p> <p>9:30 Computer Training (1st Session) 9:30 NO Intermediate Ball</p> <p>10:00 New Member Orientation</p> <p>10:00 Senior Self Defense Class w/Calvin Hopkins</p> <p>10:00 - Video </p> <p>10:45 NO Advanced Stability ball</p> <p>11:00 Computer Training (2nd Session)</p> <p>11:15 NO Arthritis/Low Impact Aerobics / EXERCISE VIDEO 12:00 Lunch 1:00 Aerobics w/Kojak 2:00 Activity Hour</p> <p>2:00 Nutrition Counseling by Appt Only</p> <p>4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>"SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation 8:30 Coffee & Conversation 8:45 NO Saturday 300 9:30 macrame bracelets</p> <p>10:00 NO Glutes & Legs</p> <p>11:00 Activity Hour 11:45 NO Fitness News 12:00 Lunch 1:00 Close</p>

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Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
<p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY"</p>  <p>8:45 Coffee & Conversation</p> <p>8:45 Strength Training</p> <p>9:30 - 11:00 HEED Program</p> <p>9:30 Aerobics Combo</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:15 Beginner Ball</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch</p> <p>1:00 Arena Stage 2015-2016 Season Presentation</p> <p>1:00 "Rec Room" -(B-08)</p> <p>1:30  ENHANCE FITNESS</p> <p>2:30 Arthritis/Low Impact Aerobics</p> <p>1:30- 4:00pm Individual Piano Lessons (Lan)</p> <p>2:00 Sewing Class</p> <p>3:00 Fitness Counseling & Assess. by Appt Only</p> <p>4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Meditation</p> <p>8:45 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Yoga @ Yoga Heights</p> <p>9:30 Intermediate Ball</p> <p>10:00 Reiki with Ruth</p> <p>10:45 1,500 Salt Challenge: Healthy Eating After 50</p> <p>11:00 Aerobics w/Kojak</p> <p>11:00 Assessments (Fitness/Health)</p> <p>12:00 Lunch</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Group</p> <p>2:00 Nutrition Counseling by Appt</p> <p>2:00 Beginner's Quilting Class - Rm. B01</p> <p>5:00  ENHANCE FITNESS</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness w/Tee</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation</p> <p>8:45 NO Glutes & Legs - EL Haynes Backpack Presentation - 7:30- 8:30 (Deborah)</p> <p>8:45 Coffee & Conversation</p> <p>9:00 am -10:30 am Health Education- Center for Vein Restoration Ultrasound Demonstration</p> <p>9:00 - 11:00 We GLEAN</p> <p>9:30 Senior Self Defense Class w/Calvin Hopkins</p> <p>10:30 DISB Presentation</p> <p>12:00 Lunch</p> <p>1:00  ENHANCE FITNESS</p> <p>2:00 Nutrition Counseling by Appt Only</p> <p>2:30 Dancing for Life</p> <p>2:00 Activity Hour: Photography Class</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation</p> <p>8:45 Morning Walk</p> <p>8:45 Current Events</p> <p>9:15 Cooking Demo + 10 Healthy Eating Tips for People 65 Years and Older</p> <p>9:30 Technology Training</p> <p>9:30 Trip to R.F.K. Stadium Farmers' Market (Lan)</p> <p>9:30 Ab-Licious Workout </p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations</p> <p>10:15 Beginner Ball</p> <p>10:45 Aerobics Combo</p> <p>12:00 Lunch</p> <p>1:00 "The Healing Circle"</p> <p>1:00 Spanish Class</p> <p>2:00 Nutrition Counseling by Appt Only</p> <p>2:00 Quilting - Rm B01</p> <p>2:00 Activity Hour - Chess class</p> <p>4:00 Planning</p> <p>5:00  ENHANCE FITNESS</p> <p>6:00 Fitness w/Tee</p> <p>7:00 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Core Strength</p> <p>9:00 - 11:00 Cooking Matters</p> <p>9:30 Computer Training (1st Session)</p> <p>10:00 Senior Self Defense Class w/Calvin Hopkins</p> <p>10:00  ENHANCE FITNESS</p> <p>10:45 Advanced Ball</p> <p>11:00 Activity Hour Crochet, circle loom, knitting</p> <p>11:00 Computer Training (2nd Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Nutr Counseling by Appt Only</p> <p>2:00 Activity Hour:</p> <p>2:00 Better Balance</p> <p>4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>"SENSATIONAL SATURDAY"</p>  <p>7:45- Yoga/Meditation</p> <p>8:30 Coffee & Conversation</p> <p>8:45 Saturday 300</p> <p>9:30 macrame bracelets</p> <p>10:00 Glutes & Legs</p> <p>11:00 Counseling & Assessments by Appointment Only</p> <p>11:00 Activity Hour</p> <p>11:45 Fitness News</p> <p>12:00 Lunch</p> <p>1:00 Close</p>

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Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
<p>8:30-4:15 Open Gym & Computer Lab LAN'S OUT</p> <p>"BOOT CAMP MONDAY"</p>  <p>8:45 Strength Training 8:45 Coffee & Conversation</p> <p>9:30 - 11:00 HEED Program</p> <p>9:30 Aerobics Combo</p> <p>9:30 Office of Disability Rights Presentation</p> <p>10:00 Reiki 10:30 Tai Chi 10:15 Beginner Ball</p> <p>12:00 Lunch</p> <p>1:00 "Rec Room Rm. B-08</p>  <p>1:30- 4:00pm NO PIANO (Lan'S OUT)</p> <p>2:00 Sewing Class 2:30 Arthritis/Low Impact Aerobics 3:00 Fitness Counseling & Assessments by Appointment Only</p> <p>4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Meditation 8:45 Mat Class 8:45 Current Events</p> <p>9:30 Yoga @ Yoga Heights</p> <p>9:30 Intermediate Ball</p> <p>10:45 1,500 Salt Challenge: Healthy Eating After 50</p> <p>10:00 Reiki with Ruth</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Group</p> <p>2:00 Nutrition Counseling by Appt</p> <p>2:00 Beginner's Quilting</p> <p>4:00 Planning</p>  <p>5:00 Activity Hour 5:00 Activity Hour 6:00 Fitness w/Tee 7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation 8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p>9:00 - 11:00 We GLEAN 10:00am -2pm DCOA: Falls Prevention Day</p> <p>10:00 Advanced Stability ball 10:30 Activity Hour: macrame plant holders</p> <p>11:00 Chair Stretch 12:00 Lunch</p>  <p>1:30 Photography Class</p> <p>2:00 Nutrition Counseling by Appt</p> <p>2:30 Dancing for Life</p> <p>4:00 Planning</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness Class</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation 8:45 Morning Walk 8:45 Current Events</p> <p>9:15 National Food Safety Month: Service + What You Don't Know CAN Hurt You</p> <p>9:30 Technology Training 9:30 Trip to Rock Creek Park for Hiking 9:30 Ab-Licious Workout</p>  <p>10:15 Beginner Ball</p> <p>10:00 - 3:00 Dr. Myers Social Services Consultations 10:45 Aerobics Combo</p> <p>11:30 Massage with Jada 12:00 Lunch 1:00 "The Healing Circle"</p> <p>1:00 Spanish Class</p> <p>2:00 Nutrition Counseling by Appt Only 2:00 Quilting - Rm B01 2:00 Activity Hour - Checkers</p>  <p>5:00 Fitness w/Tee 7:00 Close</p>	<p>8:30-6:45 Open Gym & Computer Lab</p> <p>8:45 Coffee & Conversation 8:45 Core Strength</p> <p>9:15 Nutrition Bingo!</p> <p>9:30 Computer Training (1st Session)</p> <p>10:00 Senior Self Defense Class w/Calvin Hopkins</p> <p>11:00 Computer Training (2nd Session)</p> <p>10:00 am - 2:00 pm Town Hall Meeting & 3rd Quarter Birthday Celebration</p> <p>End of Summer Cookout</p>  <p>1:00 Aerobics w/Kojak 4:30 Close</p>	<p>7:30-12:45 Open Gym & Computer Lab</p> <p>"SENSATIONAL SATURDAY"</p>  <p>7:45 Yoga/Meditation 8:30 Coffee & Conversation 8:45 Saturday 300 9:30 macrame bracelets 10:00 Glutes & Legs 11:00 Counseling & Assessments by Appointment Only 11:00 Activity Hour 11:45 Fitness News 12:00 Lunch 1:00 Close</p> 

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Monday 28	Tuesday 29	Wednesday 30
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>"BOOT CAMP MONDAY" </p> <p>8:45 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 - 11:00 Right Size For ME</p> <p>9:30 Aerobics Combo</p> <p>10:00 Reiki</p> <p>10:30 Tai Chi</p> <p>10:15 Beginner Ball</p> <p>12:00 Lunch</p> <p>1:00 "Rec Room Rm. B-08</p> <p>1:30  ENHANCE FITNESS®</p> <p>1:30- 4:00pm Individual Piano Lessons (Lan)</p> <p>2:00 Sewing Class</p> <p>2:30 Arthritis/Low Impact Aerobics</p> <p>3:00 Fitness Counseling & Assess. by Appt Only</p> <p>4:30 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Meditation</p> <p>8:45 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Yoga @ Yoga Heights</p> <p>9:30 Intermediate Ball</p> <p>10:45 1,500 Salt Challenge: Wrapping It Up</p> <p>1000 Reiki with Ruth</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:45 Book Club</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Group(Ruth)</p> <p>2:00 Beginner's Quilting</p> <p>2:00 Nutrition Counseling by Appt</p> <p>5:00  ENHANCE FITNESS®</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness w/Tee</p> <p>7:00 Close</p>	<p>7:30-6:45 Open Gym & Computer Lab</p> <p>7:45 Yoga/Meditation</p> <p>8:45 Glutes & Legs</p> <p>8:45 Coffee & Conversation</p> <p>9:00 - 11:00 We GLEAN</p> <p>10:00 Advanced Stability ball</p> <p>10:30 Activity Hour: macrame plant holders</p> <p>10:30 Trip to Theater J to see "Queens Girl in the World"</p> <p>11:00 Chair Stretch</p> <p>12:00 Lunch</p> <p>1:30  ENHANCE FITNESS®</p> <p>2:00 Activity Hour: Photography Class</p> <p>2:00 Nutrition Counseling by Appt</p> <p>2:30 Dancing for Life</p> <p>5:00 Step Class</p> <p>5:00 Activity Hour</p> <p>6:00 Fitness Class</p> <p>7:00 Close</p> <p></p>

*In the Month of September
 the Focus is on
 Falls Prevention!*
Falls Prevention Day
 Wednesday, September 23, 2015



Free Falls Risk Screenings
10:00 am - 2:00 pm

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