

Bernice Fonteneau Senior Wellness Center Calendar

April 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



Clockwise Top Left: Food Outing at NuVegan, Winner of National Nutrition Month Weekly Contest, Roof Top Garden Seedlings, Toasting to Mardi Gras, "No Waste" Craft Group, Grocery Store Tour Visit, Nutrition Education from Catholic University and Pancake Breakfast





HAPPY APRIL BIRTHDAYS!!!!







G. Louise Abercrombie
Charles Ambrose
Angela Elizabeth Bennett
Mary Ann Bibbs
Sharon Boddie
Dianne Brantley
Sharon D Briscoe
Elsie Brown
Paul Brown
Vera Brown
Angela Cabrera
Courtland S. Carter
Hailu Daba





Ronnie Daniel
Ernest Dorsey
Jose Gallo
Charles Gordon
Addisse Hailemariam
Richard Hall
Alfred Higgins
Kenneth Holt
Lisa Horwitz
Clarence Johnson
Nemeika B Johnson
Cassandra R. Joseph
Barbara Kelley









Michael Y McFadden
David Massey
Carolyn Matthews
Maria Maxwell
Nathalie Mundell
Teuka Mwombela
Daphne Nedd
Charles O. Okafor
Ernest Dorsey
Clevester Parmer
Cecelia Paul
Ella Penn
Wesley A Pinkney

Lily Pilgrem
Leslie Richards
Deloris Richardson
Delores Shannon
Jean Skinner
Sharon Smith
Vivian Smith
Philip Suggs
Annie Ward
Mary Warner
Agatha Wellington

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<p>8:45 Brain Gym Suduko 8:45Aerobics: Adriene 9:00 Grocery Plus Re-certification 9:30 Enhance Fitness 10:00(Span)Health Ed: MyPlate Nutrition 10:15 Tai Chi 11:00 Chair Stretch & Meditation 10:15 Arts & Crafts 11:00 Piano class 11:00-1:30 Social Services: Erin Segal</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00Balance&Stability 1:30 Power Circuit 1:30 "No Waste" 1:30-3:30 Nutrition Assessments</p>	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 DAFL FY2020 Budget Town Hall 9:30 Yoga 9:30 Nutrition Education: FODMAP Diet 10:00 HU Medication Management Survey 11:00 Aerobics: Kojak</p>  <p>LUNCH 11:45 & 12:45</p> <p>1:30 Mind Over Mood w/Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>Sheena Out 8:45 Brain Gym: "Can" You Name it? 8:45 Aerobics: Adriene 9:30 Enhance Fitness 10:00-12:00 Reiki 10:15 HIV Awareness with Mary's Center 11:00 Line Dancing</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability</p>  <p>1:30 Sticking Around 2:00 Activity Hour Ruth: Spring Flowers</p>	<p>Sheena Out No Strength Training 8:45 Current Events 8:45 Step Aerobics 9:30 Cherry Blossom 10:15: Stress Awareness 11:00 Stretching your Limits</p> <p>LUNCH 11:45&12:45</p> <p>1:00CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting</p>  <p>2:30 Aerobics: Kojak</p> 	<p>Sheena Out 8:45 Brain Gym: Dominos 8:45 Boot Camp 9:00 Computer Class 9:30 Butts & Guts (Adriene) 10:15 Cooking with Mary A! 10:30 Computer Class 10:00 Trip to Therapeutic Recreation & Aquatic Center 11:00 Yellow Cab (Med Express) 11:00 Walk with Ease</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Enhance Fitness with Kojak 2:00 Activity Hour: Connect Four</p>

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>8:45 Brain Gym Suduko 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:00(Span)Health Ed: Member Orientation 10:15 DDOT Presentation 10:15 Tai Chi 11:00 Chair Stretch & Meditation 10:15 Arts & Crafts 11:00 Piano class 11:00-1:30 Social Services: Erin Segal</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00Balance&Stability 1:30 Power Circuit 1:30 "No Waste" 1:30-3:30 Nutrition Assessments 2:00 Activity Hour:Final Four Watch Party.</p>  	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 9:00 Grocery Plus Re-certification 10-12 Grocery Plus Pick Up 11:00 Aerobics: Kojak</p>  <p>LUNCH 11:45 & 12:45</p> <p>1:30 Mind Over Mood w/Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym: Which Word? 8:45 Aerobics: Adriene 9:30 Enhance Fitness 9:30 Trip to Walmart</p> <p>10:15 Nutrition Education: Food and Mood 10:00-12:00 Reiki 11:00 Line Dancing</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Member Orientation 1:00 Otago Balance & Stability 1:30 Sticking Around 2:00 Activity Hour Ruth: Spring Flowers cont.</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30Strength Training 9:30 BFSWC Movie Day: Barry</p>  <p>9:30 Renwick Gallery 10:15 Garden Club 11:00 Stretching your Limits</p> <p>LUNCH 11:45&12:45</p> <p>1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting</p>  <p>2:30Aerobics: Kojak</p>	<p>8:45 Brain Gym Dominos 8:45 Boot Camp 9:00 Computer Class</p> <p>9:00 Volunteer Appreciation Breakfast</p>  <p>Featuring Tropical Riddimz Caribbean Dance Team</p> <p>10:30 Computer Class LUNCH 11:45 & 12:45 1:00 Enhance Fitness-Kojak</p>

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<p>8:45 Brain Gym Sudoku 8:45Aerobics Adriene 9:00 Grocery Plus Re-certification 9:30 Enhance Fitness 9:30 GW Nursing Student Presentations 10:15 PEPCO Presentation 10:15 Tai Chi 10:15 Arts & Crafts 11:00 Piano class 11:00 Chair Stretch & Meditation 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" 1:30-3:30 Nutrition Assessments</p>	<p>CENTER CLOSED Emancipation Day!</p> 	<p>8:45 Brain Gym Tray Game 8:45 Aerobics: Adriene 9:30 Enhance Fit 9:30 Howard Nursing Student Presentations 9:30 Air & Space Museum 10:00-12:00 Reiki 10:30 Town Hall Meeting LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability  1:30 Sticking Around 2:00 Activity Hour Ruth:</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 9:30 Martha's Table Free Corner Market 9:30 - 1:30 Massage w/Nichole 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</p>	<p>8:45 Brain Gym Dominoes 8:45 Boot Camp 9:00 Computer Class 9:30 Butts & Guts 9:30 Mosaic Theater 10:15 Food Demo: Turmeric Tea/Golden Milk 10:30 Computer Class 11:00 Fun Fit: Field Day at Parkview LUNCH 11:45 & 12:45 1:00 Enhance Fitness- Kojak  2:00 Activity Hour: Making Trail Mix for McKeenas Wagon with Sheena</p>

Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<p>8:45 Brain Gym Sudoku 8:45Aerobics Adriene 9:30 Enhance Fitness 9:30 Brookside  Gardens 10:00 Health Ed (Span) 10:15 Tai Chi 10:15 Support Devices 10:15 Arts & Crafts 11:00 Piano class 11:00 Chair Stretch & Meditation 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" 1:30-3:30 Nutrition Assessments</p>	<p>Spanish Language Day Learn a new word today!  8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10:15 SNAP-Ed: Decreasing Food Expenses 11:00 Aerobics Kojak  LUNCH 11:45 & 12:45 1:30 Mind Over Mood w/Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym: How Old Am I? 8:45 Aerobics Adriene 9:30 Enhance Fitness 10:15 Know your Library with DCPL  LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability  1:15 Book Club: "Chocolate City" discussion with GW Students 1:30 Sticking Around</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 10:00 Active Threat Trainig with MPD 10:15 Medicine Saftey 11:00 Stretching Your Limits LUNCH 11:45 & 12:45 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting  2:30 Aerobics-Kojak </p>	<p>8:45 Brain Gym Dominos 8:45 Boot Camp 9:00 Computer Class 9:30 Butts & Guts 10:15 Nutrition Education: Older Adult Nutrition 10:30 Computer Class 11:00 Walk with Ease LUNCH 11:45 & 12:45 1:00 Enhance Fitness- Kojak 2:00: Ruth's Farewell We Will Miss You! </p>

<p>Monday 29</p> <p>8:45 Brain Gym(1 min Memory Drills) 8:45 Aerobics Adriene 9:30 Enhance Fitness 9:00 Grocery Plus Re-certification 9:30 President Lincoln's Cottage 10:00 Grand Parents Support Group 10:00 Health Ed in Spanish 10:15 Tai Chi 10:15 Arts & Crafts 11:00 Rooftop Chair Stretch & Meditation 11:00 Piano class 11:00-1:30 Social Services: Erin Segal LUNCH 11:45 & 12:45 1:30 Otago Balance & Stability 1:30 Power Circuit 1:30 "No Waste" Group 1:30-3:30 Nutrition Assessments</p>	<p>Tuesday 30</p> <p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10:15 Nutrition Education: Acid Reflux 9:30 Rock Creek Nature Center 11:00 Aerobics Kojak 11:00 - 1:00 Legal Counsel For The Elderly SMP MEDICARE LUNCH 11:45 & 12:45 1:30 Mind Over Mood w/Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	    
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HIGHLIGHTS: MARK YOUR CALENDAR & PLAN YOUR DAY!!!

ACTIVITIES:	TRIPS:	SPECIAL EVENTS:
<p>Arts & Crafts: Mondays</p> <p>"No Waste" Group: Mondays</p> <p>Spring Flowers: 3rd, 10th</p>	<p>DACL FY2020 Budget Town Hall Cherry Blossom Festival Therapeutic Recreation Aquatic Center Walmart Renwick Gallery Publick Play House Air and Space Museum Martha's Table Free Corner Market Mosaic Theater Brookside Gardens President Lincon's Cottage Rock Creek Nature Center</p>	<p>Volunteer Appreciation Celebration: 4/12</p> <p>Ruth's Farewell: 4/26 We will miss you!!!</p>
<p>Fitness Goals: Did you know that you could use exercise to reduce stress? Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Get those endorphins pumping, improve your mood this month and discover the connection between exercise and stress relief & why exercise should be part of your stress management plan.</p>	<p>Nutrition Goals</p> <p>Get organized with your meals! Outline the meals you plan to eat during the week. Be sure to include drinks and snacks too! Make a shopping list when you go to the grocery store to limit impulse purchases that can be expensive or unhealthy. This is a great way to cut out extra stress at the grocery store.</p>	<p>Health Promotion Goals</p> <p>April has been dedicated to Stress Awareness Month. Chronic stress over extended periods of time is harmful both mentally and physically. There are many ways you can effectively deal with stress. One being to develop relaxation techniques such as meditation, yoga, knitting, physical activity, going to the movies or other activities that allow the mind and body to unwind and relax.</p>

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