


- National Blood Donor Month
- Cervical Health Awareness Month
- Glaucoma Awareness Month
- Thyroid Awareness Month



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Help us build our indoor snowman this month by taking as many Fitness &amp; Nutrition classes as you can! 50 participants = 1 Addition to our snowman! Stop by the gym this month to see our progress!</p> 		<p>1 <b>CLOSED</b></p> 	<p>2 9:30 Craft Club 10:15 Nutrition Ed: CBD &amp; Medical marijuana for digestion 1:00-3:30 Club Memory</p>	<p>3 2:00: Activity Hour: Learn a Card Game: Tonk</p>
<p>6 10:15 Meal Planning nutrition ed (en espanol) 10:00 Tech Check: Get to Know your Phone 10:15 Martha's Table</p>	<p>7 10:00 Exercising with Limitations</p>	<p>8 1:00 Member Advisory Committee Meeting 10:00 DCPL Music Club</p>	<p>9 9:30 Craft Club 10:15 Nutrition Ed: Identifying sugar for weight loss&amp; maintenace 11:00 Bingo with Terriffic Inc</p>	<p>10 10:15 Food Innovation Friday: What's special about Chia? 2:00: Activity Hour: Board Games</p>
<p>13 10:00 Tech Check: Social Media</p>	<p>14 9-11:30 Diabetes Self Management Group 10:00 Health Edu w/ Austyn &amp; Aunyea 11:00 Golden Corral \$ 10-12pm Grocery+ Roster 12-12:45 Grocery+ Waitlist</p>	<p>15 10:15 Cooking Demo: Testing Temperatures 4 Food Safety! 1:00 New Member Orientation</p>	<p>16 9:30 Craft Club 10:15 Nutrition Ed: Carb counting for blood sugar management 11:00 Bingo with Terriffic Inc 1:00-3:30 Club Memory</p>	<p>17 10:15 Food Innovation Friday: Improve Nutrient Absorption with Ayurvedic Eating 2:00: Activity Hour: Stinky Diaper Game</p>
<p>20 <b>CLOSED</b></p> 	<p>21 9-11:30 Diabetes Self Management Group 10:00 Fitness Gadgets</p>	<p>22 10:30 BFSWC Town Hall</p>	<p>23 9:30 Craft Club 10:15 Nutrition Ed: Nutrition Therapy for loved ones w. HIV/AIDS 11:00 Bingo with Terriffic Inc</p>	<p>24 10:15 Food Innovation Friday: Fermented Foods for Gut Health 2:00: Activity Hour: Candle Making</p>
<p>27 10:00 Tech Check:Creating an Email Address 10:15 Martha's Table 2:15 Tea Time w/ Austyn &amp; Nicole</p>	<p>28 9-11:30 Diabetes Self Management Group 10:00 Senior Medicare Patrol 1:30 BFSWC Movie Afternoon: Hitch</p>	<p>29 10:15 Stress+selfcare workshp w/ Michelle, Nicole &amp; Austyn 1:15 BFSWC Book Club</p>	<p>30 9:30 Craft Club 10:15 Nutrition Ed: Keep off the bloating with low sodium foods! 11:00 Bingo with Terriffic Inc</p>	<p>31 10:15 Food Innovation Friday: How algae can make you stronger 2:00: Activity Hour: Water Marble Art</p>






# Bernice Fonteneau Senior Wellness Center

**Hours of Operation**  
Monday-Friday  
8:30 am – 4:30 pm

**Location:**  
3531 Georgia Avenue NW  
Washington, D.C. 20010  
202-727-0338

**Gym & Computer Lab Hours**  
Monday- Friday  
8:30 am- 4:30



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:00 - (Span)Health Ed</p> <p>10:15 - Tai Chi</p> <p>10:15 - Arts &amp; Crafts</p> <p>11:00 - Chair Stretch &amp; Meditation</p> <p>11:00 - Piano class</p> <p>11:00-1:30 – Social Svcs. - Erin</p> <p><u>LUNCH 11:45 &amp; 12:45</u></p> <p>1:00 - Otago Balance &amp; Stability</p> <p>1:30 - Power Circuit</p> <p>1:30 - “No Waste”</p> <p>2:15 - Watch Club/Card Games</p>	<p>8:45 - Current Events</p> <p>8:45 - Cardio Kickboxing</p> <p>9:30 – Yoga</p> <p>11:00 - Aerobics: Kojak</p>  <p><u>LUNCH 11:45 &amp; 12:45</u></p> <p>1:30 - Fun Fit</p> <p>1:30 - Mind Over Mood w/ Austyn</p> <p>1:30 - Inspiration &amp; Fellowship</p> <p>2:00 - Beginner’s Quilting</p>	<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:15 - Nutrition Ed.</p> <p>10:00 - 12:00 – Reiki</p> <p>11:00 - Line Dancing</p> <p><u>LUNCH 11:45 &amp; 12:45</u></p> <p>1:00 - Otago Balance &amp; Stability</p> <p>1:30 - Sticking Around</p> <p>2:00 – Activity Hour - Crafts w/Jennie</p>	<p>8:45 - Current Events</p> <p>8:45 - Step Aerobics</p> <p>9:30 - Strength Training</p> <p>10:15 - Nutrition Ed.</p> <p>10:45-Healing Circle</p> <p>11:00 - Stretching your Limits</p> <p><u>LUNCH 11:45 &amp; 12:45</u></p> <p>1:30 - Spanish Class</p> <p>1:30 - Arthritis Exercise</p> <p>2:00 Quilting </p> <p>2:30 - Aerobics: Kojak</p>	<p>8:45 - Brain Gym: Word of the Day!</p> <p>8:45 - Boot Camp</p> <p>9:00 - Computer Class</p> <p>9:30 - Walk with Ease</p> <p>10:15 - Nutrition Ed.</p> <p>10:30 - Computer Class</p> <p>11:00 - Butts &amp; Guts</p> <p><u>LUNCH 11:45 &amp; 12:45</u></p>  <p>1:00 - Enhance Fitness: Kojak</p> <p>2:00 – Activity Hour</p>

**Staff:** Michelle Singleton - Director \* Jennifer Guerra-Ortiz - Program Assistant \* Aunyea Carr - Fitness Coordinator \* Nicole Evangelista - Nutrition Educ. Coordinator

**Activity Key:** Pink: Fitness \* Green: Nutrition \* Purple: Health Promotion \* Sky Blue: Consumer Educ. \* Rust: Social Recreation \* Blue: Trips \* Red: Special Events

**Inclement Weather:** Follow DC Public School’s Status in the event of inclement weather

**CALENDAR IS SUBJECT TO CHANGE**

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