

Bernice Fonteneau Senior Wellness Center Calendar

June 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
Jennifer Ortiz- Program Assistant
Sheena Swanner - Nutrition Education Director
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



BFSWC Conquered May with:

- Mother's Day Celebration
- Garden Club on the Rooftop
 - A trip to the Zoo
- Hiking in Rock Creek Park and
 - A trip to Gravelly Point








HAPPY JUNE BIRTHDAYS!!!!

Tsehai Abraha
Gwendolyn Barnes
Zoila Blanco
Molly Britton
Shirley Calhoun
Emery Cameron
Trayci D. Campbell
June Elizabeth Cash
Daniele Chornesky
Edwina Curry
Robert Daniels






Patricia Dozier
Jaloyce Ellis
Roberto Flores
Terrence Gales
Mae Goss
Dennis Hawkes
Sara Hou
Karen Jones
Karen E. A. Kihurani
Deloris Kilgo
Robert Lancaster

Juan Lopez
Tonya Lyles
Byron McNeill
Floria McRayDorothy Martin
Mary Maze
Ana Moreno
Clarence A. Morrow
Barbara Oliphant
Wanda Palmer
Jeri-Aland Patterson
Donald Person
Gloria Schultz




Winston Pierre
Aida Pineiro
Jaime Reyes
Virgil Royal
Vearlie Segears
Paula Torres
Renee Valentine
Benjamin Wesley Vaughan
Ralph Ward
Joy White
Essie Wright
Camilla Younger

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>8:45 Brain Gym - Aunyea 8:45 Aerobics: Adriene 9:30 Enhance Fitness 9:30 Poetry workshop 10:00(Span)Health Ed: Taller de poesia 10:00 Trip: Martha's Table Free Corner Market 10:00 Brain Games Practice 10:15 Tai Chi 10:15 Arts & Crafts 11:00 Chair Stretch & Meditation 11:00 Piano class 11:00 English class: DCPL 11:00-1:30 Social Services: Erin Segal LUNCH 11:45 & 12:45 1:00 Balance &Stability 1:30 Power Circuit 1:30 "No Waste" 1:30 Nutrition Assessments</p>	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10:00 Trip: SW Waterfront 10:15 Nutrition Education: 10 Tips for Aging Well 11:00 Aerobics: Kojak</p>  <p>LUNCH 11:45 & 12:45 1:30 Fun Fit: Beachball Volley Ball 1:30 Mind Over Mood with Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym - Aunyea 8:45 Aerobics: Adriene 9:30 Enhance Fitness 9:30 Solar for All Registration 10:00-12:00 Reiki 10:15:Garden Club 11:00 Line Dancing</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability</p>  <p>1:30 Sticking Around 2:15 Activity Hour: BFSWC Watch Club: Grace & Frankie</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30Strength Training 10-11:30 Diabetes Education Workshop</p> <p>11:00-11:30 Stretching your Limits</p> <p>LUNCH 11:45&12:45</p> <p>Mayor's Town Talk 12:00-1:00 1:00CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting</p>  <p>2:30 Aerobics: Kojak</p> 	<p>8:45 Brain Gym: Word of the Day! 8:45 Boot Camp 9:00 Computer Class 9:30 Walk with Ease</p> <p>10:15 Food Demo: Summer Smoothies 10:30 Computer Class 11:00 Butts & Guts</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Enhance Fitness with Kojak</p>  <p>2:00 Activity Hour:U.H.C. Ice Cream Social and Bingo</p>

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<p>8:45 Brain Gym with Aunyea 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:00 Trip: Wheaton Mall 10:00(Span)Health Ed:Platica en espanol 10:00 Brain Games Practice 10:00 Men's Health Presentation with CHETR 10:15 Tai Chi 10:15 Arts & Crafts 11:00 Chair Stretch & Meditation 11:00 Piano class 11:00 English class: DC Library 11:00-1:30 Social Services: Erin Segal LUNCH 11:45 & 12:45 1:00 Balance&Stability 1:30 Power Circuit 1:30 "No Waste"</p>	<p>8:45 Current Events 8:45 Cardio Kickboxing 9:30 Yoga 10-12 Grocery Plus Pick Up 11:00 Aerobics: Kojak</p>  <p>LUNCH 11:45 &12:45 1:30 Fun Fit: BFSWC Relay Race!(with prizes!) 1:30 Mind Over Mood with Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym with Aunyea 8:45 Aerobics: Adriene 9:30 Enhance Fitness 9:30-Smart Phone 10:00 Trip: Embassy of Guyana 10:15 Nutrition Ed: Men's Health Essential Nutrients 10:00-12:00 Reiki 11:00 Line Dancing LUNCH 11:45 & 12:45 1:00 Member Orientation 1:00 Otago Balance & Stability 1:30 Sticking Around 2:15Create signs for Ms. Senior DC Pageant Activity Hour:</p>	<p>Visit from Bruce Monroe School! BFSWC T-Shirt Day 8:45 Current Events 8:45 Step Aerobics 9:30Strength Training 10:15 Bingo with Marys Center HIV Education Team 11:00 Stretching your Limits LUNCH 11:45&12:45 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting</p>  <p>2:30 Aerobics: Kojak</p> 	<p>No Kojak 8:45 8:45 Brain Gym: Word of the Day! 8:45 Boot Camp 9:00 Computer Class 9:30 Walk with Ease 9:30 Nutrition Ed: USDA Farmers Market Trip 10:30 Computer Class 11:00 Butts & Guts</p> <p>LUNCH 11:45 & 12:45</p>  <p>2:00 Activity Hour:BFSWC Fathers Day Celebration!</p>

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p>8:45 Brain Gym with Aunyea 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:00 Health Ed (Span): Homeowner Foreclosure Prevention 10:00 Brain Games Practice 10:00 Martha's Table Free Corner Market 10:15 Tai Chi 10:15 Arts & Crafts 11:00 Piano class</p> <p>11:00-1:30 Social Services: Erin Segal</p> <p>LUNCH 12:00 (gym)</p> <p>1:00 Otago Balance & Stability 1:30 Power Circuit 1:30 "No Waste" 1:30 Nutrition Assessments</p>	<p>8:45 Current Events 8:45CardioKickboxing 9:30 Yoga 10:00: Trip: US Botanic Gardens 10:15 SNAP-ed: Decreasing Food Expenses 11:00 Aerobics Kojak</p>  <p>LUNCH 11:45 & 12:45 1:30 Mind over Mood with Austyn 1:30 Inspiration & Fellowship 1:30 Fun Fit:Frisbee Fun 2:00 Beginner's Quilting</p>	<p>8:30 Mayor's Annual Senior Symposium 8:45 Brain Gym with Aunyea 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:15 Nutrition Education: How to Reduce Sugar Cravings 10:00-12:00 Reiki 11:00 Line Dancing LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability</p>  <p>1:30 Sticking Around</p>	<p>8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 9:30 - 1:30 Massage w/Nichole 10:00: Trip: Landmark Theater: "Shaft" 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</p>  <p>2:30 Aerobics: Kojak</p>	<p>WEAR PURPLE DAY! Alzheimer's & Brain Awareness 8:45 Brain Gym: Word of the Day! 9:30 Walk with Ease 9:00 Computer Class 11:00 - 1:00 Crab Feast</p>  <p>10:30 Computer Class LUNCH 11:45 & 12:45 1:00 Enhance Fitness- Kojak</p>  <p>2:00 Activity Hour:Name that Tune!</p>

2:15 Activity Hour:
BFSWC Watch Club:
Frankie & Grace

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>8:45 Brain Gym 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:00 Trip: Walmart: Capital Plaza 10:00 Health Ed: Platica en E-spanol 10:00 Brain Games Practice 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 Nutrition Assessments</p>	<p>8:45 Current Events 8:45CardioKickboxing 9:30 Yoga 10:00: Trip: Turkey Thicket Pool Free Swim 10:15 Nutrition Edu:Arthirits Nutrition 11:00 Aerobics Kojak 11:00 - 1:00 Legal Counsel For The Elderly SMP MEDICARE LUNCH 11:45 & 12:45 1:30 Fun Fit:Chair Aerobics 1:30 Mind Over Mood w/Austyn 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting</p>	<p>8:45 Brain Gym with Auynea 8:45Aerobics: Adriene 9:30 Enhance Fitness 10:30 Town Hall Meeting LUNCH 11:45 & 12:45 1:00 Book club 1:00 Otago Balance & Stability 1:30 Sticking Around 2:15 Activity Hour: BFSWC Watch Club: Frankie & Grace 2:00 Tea Time with Austyn and Sheena: Nutrition and Mood</p>	<p>National HIV Testing Day 8:45 Current Events 8:45 Step Aerobics 9:30 Strength Training 10:00 Trip: Mosaic Theater 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>8:30 DPR Senior Fest @ Oxon Run Park 8:45 Brain Gym: Word of the Day! 8:45 Boot Camp 9:00 Computer Class 9:30 Walk with Ease 10:15 Nutrition Bingo! 10:30 Computer Class 11:00 Butts & Guts LUNCH 11:45 & 12:45 1:00 Enhance Fitness- Kojak  2:00 Activity Hour: Pokeno</p>

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

ACTIVITIES:	TRIPS:	SPECIAL EVENTS:
<p>Arts and Craft "No Waste" Group Watch Club: Frankie and Grace</p>	<p>Martha's Table Free Corner Market SW Waterfront Hillwood Estate Museum and Garden Wheaton Mall USDA Farmers Market U.S. Botanic Gardens Atlantic Plumbing Theater Walmart: Capital Plaza Turkey Thicket Pool</p>	<p>DPR Senior Fest BFSWC Father's Day Celebration! Crab Fest</p>

Fitness Goals:

June is Men's Health Month. Stretching your muscles regularly will help you move more efficiently, it can also help you stay injury-free and can relax your muscles, in turn reducing stress. Attending yoga or Pilates classes can help you improve your flexibility. Remember, as a general rule, men's hamstrings, shoulders and lower backs need to be worked on more than other areas of the body, so pay special attention to these parts in flexibility sessions.

Nutrition Goals:

Many delicious fruits and veggies are in season during the summer month. While fruits and veggies are nutritious year-round, they often taste even better and are less expensive when you can get them fresh in-season. Try using seasonal produce to make a salad for lunch or dinner. Creating your own salad is simple and fun! Visit local farmers markets to taste what is in season and support local famrns! Join us on a trip to the USDA Farmers Market on June 14th!

Health Promotion Goal:

June is Cateract Awareness Month. Even if your vision is clear and healthy, make it a priority to schedule yearly eye exams . Routine visits allow your eye care professional to look for signs of cataracts, glaucoma, macular degeneration, and other vision disorders. This early detection just may save your sight!



NATIONAL SAFETY MONTH

