

Bernice Fonteneau Senior Wellness Center

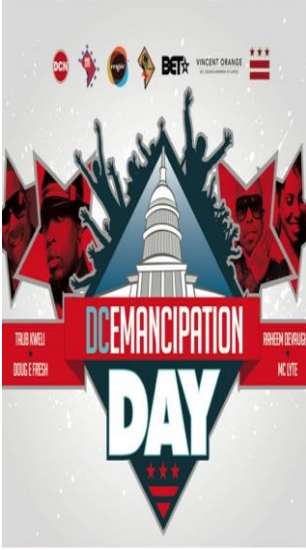
3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

April 2017

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:30 Tai Chi Plant Sale (10:30-1:00) 11:00 GW Health Ed LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability 1:30 Strength Training 2:00 Activity Hour - Puzzle fun 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Self Healing 9:00 B/P Check 9:30 Yoga 10:15-10:45 Men only Group Exercise 10:00 GW Health Ed Plant Sale (10:30-1:00) 11:00 Aerobics w/Kojak 11:00-3:00 Mental Wellness LUNCH 11:45 & 12:45 1:00 Zumba 1:30 Senior Nutrition 1:30 Fitness Assess. 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 OpenGym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 10:00 Trip to Washington Performing Arts 8:45 Enhance Fitness 9:30 Senior Bootcamp 10:00 Reiki 11:00 Oldies but Goodies Dance Party 11:00-11:30 volumetrics wt loss group 12:00 Cookbook meeting LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability 1:00 Nutrition Assess. 1:30 Chair Stretch 2:15 Activity Hour - Card Games 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00 Trip to Dutch Market 10:00-3:00 Social Service Consults 11:00 Step Aerobics 11:00 De-cluttering & downsizing presentation LUNCH 11:45 & 12:45 1:00 CLUB MEMORY 1:30 Arthritis Exercise 2:00 Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 BP Check 9:30 Butts and Guts 10:00 Smoothies 10:30 Computer Class 10:30 Activity Hour: Needles and yarn 11:00 Sticking Around LUNCH 11:45 & 12:45 1:00 Aerobics-Kojak 1:00 Nutrition Assess. 2:00 Social Hour: 3:00 Open Gym</p>

<p>Katie Out Monday 10</p>	<p>Tuesday 11</p>	<p>Wednesday 12</p>	<p>Thursday 13</p>	<p>Friday 14</p>
<p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00 Journaling & Memoir Writing 10:30 DCOA Meeting with the Exec. Dir. 10:30 Tai Chi 11:00 GW Health Ed LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability 1:30 Strength Training 2:00 Activity Hour - carboard jewelry 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:45 Self Healing 9:00 B/P Check 9:30 Yoga 10:15 - 10:45 Mens Exercise 10:00 GW Health Ed 11:00 Trip to Mosaic Theater 10-12 Grocery Plus Pick-Up 11:00 Aerobics - Kojak 11:00 Mental Wellness LUNCH 11:45 & 12:45 1:00 Zumba 1:30 Senior Nutrition 1:30 Fitness Assess. 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp 10:00 Reiki 10:00 Grocery Plus Cooking Class 10:00-11:30 Diabetes 11:00-11:30 Volumetrics wt loss grp 11:00 Fun Fit: Beach Ball Volley Ball LUNCH 11:45 & 12:45 1:00 Member Orientation 1:00 Otago Balance & Stability 1:30 B/P Check 1:30 Chair Stretch 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00 Nutrition in Spanish 10:00 Trip to Franciscan Monastery 11:00 Step Aerobics LUNCH 11:45 & 12:45 1:30 Arthritis Exercise 1:00 Nutrition Assess. 2:00 Quilting – 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts and Guts 10:00 Local Farm and produce offerings 10:30 Computer Class 10:30 Activity Hour: Needles and yarn 11:00 Sticking Around LUNCH 11:45 & 12:45 1:00 Aerobics-Kojak 2:00 Social Hour: 3:00 Open Gym</p>

<p>Monday 17</p>	<p>Tuesday 18</p>	<p>Wednesday 19</p>	<p>Thursday 20</p>	<p>Friday 21</p>
<p>CENTER CLOSED</p> 	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:45 Self Healing 9:00 B/P Check 9:30 Yoga 10:15-10:45 Mens Exercise 10:00 GW Health Ed 10:00 Trip to Mary's Center Fort Totten 11:00 Aerobics - Kojak 11:00 Coloring with Friends 11:00-3:00 Mental Wellness LUNCH 11:45 & 12:45 1:00 Zumba 1:30 Senior Nutrition 1:30 Fitness Assess. 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & BrainGym 8:45 Enhance Fitness 9:15 Thai Cooking Demo 9:30 Senior Boot Camp 10:00-11:30 Diabetes Self-Management 10:30 BFSWC TOWN HALL LUNCH 11:45 & 12:45 1:00 Nutrition Assess 1:00 Otago Balance and Stability 1:30 Chair Stretch 3:00 Open gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 9:30 MOVIE DAY 10:00 Nutrition in Spanish 10:15 - 11:45 Senior Entrepreneurship Program 11:00 Step Aerobics LUNCH 11:45 & 12:45 1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts and Guts 10:30 Food-Drug Interactions 10:30 Computer Class 10:30 Activity Hour: Needles and yarn 11:00 Sticking Around LUNCH 11:45 & 12:45 1:00 Aerobics-Kojak 1:00 Nutrition Assess. 2:00 Social Hour: 3:00 Open Gym</p>

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym</p> <p>8:45 Enhance Fitness</p> <p>9:30 Card-Kickboxing</p> <p>10:00 Journaling & Memoir Writing</p> <p>10:30 Tai Chi</p> <p>11:00 Health Ed</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Balance Stability</p> <p>1:30 Strength Training</p> <p>2:00 Activity Hour: carboard jewelry</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym Computer La</p> <p>8:45 Current Events</p> <p>8:45 Self Healing</p> <p>9:00 B/P Check</p> <p>9:30 Yoga</p> <p>10:15-10:45 Men's Exercise</p> <p>10:00 Nutrition Bingo</p> <p>DCOA Budget Hearing at Wilson Bldg</p> <p>10:30 Trip: Arena Stage</p> <p>11:00 Aerobics - Kojak</p> <p>11:00 - 12:30 Legal Counsel For The Elderly SMP</p> <p>11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba</p> <p>1:30 Senior Nutrition</p> <p>1:30 Fitness Assess</p> <p>2:00 Quilting</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym</p> <p>8:45 Enhance Fitness</p> <p>9:00 Breakfast Club</p> <p>9:30 Senior Boot Camp</p> <p>10:00 Reiki</p> <p>10:00-11:30 Diabetes Self-Management</p> <p>11:00 Activity Hour: Hot Shot Hoops</p> <p>11:00-11:30 volumetrics wt loss group</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Book Club</p> <p>1:00 Otago Balance-Stability</p> <p>1:00 Nutrition Assess</p> <p>1:30 Chair Stretch</p> <p>2:00 Activity Hour: Board Game Bonanza</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 Ease Walk</p> <p>9:30 Core Strength</p> <p>9:30 VOLUNTEER APPRECIATION PROGRAM</p> <p>11:00 Step Aerobics</p> <p>12:30 ESL</p> <p>11:30-3:30 Jada Massage</p> <p>LUNCH 11:45 & 12:41</p> <p>1:00 Nutrition Assess</p> <p>1:30 Spanish Class</p> <p>1:30 Arthritis Exercise Program</p> <p>2:00 Quilting</p> <p>3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym</p> <p>8:45 Butts & Guts</p> <p>9:00 Computer Class</p> <p>9:00 B/P Check</p> <p>9:30 Enhance Fitness</p> <p>10:00 Cooking Demo with Chef Mary</p> <p>10:30 Computer Class</p> <p>10:30 Activity Hour: Needles and yarn</p> <p>11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak</p> <p>1:30 Fitness Assess.</p> <p>2:00 Social Hour: BINGO</p> <p>3:00 Open Gym</p>

April is IBS Awareness Month

Alcohol Awareness Month (Irritable Bowel Syndrome)



HIGHLIGHTS

ACTIVITIES:

- Volunteer Appreciation Program
- Senior Entrepreneurship Program
- DCOA Budget Meeting with Executive Director..
- DCOA Budget Hearing
- Decluttering & Downsizing

TRIPS:

- Washington Performing Arts
- Dutch Market
- Franciscan Monastery
- Mosaic Theater
- Mary's Center - Fort Totten
- Arena Stage

HOURS OF OPERATION:

Monday - Friday
8:30 am - 4:30 pm

Fitness Goal for the Month

There have been a few changes to our group ex. Schedule
 -Enhance Fitness is now at 8:45 Mon, Wed, & Friday
 -Strength Training and Chair Stretch are now both at 1:30 on Mon & Wed
 -Dog Pound (mens only group fitness class is at 9:30 on Tuesday's (all are welcomed)

Nutrition Goal for the Month

Don't overcook or burn your meat. Meat can be a nutritious and healthy part of the diet. It is very high in protein, and contains various important nutrients. The problems occur when meat is overcooked and burnt. This can lead to the formation of harmful compounds that raise the risk of cancer.

Health Goal for the Month

The importance of getting enough quality sleep can not be overstated. It may be just as important as diet and exercise, if not more. Poor sleep can drive insulin resistance, throw your appetite hormones out of whack and reduce your physical and mental performance. Aim to get at least 7 hours of sleep per night..

APRIL HEALTH RECOGNITIONS

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- Oral cancer Awareness Month
- National Cancer Control Month
- Stress Awareness Month

**Please be advised that the daily calendar events are subject to change.
Please check fliers and monitor in lobby for any additions or changes.**

Thank you!

Activity Key:

Green - Nutrition

Pink – Fitness

Red –Special Event

Blue –Trips

Purple- Health Promotion/Consumer Ed

Sky Blue - Consumer Education

Rust - Social Activity

Staff:

Michelle Singleton - Director

Ruth Romero - Administrative Assistant

Katherine Kline - Nutrition Education Director

Aunyea Carr - Fitness Director

**Things to remember:
Plan your day!**