August 2019

Highlights

-Immunization Awareness Month
-Psoriasis Awareness Month
-Gastroparesis Awareness Month

			1 9:00 Arena Stage: ANN $$	2 10:30:THE LION KING $$ 2:00 Activity hour: Connect Four
5 10:00 Martha's Table 10:00 am "Clear Captions" presentation (phone for hearing impaired) 11:00 Brain Games Practice	6 Austyn Out (No Mind over Mood) 10:00 DC WATER: Expanded Customer Assistance Program	7 10:00 National Archives 10:15 - Nutrition Ed: "10 Tips to be Food Safe" 2:00 BFSWC Watch Club	8 10:15 Metro Access Listening Session	9 10:30 Golden Corral $$ 10:15 Nutrition Ed: "Food Preservation: Guide to Canning & Freezing" 2:00 Activity hour: Bingo
12 10:00am AARP Legal Counsel for the Elderly: Legal Clinic 11:00 Brain Games Practice	13 10:00-12:00 Grocery Plus	14 10:00 Mazza Gallery 10:00 Hoarding: Why People Can't Let Go. 1:00 New Member Orientation 2:00 BFSWC Watch Club	15 11:15 Free Diabetes Care Class	16 10:00 Artechouse $$ 10:15 Nutrition Ed: "Food Labels" 2:00 Activity hour: Jewelry Making
19 10:00am: Substance Use/ Abuse 11:00 Brain Games Practice	20 10:00 Museum of the Bible $$ 10:15 Nutrition Ed: "10 Tips to Save More at the Grocery Store"	21 10:30 BFSWC Town Hall	22 10:00 National Museum of African American History &Culture	23 10:30 Union Market $$$ 10:15 Nutrition Ed: "10 Tips - Choosing Healthy Meals as you get Older" 2:00 Activity hour: Vision Boards
26 10:00 Martha's Table 11:00 Brain Games Practice 2:15 Merengue &Cumbia	27 10:15 Farmer's Market visit 11:00am AARP Legal Counsel for the Elderly: Senior Medicare Patrol	28 Wear your BFSWC T-Shirt Day! 10:00 DACL 3rd Annual Brain Games at UDC (finals) 2:00 BFSWC Watch Club	29 10:00 Bullying: What is your Experience? 10:30 First Baptist Church Picnic (Van) 11:30 Diners Club: Lebanese Taverna $$	30 10:00 Hirshhorn Museum 10:15 Nutrition Ed: "My Plate, My Wins Tips: Hacking your Snacks" 2:00 Activity hour: Pictionary

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 pm

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 - Brain Gym 8:45 – Aerobics: Adrienne 9:30 - Enhance Fitness 10:00 - (Span)Health Ed 10:00 - Brain Games Practice 10:15 - Tai Chi 10:15 - Arts & Crafts 11:00 - Chair Stretch & Meditation 11:00 - Piano class 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"	8:45 - Current Events 8:45 - Cardio Kickboxing 9:30 – Yoga 10:15 - Nutrition Ed. 11:00 - Aerobics: Kojak LUNCH 11:45 & 12:45 1:30 - Fun Fit 1:30 - Mind Over Mood w/ Austyn 1:30 - Inspiration & Fellowship 2:00 - Beginner's Quilting	8:45 - Brain Gym 8:45 – Aerobics: Adrienne 9:30 - Enhance Fitness 10:15 - Nutrition Ed. 10:00 - 12:00 – Reiki 11:00 - Line Dancing LUNCH 11:45 & 12:45 1:00 - Otago Balance & Stability 1:30 - Sticking Around 2:00 – Activity Hour	8:45 - Current Events 8:45 - Step Aerobics 9:30 - Strength Training 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	8:45 - Brain Gym: Word of the Day! 8:45 - Boot Camp 9:00 - Computer Class 9:30 - Walk with Ease 10:15 - Nutrition Ed 10:30 - Computer Class 11:00 - Butts & Guts LUNCH 11:45 & 12:45 2:30 - Enhance Fitness: Kojak 2:00 – Activity Hour

Staff Members:
Michelle Singleton – Director
Jennifer Guerra-Ortiz – Program Assistant
Aunyea Carr – Fitness Director
Nicole Evangelista - Nutrition Coordinator

Green - Nutrition
Pink – Fitness
Purple - Health Promotion
Red – Special Events
Sky Blue – Consumer Education
Rust – Social Activities
Blue - Trips

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