



Breast Cancer Awareness Month
Dental Hygiene Awareness Month
Domestic Violence Awareness Month
Liver Awareness Month
Mental Illness Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday
 10/3	1 9:00 Breakfast Club 9:30 Blood Pressure Screening 10:30 Blood Pressure Presentation - GW Nursing 10:30-1:00 "I am Psyched"	2 10:00 Congresswoman Norton's Info Table 10:15 Nutrition News 2:00 Activity Hour: Halloween Decorating	3 10:00 Freedom from Smoking 10:45 Healing Circle 11:00 National Arboretum 1:00 Club Memory 3:00 Mobility Break	4 10:00 Dutch Market 10:15 Domestic Violence Presentation 2:00 Activity Hour: Arts & Crafts w/Jennifer
7 10:00 Breast Health Capital Breast Care Center 10:00 Safe at Home in Spanish 10:15 Martha's Table	8 9:30 Flu Clinic @ BFSWC (Safeway) 10:00-12:00 Grocery Plus	9 10:00 DCPL Music Club 10:15 Food Demo: Food made fun w/Grocery Plus 10:30 Arena Stage - Jitney 1:00 New Member Orientation 2:00 Activity Hour: Halloween Decorating	10 10:00 Freedom from Smoking 10:15 Nutrition Ed: Micronutrients & Multivitamins 10:45 Healing Circle 11:00 Health Ed: Dental Hygiene 2:00 Activity Hour: Halloween Decorating 3:00 Mobility Break	11 10:15 Food Innovation Friday: Zoodle Maker 11:00 Walmart- 2:00 Activity Hour (Nicole)
14 COLUMBUS DAY CLOSED	15 9:30-11 Assessment-Palooza! 11:00 Tanger Outlets (National Harbor)	16 10:00 Census Training for Seniors (DACL) 10:30 Town Hall Meeting 2:00 Activity Hour: Movie Afternoon "Hocus Pocus"	17 9:00-1:00 Massage w/Nichole 10:00 Freedom from Smoking 10:15 Nutrition Ed: Mindful Mealtimes 10:45 Healing Circle 10:30 Miniature Golf 1:00 Club Memory 3:00 Mobility Break	18 10:15 Food Innovation Friday: Air fryer 2:00 Activity Hour: Make a Toy for your Grandkids!
21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED
28 10:15 Martha's Table 11:00 National Chocolate Day Treats 2:15 Tea Time with Austyn & Nicole	29 10:00 Blood Pressure Screening 11:30 Diners Club: Peaches Kitchen (Caribbean)	30 9:00 - 11:30 Chronic Disease Self-Management Program (CDSMP) 10:00 Food Demo: Halloween Extravaganza! 2:00 Activity Hour: Game time!	31 10:00 Nutrition Ed: A Healthy Holiday 10:00 Freedom from Smoking 10:15 Healing Circle 1:30 BFSWC Halloween Costume Contest & Refreshments 3:00 Mobility Break	






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
<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:00 - Health Ed in Spanish</p> <p>10:15 - Tai Chi</p> <p>10:15 - Arts & Crafts</p> <p>11:00 - Chair Stretch & Meditation</p> <p>11:00 - Piano class</p> <p>11:00-1:30 – Social Services: Erin Segal</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:00 - Otago Balance & Stability</p> <p>1:30 - Power Circuit</p> <p>1:30 - “No Waste” Activity Group</p>	<p>8:45 - Current Events</p> <p>8:45 - Cardio</p> <p>Kickboxing</p> <p>9:30 – Yoga</p> <p>11:00 - Aerobics: Kojak</p> <p></p> <p><u>LUNCH 11:45 & 12:45</u></p> <p>1:30 - Fun Fit</p> <p>1:30 - Mind Over Mood w/ Austyn</p> <p>1:30 - Inspiration & 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 & 12:45</u></p> <p>1:00 - Otago Balance & Stability</p> <p>1:30 - Sticking Around</p> <p>2:00 – Activity Hour</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>11:00 - Stretching</p> <p>your Limits</p> <p><u>LUNCH 11:45 & 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 & Guts</p> <p><u>LUNCH 11:45 & 12:45</u></p> <p></p> <p>1:00 - Enhance Fitness: Kojak</p> <p>1:00 – Activity Hour</p>

Staff Members:

Michelle Singleton – Director
Jennifer Guerra-Ortiz – Program Assistant
Aunyea Carr – Fitness Director
Nicole Evangelista - Nutrition Education 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

