

# Bernice Fonteneau Senior Wellness Center

## September 2017 Calendar of Activities



Friday  
1

**Aunyea Out**

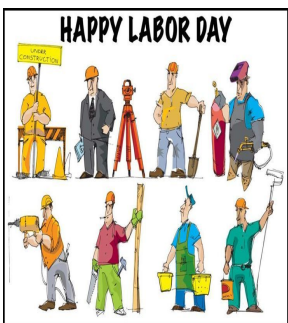
8:30-4:15 Open Gym  
& Computer Lab  
8:45 Coffee & Brain  
Gym  
8:45 Enhance Fitness  
9:30 Butts and Guts  
(Adriene)  
9:00 Computer Class  
9:00 BP Check  
10:00 Volumetrics  
Class  
10:30 Computer Class  
10:00 Activity Hour:  
Needles and Yarn  
11:00 Sticking Around

**LUNCH 11:45 & 12:45**

1:00 Aerobics-Kojak  
2:00 Social Hour  
3:00 Open Gym

Monday  
4

**CENTER  
CLOSED**



**HAPPY  
LABOR DAY**

Tuesday  
5

8:30-4:15 Open Gym  
& Computer Lab  
8:45 Current Events  
8:45 Chair Aerobics  
9:30 Yoga  
10:00 Allergies and  
Intolerances  
10:15 Men's Exercise  
11:00 Aerobics - Kojak  
**11:00-3:00  
Mental Wellness**  
**LUNCH 11:45 & 12:45**

1:00 Zumba  
1:30 Senior Nutrition  
1:30 Inspiration &  
Fellowship  
2:00 AI Green Dance  
Party!  
2:00 Beginner's Quilting  
3:00 Open Gym

Wednesday  
6

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  
11:00 Gym 101: The  
Equipment Basics  
11:00 Georgetown  
Blood Pressure Class  
12:00 Healthy Eating  
Tour of Giant  
**LUNCH 11:45 & 12:45**

**1:00 Advisory  
Committee Meeting**  
1:00 Nutrition Assess.  
1:00 Otago Balance  
and Stability  
1:30 Self Healing  
2:00 Activity Hour -  
crafts with Ruth  
3:00 Open Gym

Thursday  
7

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: Dollar  
Store**  
**10:00-3:00 Social  
Services: Dexter Reed**  
**11:00 Step Aerobics**  
**LUNCH 11:45 & 12:45**

1:30 Spanish Class  
1:30 Arthritis Exercise  
2:00 Quilting  
2:30 Enhance Fitness  
with Kojak  
3:00 Open Gym

Friday  
8

**Bring a Friend Day!**

8:30-4:15 Open Gym  
& Computer Lab  
8:45 Coffee & Brain  
Gym  
8:45 Enhance Fitness  
9:00 Computer Class  
9:30 Butts and Guts  
**10:00 Cookbook  
Release Party!**  
10:30 Computer Class  
10:00 Activity Hour:  
Needles and yarn  
11:00 Sticking Around

**LUNCH 11:45 & 12:45**

1:00 Aerobics-Kojak  
2:00 Social Hour: Bingo  
3:00 Open Gym

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15 <b>Katie Out</b>
<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Services: Erin Segal 10:00 Adult Protective Services 10:30 Tai Chi 10:30 Active Living Every Day (ALED) 11:00 Georgetown Blood Pressure Class</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability 1:30 Strength Training 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga 10:00 Trip: National Quilt Collection NMAH 10-12 Grocery Plus Pick-Up 10:15 Men's Exercise(Basketball at Parkview) 11:00 Aerobics - Kojak 11:00 Coloring with Friends</p> <p>11:00-3:00 Mental Wellness <b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Zumba 2:00 Gym 101: The Equipment Basics 1:30 Senior Nutrition 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp 9:00am-12pm <b>FLU SHOTS</b> 10:00 Reiki 10:00 Dept of Energy: Radon and Mold 11:15 Fun Fit: Oldies But Goodies Dance Party <b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Member Orientation 1:00 Nutrition Assessments 1:00 Otago Balance and Stability 1:30 Self Healing 2:15 Activity Hour: Memory games 3:00 Open gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00-3:00 Social Services: Dexter Reed 10:00 Nutrition in Spanish <b>The Ask Rayceen Show 10:30 am</b> 11:00: Garden Club 11:00 Step Aerobics</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 2:30 Enhance Fitness with Kojak 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts &amp; Guts 10:30 Active Living Every Day 9:00 B/P Check 10:30 Computer Class 10:00 Activity Hour: Needles and yarn 11:00 Sticking Around</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak 1:30 Fitness Assess. 2:00 Social Hour: Name That Song! 3:00 Open Gym</p>

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee&amp;Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 9:00am-12pm <b>FLU SHOTS</b> 9:00 Trip: Apple Picking at the orchard 10:30 Tai Chi 10:30 Office of Consumer Services 10:00-3:00 Social Services: Erin Segal 11:00 United Healthcare Medicare Education 10:30 Active Living Every Day (ALED) <b>LUNCH 11:45 &amp; 12:45</b> 1:00 Otago Balance &amp; Stability 1:30 Strength Training 2:00 Activity Hour: Vision boards 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym Computer Lab</p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga 10:00 Trip: Brookside Butterfly Sanctuary 10:00: Whole Grains Month- taste and learn about whole grains 11:00 Aerobics - Kojak</p> <p>11:00-3:00 Mental Wellness <b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Zumba 1:30 Senior Nutrition 1:30 Inspiration &amp; Fellowship 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee&amp;Brain Gym 8:45 Enhance Fitness 9:30- Senior Boot Camp 10:30 <b>BFSWC TOWN HALL &amp; 3RD QUARTER BIRTHDAYS</b> <b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance Stability 1:00 Nutrition Assess 1:30 Self Healing 2:00 Activity Hour: Backgammon 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 10:00-2:00 "4th Annual Caribbean Festival" with TERRIFIC, Inc. 10:00-3:00 Social Services: Dexter Reed 11:00 Step Aerobics</p> <p><b>LUNCH 11:45 &amp; 12:41</b></p> <p>1:00 Nutrition Assess 1:30 <b>NO</b> Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 2:30 Enhance Fitness with Kojak 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym &amp; Computer Lab</p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts and Guts 10:00 - 2:00 PM <b>FALL PREVENTION DAY</b> 10:00 Activity Hour: Needles and yarn 10:00 TRIP: DPR COMMUNITY HEALTH AND WELLNESS FAIR 10:30 Computer Class 11:00 Sticking Around</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak 1:30 Fitness Assess. 2:00 Social Hour: 3:00 Open Gym</p>

Monday 25	Tuesday 26	Wednesday 27	Thursday 28 <b>Katie Out</b>	Friday 29
<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing <b>10:00-3:00 Social Services: Erin Segal</b> 10:00 Howard Univ SBIRT 10:00 Medicare QMB <b>10:00 Trip: Hiking at Rock Creek Park</b> 10:30 Tai Chi <b>11:00 Grand Parents Support Group</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Otago Balance &amp; Stability 1:30 Strength Training 2:15 Activity Hour - Crafts with Ruth 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Chair Aerobics 9:30 Yoga <b>10:00 Trip: Anacostia River Keeper</b> 10:00 Nutrition Bingo 10:15 Men's Exercise 11:00 Aerobics - Kojak</p> <p><b>11:00-3:00 Mental Wellness</b> <b>11:00 - 12:30 Legal Counsel For The Elderly SMP</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Zumba 1:30 Senior Nutrition 2:00 Beginner's Quilting 1:30 Inspiration &amp; Fellowship 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:30- Senior Boot Camp 10:00 Reiki 10:00 Malnutrition Awareness Week 11:00 Fun Fit: Football at Parkview</p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p><b>1:00 Book Club</b> 1:00 Nutrition Assess 1:00 Otago Balance Stability 1:30 Self Healing 2:00 Activity Hour: Monopoly 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Current Events 8:45 Walk with Ease 9:30 Core Strength 9:30 Movie Day <b>10:00-3:00 Social Services: Dexter Reed</b> <b>11:00 Trip: Live Concert on the Plaza</b> 11:00 Step Aerobics <b>11:30-3:30 Jada Massage</b></p> <p><b>LUNCH 11:45 &amp; 12:41</b></p> <p>1:00 Nutrition Assess 1:30 <b>NO</b> Spanish Class 1:30 Arthritis Exercise Program 2:00 Quilting 2:30 Enhance Fitness with Kojak 3:00 Open Gym</p>	<p><b>8:30-4:15 Open Gym &amp; Computer Lab</b></p> <p>8:45 Coffee &amp; Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts and Guts 10:00 Cooking Demo: Veggies from Garden 10:30 Computer Class 10:00 Activity Hour: Needles and yarn 10:30 Active Living Every Day (Last Class)</p> <p><b>11:00 Sticking Around</b></p> <p><b>LUNCH 11:45 &amp; 12:45</b></p> <p>1:00 Aerobics-Kojak 2:00 Fun Fit: Musical Chairs 2:00 Social Hour: Taboo 3:00 Open Gym</p>

## HIGHLIGHTS

<p><b>ACTIVITIES:</b></p> <p>The Ask Rayceen Show Bring a Family Member or a Friend Day Crafts with Ruth Vision Boards Quilting</p>	<p><b>TRIPS:</b></p> <p>Dollar Store Museum of American History Brookside Butterfly Sanctuary Apple Picking Anacostia Riverkeeper Rock Creek Park Concert on the Plaza</p>	<p><b>Location:</b></p> <p>3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338</p> <p><b>Hours of Operation:</b></p> <p>Monday - Friday 8:30 am - 4:30 pm</p> <p><b>Inclement Weather:</b></p> <p>Center follows DC Public School's status in the event of inclement weather</p>
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**Fitness Goal for the Month**

September is healthy aging month & Aunyea would like to encourage all our participants to share their age defying fitness, weightloss & health improvement stories with your BFSWC Family! Throughout the month we will be collecting stories & displaying them throughout the center. Before & after pictures are welcomed!

**Nutrition Goal for the Month**  
**This month is Fruits and Veggies- More Matters Month.”**  
**Aim for filling half your plate with fruits and vegetables.**  
**Enjoy fruits and vegetables fresh, frozen, or canned.**

**Health Goal for the Month**  
You will be able to get free flu shots here at BFSWC in September.

**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!**