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Senior Wellness Center
 3531 Georgia Avenue NW
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Michelle Singleton
 Director

Nellie Pate
 Administrative
 Assistant

Deborah Parker
 Fitness Director

Lan Nguyen
 Nutrition Education Director

Hours of Operation:
Monday – Friday
8:30-4:30 PM



Managed by
 Mary's Center



Supported
 by DC Office
 on Aging



www.maryscenter.org

FONTENEAU EXPRESS

Newsletter/Calendar

September 2013

*"Life is not merely to be
 alive, but to be well."*

**Fon'tastic
 Happenings**

They're Here!!! by M. Singleton

After more than a year of discussions, negotiations, and partnering, patience has paid off and the rooftop garden boxes are here! Thanks to the support of Mark Chambers, the Sustainability Manager at the Department of General Services and the knowledge and superb craftsmanship of DC Greenworks, the rooftop is blooming to the delight of the BFSWC members and the Garden Club in particular. These garden boxes bring with them many opportunities for skill development, socialization, and the ability to sustain our own nutrition program.

A very heartfelt thank you to **everyone** who has supported this project!



**Construction Completed.
 First Plants!**



**Aug. 6th
 Watch Them Grow!!!**



Aug. 29th



**Ms. Lloyd uses a house
 plant to demonstrate a
 lesson on family
 relationships.**

Life Coach Helps to Manage Life's Challenges by D. Parker

BFSWC is the first Senior Wellness Center to form a partnership with the Women's Win Organization to develop and facilitate workshops entitled "Chat with a Life Coach". These workshops are in depth opportunities to seek inner reflection/evaluations that nurture and promote the learning of new life skills.

"Chat with a Life Coach" is led by Saymendy Lloyd, a dynamic skilled trainer, seminar leader and an activist. Our previous sessions have touched on subjects such as auditing one's life to identify areas that warrant attention and the pruning process for growth and removal of Life's unexpected, challenging, circumstances. We welcome Ms. Lloyd the first Wednesdays of every month at 11 am.

BFSWC Book Club Flourishes by B. Moore

The BFSWC Library/Book Club Museum got off to a rousing  start in May, 2012. We were all pleasantly surprised  to realize that the BFSWC Book Club had reviewed 14 books, since its inception.

Our most recent book was entitled "American Grown" by First Lady, Michelle Obama. The Lead Reviewer for Mrs. Obama's book was Lan Nguyen. The book was well received

by those in attendance and there was much discussion about the content of the book. 

The BFSWC Library and Book Club Museum also has on display, memoirs of BFSWC members. Members are urged to visit the Library/Book Club Museum, located on the 3rd floor in suite 305.



DJ Black Gold

Great Music!

Around the Center



SMOOTH MOVES!
GOOD FOOD!

Good Times at the Happy Hour held on Friday, August 16th!

In August

Thanks to Sarah von Pollaro of Urban Petals, BFSWC Members had a wonderful opportunity to be part of the marriage of Joe and Lan Nguyen by creating the beautiful floral arrangements used at the wedding ceremony and reception on Sunday, August 4, 2013.

September Calendar - Subject to Change

MONDAY 2	TUESDAY 3 <u>All Day Weigh-Ins(Lan)</u>	WEDNESDAY 4 <u>All Day Weigh-Ins (Lan)</u>	THURSDAY 5 <u>All Day Weigh-Ins(Lan)</u>	FRIDAY 6
 	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Mat Class</p> <p>9:30 Living Well – “Do You Need to Lose Weight?” (Lan)</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Wellness for All</p> <p>11:45 Talk & Walk</p> <p>12:00 Lunch</p> <p>1:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 Nutrition Counseling</p> <p>3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Stepper-cize</p> <p>9:00 Ab-Licious Workout</p> <p>9:00 Brain Fitness</p> <p>9:30 Learning to Read the Food Label (Lan)</p> <p>10:30 Chair Aerobics/Stretch & Tone</p> <p>11:00– “Chat with a Life Coach” - Ms. Lloyd</p> <p>11:45 Talk & Walk</p> <p>12:00 Lunch</p> <p>1:00 DC Water – Free Water Awareness Workshop</p> <p>2:00 Dancing for Life –</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Chair Yoga</p> <p>9:30 Garden Club</p> <p>10:00 Mat Class</p> <p>10:00 HU Focus Group</p> <p>11:00 Aerobics Combo</p> <p>11:30 Massage by Jada</p> <p>11:30 Glee Club Meeting</p> <p>11:45 Meditation</p> <p>11:45 Talk & Walk</p> <p>12:00 Lunch</p> <p>1:00 Nutrition Counseling</p> <p>1:00 Senior Smart 911</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Trip to Wal-Mart</p> <p>8:30 Strength Training</p> <p>9:00 Brain Fitness</p> <p>9:30 Movie Day</p> <p>11:00 Arthritis/Low Impact Aerobics</p> <p>11:00 Computer Training (1st Session)</p> <p>11:45 Talk & Walk</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics with Kojak</p> <p>2:00 – 3:30 Functional Health Assessments (Deborah)</p>

September Calendar - Subject to Change

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Mental Aerobics with Deborah</p> <p>1:00 Environmental Art</p> <p>1:00 Mary Center Volunteer Training</p> <p>1:00 F.I.T. Relationships</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Mat Class</p> <p>9:00 Reflexology</p> <p>9:30 Living Well – Physical Therapy Presentation (Dr. Henderson)</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 Beginner's Quilting Class</p> <p>2:00 Nutrition Counseling</p> <p style="text-align: center;">3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Ab-Licious Workout </p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 "The Social Hour" Card Games</p> <p>2:00 Dancing for Life – </p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Chair Yoga</p> <p>9:30 Garden Club:</p> <p>10:00 Mat Class</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>11:00 Aerobics Combo</p> <p>11:30 Glee Club Meeting</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition Counseling</p> <p>1:00 Fitness Education/Fun</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Strength Training </p> <p>9:00 Brain Fitness</p> <p>9:00 Trip to Library of Congress/U.S. Capitol Visitors Center</p> <p>11:00 Arthritis/Low Impact Aerobics</p> <p>11:00 Computer Training (1st Session)</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics with Kojak</p> <p>2:00 Reiki Share</p> <p style="text-align: center;">2:00 – 3:30 Functional Health Assessments (Deborah)</p>

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Mental Aerobics with Deborah</p> <p>1:00 Environmental Art</p> <p>1:00 F.I.T. Relationships</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p style="text-align: center;">Lan's Out</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Mat Class</p> <p>9:45 Living Well – 10:00 am - 2:00 pm Vision Screenings Columbia Lighthouse for the Blind I-Van</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 Nutrition Counseling</p> <p>2:00 Beginner's Quilting Class</p> <p style="text-align: center;">3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Ab-Licious Workout </p> <p>9:30 "Cutting Calories with Ingredient Substitutions"</p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p style="text-align: center;">1:00 Town Hall Meeting & 3rd Quarter Birthday Celebration</p> <p></p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00-4:00 AARP Driver's Safety Course</p> <p>9:00 Chair Yoga</p> <p>9:30 Garden Club</p> <p>10:00 Mat Class</p> <p>10:00 Reiki with Alis</p> <p>11:00 Aerobics Combo</p> <p>11:30 Glee Club Meeting</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition Counseling</p> <p>1:00 – Adult Protective Services Presentation</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>9:00 Movie Day – "Go Grandriders"</p> <p style="text-align: center;">11:00-2:00 End of Summer Cookout</p> <p style="text-align: center;"></p> <p>11:00 Computer Training (1st Session)</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics with Kojak</p> <p style="text-align: center;">2:00 – 3:30 Functional Health Assessments (Deborah)</p>

September Calendar - Subject to Change

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:00 Fall Prevention Screenings</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 <i>Mental Aerobics with Deborah</i></p> <p>1:00 Environmental Art</p> <p>1:00 Mary Center Volunteer Training</p> <p>1:00 F.I.T. Relationships</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Crouching Tiger Practice</i></p> <p>9:00 Reflexology</p> <p>9:00 Mat Class</p> <p>9:45 Living Well – Portion Control: Don't Go Overboard (Lan)</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>12:45 Book Club</p> <p>1:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 Beginner's Quilting Class</p> <p>2:00 Nutrition Counseling</p> <p style="text-align: center;">3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Ab-Licious Workout</p> <p>9:00 Brain Fitness</p> <p style="text-align: center;"></p> <p>9:30 Brain Health & Your Diet (NIH, ACL, CBC)</p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:00 Garden Club Monthly Mtg. (Mandatory)</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 "The Social Hour" - Board Games</p> <p>2:00 Dancing for Life – </p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Crouching Tiger Practice</i></p> <p>9:00 Chair Yoga</p> <p>9:30 Feel Full on Fewer Calories (Lan)</p> <p>10:00 Mat Class</p> <p>11:00 Aerobics Combo</p> <p>11:30 Glee Club Meeting</p> <p>11:30 Massage by Jada</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition Counseling</p> <p>1:00 Fitness Education/Fun</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Strength Training </p> <p>8:30 Trip to Dutch Market & Dollar Tree</p> <p>9:00 Brain Fitness</p> <p>11:00 Computer Training (1st Session)</p> <p>11:00 Arthritis/Low Impact Aerobics</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics with Kojak</p> <p style="text-align: center;">2:00 – 3:30 Functional Health Assessments (Deborah)</p>

MONDAY 30
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:00 Trip to Charlestown Hollywood Casino.</p> <p>8:30 <i>Stepper-cize</i></p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 <i>Mental Aerobics with Deborah</i></p> <p>1:00 Environmental Art</p> <p>1:00 F.I.T. Relationships</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>

Ready to March



Members attend DC Rally for Statehood during the Celebration of the 50th Anniversary Celebration on Saturday, August 24, 2013.



The "Grandriders," Taiwanese seniors, share the experience of their 700 mile scooter ride across Taiwan. Learn more on September 20th!



Special Events in September

Book Club Meeting
Tuesday, September 24th at 12:45
"Who Moved My Cheese" by Spencer Johnson, M.D. will be discussed. Deborah Parker will be the Lead Reviewer. We will see you there!

End of Summer Cookout
Friday, September 20th
11:00 am – 2:00 pm



Trip to Charlestown Hollywood Casino
Monday, September 30th



Cost: \$22.00