Bernice Fonteneau Senior Wellness Center
3531 Georgia Avenue NW
Washington, DC 20010
(202)-727-0338

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

July 2013

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

Fon'tastic Happenings

Growing Season at BFSWC

BFSWC Garden Club has worked diligently watering and weeding to maintain the donated garden plots located at Wangari Gardens. Their efforts have paid off as the vegetables are being harvested and for prepared for sampling by all!

Members have also enjoyed vegetation in another form thanks to the generosity of member Jose Lovos and the beautiful flowers he planted and continues to nurture. The lovely flower bed at the front of the Center has been admired and photographed by members of the community.

Thanks to everyone for your hard work and commitment!

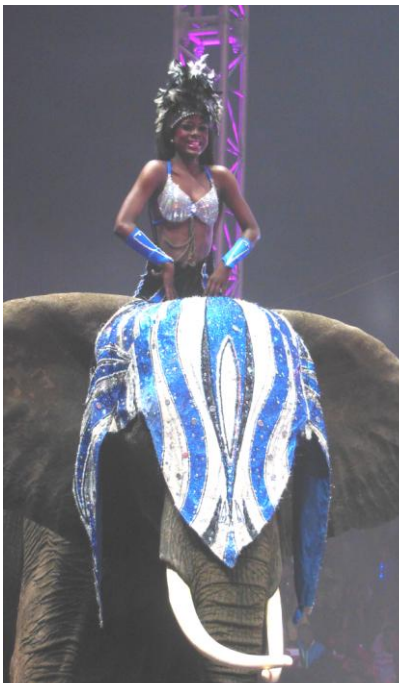
A sign made by Joyce Brown marks the BFSWC plots.

Fun & Entertainment at the Center

BFSWC members enjoyed a performance and a Sing-A-Long with Guitarist & Vocalist Steven Walker. The entertainment was sponsored by WPAS.

UP CLOSE & PERSONAL!!!

BFSWC members watched the UniverSoul Circus from ringside seats on Thursday, June 6th.

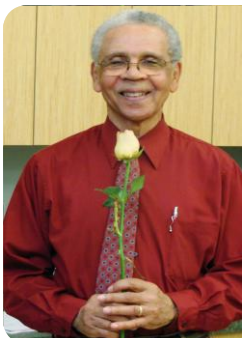


Game Day

Student intern, Willy Almorzord, challenges members to a game of Jenga!

Guys Looking Good in Their Ties!!!

A Coffee Klatch was held on Wednesday, June 12, 2013 to honor fathers. The BFSWC men demonstrated that they are dapper, energetic and suave. A competitive game of trivia was enjoyed by all. Entertainment was provided by Charles Ambrose and Coro de Amigos. Everyone enjoyed healthy and delicious refreshments. What a way to celebrate Men's Health Week!!!



MONDAY 1	TUESDAY 2 All Day Weigh-Ins	WEDNESDAY 3 All Day Weigh-Ins	THURSDAY 4 All Day Weigh-Ins	FRIDAY 5
8:30-4:15 Open Gym & Computer Lab **8:30** *Stepper-cize & Basketball* **8:30 Trip to Wal-Mart & Dollar Trip** **9:00** Brain Fitness **9:30** Strength Training **10:00 Reiki with Ruth** **10:30** Chair Aerobics & Chair Stretch **11:30** Crochet **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Card/Board Games **1:00 Environmental Art** **1:00 F.I.T. Relationship** **2:00** Mental Aerobics **2:30 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **8:30 Health Counseling** **9:00** Mat Class **9:00-12:00 Reflexology** **9:45 Living Well: *"Clinical Depression"*** **10:25** Tai Chi **11:00 Aerobics with Kojak** **11:00** Nutrition Counseling **11:00 Sign Language Class** **11:00** Wellness for All **11:45** *Talk & Walk* **12:00 Lunch** **12:00 Mayor Vincent Gray's Visit** **1:**30 Inspiration and Fellowship Group **2:00** *"Glee"* Club Meeting **3:00 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** *Stepper-cize & Basketball* **9:30** Ab-Licious Workout **9:00** Brain Fitness **9:00 Cooking Matters** **11:00 Ms. Lloyd – Life Coach** **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:30 Card Games** **2:00** Dancing for Life – Zumba Gold **3:00** Staff Meeting	**Center Closed** **Happy Independence Day** 	**8:30-4:15 Open Gym & Computer Lab** **8:30** Strength Training **9:00** Brain Fitness **9:30** Water Aerobics-Register **11:00 "Joy of Motion" with Tyrone** **11:00** Computer Training (1st Session) **11:30 Wii** **12:00 Lunch** **11:45** *Talk & Walk* **12:30** Computer Training (2nd Session) **12:30** Arthritis class **1:00 Aerobics *with* Kojak** **2:00 – 3:30 Functional Health Assessments** (Deborah)

July Calendar - Subject to Change

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
8:30-4:15 Open Gym & Computer Lab **8:30** *Stepper-cize & Basketball* **9:00** Brain Fitness **9:30 Trip to the Kennedy Center for a Guided Tour** **9:30 "On the Road" Diabetes Program (Follow-up)** **9:30** Strength Training **10:00 Reiki with Ruth** **10:30** Chair Aerobics & Chair Stretch **11:30** Crochet **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Card/Board Games **1:00 Environmental Art** **1:00 F.I.T. Relationship** **2:00** Mental Aerobics **2:30 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **8:30 Health Counseling** **9:00** Mat Class **9:30 Living Well – *"Caregivers Workshop"*** **10:25** Tai Chi **11:00 Aerobics with Kojak** **11:00** Nutrition Counseling **11:00 Wellness for All** **11:45** *Talk & Walk* **12:00 Lunch** **1:00 "Preventing Falls" (Spanish)** **1:00** Arthritis Exercise Class **1:30** Inspiration and Fellowship Group **2:00 "Glee" Club Meeting** **3:00 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** *Stepper-cize & Basketball* **9:30** Ab-Licious Workout **9:00** Brain Fitness **9:00 Cooking Matters** **10:30** Chair Aerobics **11:00** Stretch & Tone **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 "BLINGO" Game** **1:30 Card Games** **2:00** Dancing for Life – Zumba Gold **3:00** Staff Meeting	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **9:00** Chair Yoga **9:30 Garden Club** **10:00** Mat Class **11:00** Aerobics Combo **11:30 Massage with Jada** **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Nutrition News** **1:00 Financial Fitness Workshop** **1:30 Wii** **2:00** Quilting **3:00 Fitness Assessments & Counseling** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** Strength Training **9:00** Brain Fitness **9:30** Water Aerobics **11:00 "Joy of Motion" with Tyrone** **11:00** Computer Training (1st Session) **11:30 Wii** **12:00 Lunch** **11:45** *Talk & Walk* **12:30** Computer Training (2nd Session) **12:30** Arthritis class **1:00 Aerobics *with* Kojak** **2:00 – 3:30 Functional Health Assessments** (Deborah)

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
8:30-4:15 Open Gym & Computer Lab **8:30** *Stepper-cize & Basketball* **9:00** Brain Fitness **9:30 Trip to National Building Museum for Mini Golf** **9:30** Strength Training **10:00 Reiki with Ruth** **10:30** Chair Aerobics & Chair Stretch **11:30** Crochet **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Card/Board Games **1:00 Environmental Art** **1:00 F.I.T. Relationship** **2:00** Mental Aerobics **2:30 – 3:30 Functional Health Assessments** (Deborah	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **8:30 Health Counseling** **9:00** Mat Class **9:00-12:00 Reflexology** **9:45 Living Well "Reviewing OTCs"** **10:25** Tai Chi **11:00 Aerobics with Kojak** **11:00** Nutrition Counseling **11:00** Wellness for All **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Arthritis Exercise Class **1:30** Inspiration and Fellowship Group **2:00** "Glee" Club Meeting **3:00 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** *Stepper-cize & Basketball* **9:30** Ab-Licious Workout **9:00 Cooking Matters** **10:30** Chair Aerobics **11:00** Stretch & Tone **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:30** Card Games **2:00** Dancing for Life – Zumba Gold **3:00** Staff Meeting	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **9:00** Chair Yoga **9:30 Garden Club** **10:00 Reiki with Alis** **10:00** Mat Class **11:00** Aerobics Combo **11:00 Hepatitis (Terrific Inc)** **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Financial Fitness Workshop** **1:30 Wii** **2:00** Quilting **3:00 Fitness Assessments & Counseling** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** Strength Training **9:00** Brain Fitness **9:30** Water Aerobics **11:00 "Joy of Motion" with Tyrone** **11:00** Computer Training (1st Session) **11:30 Wii** **11:30 Orientation** **12:00 Lunch** **11:45** *Talk & Walk* **12:30** Computer Training (2nd Session) **12:30** Arthritis class **1:00 Aerobics *with* Kojak** **2:00 Reiki Practitioner Meeting** **2:00 – 3:30 Functional Health Assessments** (Deborah)

July Calendar - Subject to Change

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
8:30-4:15 Open Gym & Computer Lab **8:30** *Steppe-cize & Basketball* **9:00** Brain Fitness **9:30** Strength Training **10:00 Reiki with Ruth** **10:30** Chair Aerobics & Chair Stretch **11:30** Crochet **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Ice Cream Social Sponsored by Office of Councilmember Anita Barnes** **1:00** Card/Board Games **1:00 Environmental Art** **1:00 F.I.T. Relationship** **2:00** Mental Aerobics **2:30 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **8:30 Health Counseling** **9:00** Mat Class **9:45 Living Well: *"Summer Health"* (Spanish)** **11:00** Wellness for All: ***"Summer Health"* (English)** **10:25** Tai Chi **11:00 Aerobics with Kojak** **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Arthritis Exercise Class **1:30** Inspiration and Fellowship Group **2:00** *"Glee"* Club Meeting **3:00 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** ***8:30*** *Stepper-cize & Basketball* **9:30** Ab-Licious Workout **9:00 Cooking Matters** **10:30** Chair Aerobics **11:00** Stretch & Tone **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Town Hall Meeting** **3:00** Staff Meeting	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **9:00** Chair Yoga **10:00 VICTORS Project Focus Group "Stroke Awareness"** **10:00 Garden Club** **10:00** Mat Class **11:00** Aerobics Combo **11:30 Massage with Jada** **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Financial Fitness Workshop** **1:00 Nutrition News** **11:00-1:00** AARP Legal Counsel for the Elderly Counseling Sessions **1:00** Wii **2:00** Quilting **3:00 Fitness Assessments & Counseling** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** Strength Training **8:30 Trip to Dutch Market** **9:00** Brain Fitness **9:30** Water Aerobics **11:00 "Joy of Motion" with Tyrone** **11:00** Computer Training (1st Session) **11:30** Wii **11:45** *Talk & Walk* **12:00 Lunch** **12:30** Computer Training (2nd Session) **12:30** Arthritis Class **1:00** Aerobics *with* **Kojak** **2:00 – 3:30 Functional Health Assessments** (Deborah)

MONDAY 29	TUESDAY 30	WEDNESDAY 31
8:30-4:15 Open Gym & Computer Lab **8:30** *Steppr-cize & Basketball* **9:00** Brain Fitness **9:30** Strength Training **10:00 Reiki with Ruth** **10:30** Chair Aerobics & Chair Stretch **11:30** Crochet **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00** Card/Board Games **1:00 Environmental Art** **1:00 F.I.T. Relationship** **2:00** Mental Aerobics **2:30 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30 Crouching Tiger Practice** **8:30 Health Counseling** **9:00** Mat Class **9:45 Living Well: *"Bone Density"*** **10:25** Tai Chi **11:00 Aerobics with Kojak** **11:00** Nutrition Counseling **11:00** Wellness for All **11:45** *Talk & Walk* **12:00 Lunch** **12:45 Book Club** **1:00** Arthritis Exercise Class **1:30** Inspiration and Fellowship Group **2:00** "Glee" Club Meeting **3:00 – 3:30 Functional Health Assessments** (Deborah)	**8:30-4:15 Open Gym & Computer Lab** **8:30** *Stepper-cize & Basketball* **9:30** Ab-Licious Workout **9:00 Cooking Matters** **10:30** Chair Aerobics **11:00** Stretch & Tone **11:45** Meditation **11:45** *Talk & Walk* **12:00 Lunch** **1:00 Game Day** **3:00** Staff Meeting

Summertime: Healthy Tips to Staying Cool and Well

June 21, 2013, marked the first day of summer with the temperatures reaching just 82 degrees. As we see a rise in the temperature, we will see our levels of perspiration increasing as well. Making sure we are well hydrated during the summer months is extremely important. Our bodies are around ¾ water by volume, and proper hydration is critical for optimal body functioning. Drinking the standard of eight 8-oz glasses each day is a great way of helping the body to function properly. Drinking coffee or alcohol will actually make you lose more water, and soda and juice will start to pad on the calories.

Some of the signs of dehydration or heat exhaustion include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion or fainting. If these signs are present seek a cooling center, drink cool water or juice. Apply cold compresses and call for medical assistance if necessary.

Wear lightweight and loose fitting clothes. Lighter colors and cotton materials are best for warm weather. Wear U/V skin protection, a wide-brimmed hat or use an umbrella to protect from overexposure to the sun.