

Bernice Fonteneau Senior Wellness Center

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

February 2016

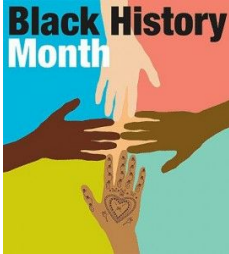
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch</p> <p>9:30 Trip to see "Broken Memories" 10:00 Lifestyle Balance w/ Medstar</p> <p>10:00 Journaling & Memoir Writing 10:30 Tai Chi</p> <p>11:00 Nutrition w/ TERRIFIC, Inc.</p> <p>12:00 LUNCH 1:00 Sewing class 1:30 Enhance Fitness 2:15 Beginner Ball 4:00 Planning 4:30 Close</p>	<p>2 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Yoga@Y. Hgts 10:00 Reiki 10:00 SMART / UDC 11:00 Aerobics/Kojak.</p> <p>12:00 LUNCH</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration & Fellowship</p> <p>1:30 FBSC Group</p> <p>2:00 Nutrition Counsel.</p> <p>2:00 Beginner Quilting</p> <p>4:00 Planning 4:30 Close</p>	<p>3 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch</p> <p>8:45 Zumba</p> <p>9:30 Healthy Eating Every Day (HEED)</p> <p>11:00 Chair Stretch</p> <p>12:00 LUNCH 1:30 Enhance Fitness 2:00 Macrame bracelets</p> <p>2:00 Nutrition Counsel.</p> <p>4:00 Planning 4:30 Close</p>	<p>4 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Butts & Guts</p> <p>10:00-3:00 Social Service Consults 10:15 Heart Month: Test Your Salt Savvy 10:30 Trip to Museum of Natural History to see Nature's Best Photography Windland 10:45 Core Strength</p> <p>12:00 LUNCH CLUB MEMORY 1:00-3:00 1:00 Spanish Class 1:00 Aerobics w/Kojak 2:00 Nutrition Counsel. 2:00 Quilting – Rm B01 2:00 Activity Hour – 4:00 Planning 4:30 Close</p>	<p>5 WEAR RED DAY 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch 9:00 Computer Class 9:30 Enhance Fitness 9:30 Heart Health Presentation + Parfait</p> <p>10:30 AM DCOA TOWN HALL 10:30 Computer Class</p> <p>11:00 Crochet, circle loom, knitting</p> <p>12:00 LUNCH 1:00 Aerobics w/Kojak 2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>
<p>8 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch</p> <p>10:00 Lifestyle Balance w/ Medstar 10:00 Reiki Share 10:30 Tai Chi 11:00 Nutrition w/ TERRIFIC, Inc.</p> <p>12:00 LUNCH 1:00 Sewing class 1:30 Enhance Fitness 2:15 Beginner Ball 4:00 Planning 4:30 Close</p>	<p>9 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Yoga@YogaHgts 10:00 Reiki 10:00 Smart w/ UDC 11:00 Aerobic Kojak 11:00 Staff Meeting</p> <p>12:00 LUNCH</p> <p>1:00 Arthritis/Aerobics 1:30 Inspiration & Fellowship 1:30 FBSC Group. 2:00 Lunar New Year Celebration + Social 2:00 Beginner's Quilting 4:00 Planning 4:30 Close</p>	<p>10 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch 8:45 Zumba 9:30 Healthy Eating Every Day (HEED) 9:30 Member Orientation 10:00 Trip to Archives to see "The Long Emancipation" 11:00 Chair Stretch 12:00 LUNCH 2:00 Macrame bracelets</p> <p>2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>	<p>11 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Butts & Guts</p> <p>10:00-3:00 Social Service Consults 10:00 Hypertension + Heart Disease w/ Georgetown University 10:45 Core Strength</p> <p>12:00 LUNCH 1:00 Aerobics w/Kojak 1:00 Spanish Class 2:00 Nutrition Counsel. 2:00 Quilting – Rm B01 2:00 Activity Hour – 4:00 Planning 4:30 Close</p>	<p>12 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch 9:00 Computer Class 9:30 Enhance Fitness 10:00 Trip to Gala Theater to see: Señorita & Madam 10:15 Heart Month: Omega 3 + Omega 6 Fatty Acids 10:30 Computer Class 10:45 Wii Fit 11:00 Crochet, circle loom, knitting 11:15 Low Impact Aerobics Video 12:00 LUNCH 1:00 Aerobics w/Kojak 2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>

<p style="text-align: center;">15</p> <p style="text-align: center;">CENTER CLOSED</p>  <p style="text-align: center;">FOR PRESIDENT' S DAY</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Yoga @ Yoga Hgts 10:00 Reiki 10:00 SMART w/ UDC 11:00 Aerobics w/Kojak</p> <p style="text-align: center;">12:00 LUNCH</p> <p>1:00 Arthritis/Low Impact Aerobics 1:30 Inspiration and Fellowship Group 1:30 FBSC Group 2:00 Nutrition Counseling 2:00 Beginner's Quilting 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch 8:45 Zumba 10:00 Wellness Group (Spanish) 9:30 Healthy Eating Every Day (HEED)</p> <p style="text-align: center;">10:30 BFSWC TOWN HALL</p> <p style="text-align: center;">12:00 LUNCH</p> <p>1:30 Enhance Fitness 2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Butts & Guts 10:00-3:00 Social Service Consults 10:15 Cooking Demo: Dark Chocolate 10:15 Trip to Publick PlayHouse to see: "Queen Nur's Voices Of Courage" 10:45 Core Strength 12:00 LUNCH 1:00 Journaling & Memoir Writing CLUB MEMORY 1:00-3:00 1:00 Aerobics w/Kojak 1:00 Spanish Class 2:00 Quilting – Rm B01 2:00 Nutrition Counsel 2:00 Activity Hour – 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch 9:00 Computer Class 9:30 Enhance Fitness 10:15 Heart Month: Walk for your Heart 10:30 Computer Class 10:45 Wii Fit 11:00 Metro presentation 11:00 Activity Hour - Crochet, circle loom 11:15 Low Impact Aerobics Video</p> <p style="text-align: center;">12:00 LUNCH</p> <p>1:00 Aerobics w/Kojak 2:00 Game day 4:00 Planning</p>
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<p style="text-align: center;">Monday 22</p>	<p style="text-align: center;">Tuesday 23</p>	<p style="text-align: center;">Wednesday 24</p>	<p style="text-align: center;">Thursday 25</p>	<p style="text-align: center;">Friday 26</p>
<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch</p> <p>10:00 Lifestyle Balance w/ MedStar 10:30 Tai Chi 11:00 Nutrition w/ TERRIFIC, Inc. 12:00 LUNCH</p> <p>1:00 Sewing class 1:30 Enhance Fitness 2:00 Sewing Class 2:15 Beginner Ball 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Yoga@Y. Heights 10:00 Reiki 10:00 SMART w/ UDC 11:00 Aerobics /Kojak 11:00 - 12:30 Legal Counsel For The Elderly 11:00 Staff Meeting 12:00 LUNCH</p> <p>1:00 Arthritis/Low Impact Aerobics 1:30 Insp. and Fellowship Group 1:30 FBSC Group 2:00 Nutrition Counsel. 2:00 Beginner's Quilting 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym & Coffee & Klatch 8:45 Zumba 9:30 Healthy Eating Every Day (HEED) 10:00 Trip to Arena Stage - "City of Conversation" 11:00 Chair Stretch 12:00 LUNCH 1:30 EnhanceFitness 1:00 Book Club 1:30 Enhance Fitness 2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 9:30 Butts & Guts 10:00-3:00 Social Service Consults 10:15 National Chili Day Cook-Off 11:30-3:30 Massage with Jada 10:45 Core Strength 12:00 LUNCH 1:00 Aerobics w/Kojak 1:00 Spanish Class 2:00 Nutrition Counsel. 2:00 Quilting – Rm B01 2:00 Activity Hour – Backgammon 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">8:30-4:15 Open Gym& Computer Lab</p> <p>8:45 Brain Gym & Coffee Klatch 9:00 Computer Class 9:30 Enhance Fitness 9:30 Movie Day 10:15 Heart Month: All About Cholesterol 10:30 Computer Class 10:45 Wii Fit 11:00 Activity Hour - Crochet, circle loom 11:15 Low Impact Aerobics Video</p> <p style="text-align: center;">12:00 LUNCH</p> <p>1:00 Aerobics /Kojak 2:00-4:00 SOCIAL HOUR FOR BLACK HISTORY MONTH</p>

<p>Monday 29</p>	<p>*Please be advised that the daily calendar events are subject to change. Please check flyers and monitor in lobby for any additions or changes. Thank you*</p>
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Klatch</p> <p>10:00 Grandparents Support Group</p> <p>10:00 Journaling & Memoir Writing</p> <p>10:00 Lifestyle Balance w/ MedStar</p> <p>10:30 Tai Chi</p> <p>11:00 Nutrition w/ TERRIFIC, Inc.</p> <p>12:00 LUNCH</p> <p>1:00 Senior Issues</p> <p>1:00 Sewing class</p> <p>2:00 Urban petals</p> <p>1:30 Enhance Fitness</p> <p>2:15 Beginner Ball</p> <p>4:00 Planning</p> <p>4:30 Close</p>	<p>Activity Key: Green - Nutrition Pink – Fitness Red –Special Event Blue –Trips Purple- Health Promotion/Consumer Ed</p> <p>Staff:</p> <ul style="list-style-type: none"> ● Michelle Singleton-Director ● Ruth Romero -Administrative Assistant ● Lan Nguyen - Nutrition Education Director

HIGHLIGHTS

<p style="text-align: center;">ACTIVITIES</p> <p>Thursdays, 10-3pm - Social Service - Consults</p> <p>02-17-16 - Town Hall Meeting</p> <p>02/01,16, 29 - Journaling- Memoir</p> <p>01-28-16 - Writing Massage with Jada</p> <p>4th and 18th - Club Memory - 1:00 to 3:00 pm</p> <p>02-09-16 - Lunar New Year 2:00 pm</p> <p>02-26-16 - Social Hour for Black History Month</p>	<p style="text-align: center;">TRIPS:</p> <p>02-01-16 - Trip to see a movie “Broken Memories”</p> <p>02-04-16 - Trip to Museum of Natural History to see Nature’s Best Photography Windland</p> <p>02-10-16-Trip to Archives to see “The Long Emancipation”</p> <p>02-18-16-Trip to Publick PlayHouse to see: “Queen Nur’s Voices Of Courage”</p> <p>02-24-16-Trip to Arena Stage to see “City of Conversation”</p>	<p style="text-align: center;">HOURS OF OPERATION:</p> <p style="text-align: center;">Monday - Friday 8:30 am - 4:30 pm</p> <div style="text-align: center;">  </div>
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<p style="text-align: center;">HEALTH RECOGNITIONS</p> <ul style="list-style-type: none"> - National Heart Month - National wear red day - National wise health care consumer month
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Things to remember: Appointments, etc

PLEASE NOTE THE FITNESS CLASSES THAT ARE IN PLACE UNTIL THE FITNESS DIRECTOR'S POSITION IS FILLED. PARTICIPATION IS IMPERATIVE!

DCOA HAS NEWS FOR YOU! PLEASE PLAN TO ATTEND THE DCOA TOWN HALL ON FRIDAY, 2/5!

METRO IS COMING TO YOU! VOICE YOUR OPINION ON A PROPOSED METRO CHANGE THAT WILL IMPACT YOU, YOUR FAMILY AND FRIENDS! BE FRONT AND CENTER ON FEBRUARY 19TH AT 11:00AM.

IN CELEBRATION OF BLACK HISTORY MONTH, PLEASE TAKE A LOOK AT THE 1ST FLOOR BULLETIN BOARD FOR A CHANCE TO TEST YOUR KNOWLEDGE OF HISTORY MAKERS IN DC! PRIZES TO THE WINNERS!