

Bernice Fonteneau Senior Wellness Center

3531 Georgia Avenue NW Washington, DC 20010

(202)-727-0338

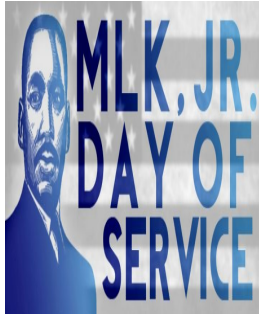
January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">4</p> <p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY" 8:45 Coffee Klatch 8:45 Strength Trng 9:30 Aerobics Comb 10:00 DCPL: Journaling & Memoir Writing 10:30 Tai Chi 11:00 Nutrition w/ Terrific Inc. 12:00 LUNCH 1:30 Enhance Fit. 2:15 Beginner Ball 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">5</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 9:30 Yoga @Y. Heights 10:00 Reiki 10:00 Lifestyle Balance Screening w/ MedStar 11:00 Aerobics w/Kojak 11:00 Fitness Assessments 12:00 LUNCH 1:00 Arthritis/Low Impact Aerobics 1:30 Inspiration & Fellowship 1:30 FBSC Group Meeting 2:00 Nutrition Counsel. 2:00 Beginner's Quilting Class 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">6</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Glutes & Legs 8:45 Coffee Klatch 9:30 Wednesday's 300 9:30 Healthy Eating Every Day (HEED) 11:00 Chair Stretch 12:00 LUNCH 1:30 Enhance Fitness 2:00 Nutrition Counsel. 2:15 Beginner Ball 2:30 Better Balance 3:00 Fitness Counseling 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">7</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Morning Walk 8:45 Current Events 9:30 Technology Training 9:30 Trip to All Fired Up - Ceramic class 9:30 Ab-Licious Workout 10:00-3:00 Social Service Consults 10:15 Eat a Rainbow of Colors 10:45 Aerobics Combo 12:00 LUNCH 1:00 Spanish Class 2:00 Nutrition Counsel. 2:00 Quilting – Rm B01 2:00 Activity Hour – Checkers 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">8</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 8:45 Coffee & Klatch 9:00 Computer Training 9:30 Enhance Fitness 10:15 Nutrition Bingo! 10:30 Computer Training 10:45 Wii Fit 11:00 Crochet, circle loom, knitting 11:15 Arthritis/Low Impact Aerobics 12:00 LUNCH 1:00 Aerobics w/Kojak 2:00 Nutrition Counsel. 4:00 Planning 4:30 Close</p>

<p style="text-align: center;">11</p> <p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY" 8:45 Coffee Klatch 8:45 Strength Training 9:30 Aerobics Combo 10:00 Lifestyle Balance w/ MedStar 10:30 Tai Chi 11:00 Nutrition w/ Terrific Inc. 12:00 LUNCH 1:30 Enhance Fitness 2:15 Beginner Ball 4:00 Planning 4:00 Close</p>	<p style="text-align: center;">12</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Current Events 9:30 Yoga @ Yoga Heights 10-12pm Grocery Plus Pick-Up 10:00 Reiki 11:00 Reiki Share 11:00 Aerobics w/Kojak 11:00 Fitness Assessments 11:00 Staff meeting 12:00 LUNCH 1:00 Arthritis/Low Impact Aerobics 1:30 Inspiration & Fellowship 1:30 FBSC Group 2:00 Nutrition Counsel. 2:00 Beginner's Quilting Class - Rm. B01 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">13</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Glutes & Legs 8:45 Coffee Klatch 9:30 Wednesday's 300 9:30 Member Orientation 9:30 Healthy Eating Every Day (HEED) 12:00 LUNCH 1:30 Enhance Fitness 2:00 Nutrition Counsel. 2:15 Beginner Ball 2:30 Better Balance 3:00 Fitness Counseling 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">14</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Morning Walk 8:45 Current Events 9:30 Technology Training 9:30 Ab-Licious Workout 10:00-3:00 Social Service Consults 10:00 Trip to Food & Friends- Day of service (Lan) 10:45 Aerobics Combo 12:00 LUNCH 1:00 -3:00 Club Memory 1:00 Spanish Class 2:00 Nutrition Counsel. 2:00 Quilting – B01 2:00 Activity Hour – Checkers 4:00 Planning 4:30 Close</p>	<p style="text-align: center;">15</p> <p>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 8:45 Coffee Klatch 9:00 Computer Training 9:30 Enhance Fitness 10:15 Planning Healthy Meals -Diabetes Management 10:30 Computer Training 10:45 Wii Fit 11:00 Activity Hour - Crochet, circle loom 11:15 Arthritis/Low Impact Aerobics 12:00 LUNCH 1:00 Aerobics w/Kojak 4:00 Planning 4:30 Close</p>
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January 2016

**CENTER
CLOSED**



<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Mat Class 8:45 Current Events 9:30 Yoga @ Y. Heights 9:30 Better Balance 10:00 Reiki 10:15 Bite Into A Healthy Lifestyle Prest. 11:00 Aerobics w/Kojak 11:00 Fitness Assess 12:00 LUNCH 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>8:30-4:15 Open Gym & Computer Lab 8:45 Glutes & Legs 8:45 Coffee & Klatch 9:30 Wednesday's 300 10:00 Wellness Group (Spanish) 9:30 Healthy Eating Every Day (HEED) 10:30 TOWN HALL 11:00 Chair Stretch 12:00 LUNCH 1:00 Jewelry Class with Shirley 1:30 Enhance Fitness 2:00 Nutrition Counsel. 2:15 Beginner Ball 2:30 Better Balance 3:00 Fitness Counseling & Assess. by Appt Only 4:00 Planning 4:30 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Morning Walk 8:45 Current Events 9:30 Technology Training 10:00-3:00 Social Service Consults 10:15 Trip to Dutch Market (Lan) 12:00 LUNCH 1:00 Spanish Class 2:00 Quilting – Rm B01 2:00 Nutrition Counsel 2:00 Activity Hour – Backgammon 4:00 Planning 4:30 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 8:45 Coffee Klatch 9:00 Computer Training 9:30 Enhance Fitness (9:00 Volunteering @ CAFB (Lan)) 10:30 Computer Training 10:45 Wii Fit 11:00 Activity Hour - Crochet, circle loom 11:15 Arthritis/Low Impact Aerobics 12:00 LUNCH 1:00 Aerobics w/Kojak 1:30 SHARE FOOD PICK-UP 4:00 Planning</p>

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>8:30-4:15 Open Gym & Computer Lab "BOOT CAMP MONDAY" 8:45 Coffee & Klatch 8:45 Strength Training 9:30 Aerobics Combo 10:00 Grandparents Support Group 10:00 DCPL: Journaling & Memoir Writing 10:00 Lifestyle Balance w/ MedStar 10:30 Tai Chi 11:00 Nutrition w/ Terrific 12:00 LUNCH 1:30 EnhanceFitness 2:15 Beginner Ball 4:00 Planning 4:30 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Mat Class 8:45 Current Events 9:30 Yoga @Y. Heights 9:30 Better Balance 10:00 Reiki 10:00 SMART w/ UDC 11:30 Staff Meeting 11:00 Aerobics w/Kojak 11:00 Fitn Assessment 11:00 - 12:30 Legal Counsel For The Elderly 12:00 LUNCH 1:00 Arthritis/Low Imp 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>8:30-4:15 Open Gym & Computer Lab 8:45 Glutes & Legs - 8:45 Coffee & Klatch 9:30 Wednesday's 300 9:30 Healthy Eating Every Day (HEED) 10:00 Wellness Group (Spanish) 11:00 Chair Stretch 12:00 LUNCH 1:00 Book Club 1:00 Jewelry Class with Shirley 1:30 Enhance Fitness 2:00 Nutrition Counsel. 2:15 Beginner Ball 2:30 Better Balance 3:00 Fitness Counseling & Assess. by Appt Only 4:00 Planning 4:30 Close</p>	<p>8:30-4:15 Open Gym & Computer Lab 8:45 Morning Walk 8:45 Current Events 9:30 Technology Training 9:30 Ab-Licious Workout 10:00 Trip to Anacostia Museum 10:00-3:00 Social Service Consults 11:30-3:30 Massage with Jada 10:15 Becoming Vegetarian 10:45 Aerobics Combo 12:00 LUNCH 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>8:30-4:15 Open Gym & Computer Lab 8:45 Core Strength 8:45 Coffee Klatch 9:00 Computer Training 9:30 Enhance Fitness 10:15 Diabetes + Nutrition 10:30 Computer Training 10:45 Wii Fit 11:00 Activity Hour - Crochet, circle loom 11:15 Arthritis/Low Impact Aerobics 12:00 LUNCH 1:00 Aerobics w/Kojak 4:00 Planning</p>

January 2016

Please be advised that the daily calendar events are subject to change. Please check whiteboard in lobby for any additions or changes. Thank you

Activity Key: *Green - Nutrition* *Pink - Fitness* *Red - Special Event* *Blue - Trips*

Staff: Michelle Singleton-Director • Ruth Romero -Administrative Assistant- • Deborah Parker-Fitness Director • Lan Nguyen-Nutrition Education Director

HIGHLIGHTS

<p>ACTIVITIES</p> <p>Town Hall 01-20-16 Massage with Jada 01-28-16 Journaling- Memoir Writing 01-04-16 and 01-25-16 Social Service Consults</p>	<p>TRIPS:</p> <p>Trip to All Fired Up - Ceramic class 01-07-16 Trip to Food & Friends- Day of service 01-14-16 Trip to Dutch Market (Lan) 01-21-16 Trip to Anacostia Museum 01-28-16</p>	<p>Hours of Operation:</p> <p>Monday - Friday 8:30 am - 4:30 PM</p>
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January 2016

Things to remember: Appointments, etc