

Bernice Fonteneau Senior Wellness Center

December 2017 Calendar of Activities



**It's National Influenza
Vaccination Week (NIVW)!**



**Friday
1**

Holiday Bazaar

8:30-4:15 Open Gym
& Computer Lab
8:45 Coffee & Brain
Gym
8:45 Enhance Fitness
9:00 Computer Class
9:30 Butts & Guts
10:00 Trip to Wheaton
Plaza
10:00 Crohns and
Colitis Awareness
10:30 Computer Class
10:30 Active Living
Every Day
11:00 Sticking Around

LUNCH 11:45 & 12:45
12:00 - Staff Meeting
1:00 Aerobics-Kojak
2:00 Activity Hour:
Puzzle fun
3:00 Open Gym

**Monday
4**

8:30-4:15 Open Gym &
Computer Lab
8:45 Coffee & Brain
Gym
8:45 Enhance Fitness
9:30 Cardio Kickboxing
10:00 Howard University
SBIRT
10:00 Holiday
Decorating & Hot
Chocolate
10:00-3:00 Social
Services: Erin Segal
10:30 Tai Chi
10:30 Active Living
Every Day (ALED)
LUNCH 11:45 & 12:45
1:00 Otago Balance &
Stability
1:30 Strength Training
2:00 Holiday Decorating
continued
3:00 Open Gym

**Tuesday
5**

8:30-4:15 Open Gym
& Computer Lab
8:45 Current Events
8:45 Chair Aerobics
9:30 Yoga
10:00 Cooking Demo:
Cheese taste without
the dairy
10:00 Trip to
FBSC-Health Fair
11:00 Aerobics - Kojak
11:00-3:00
Mental Wellness
LUNCH 11:45 & 12:45
1:00 Zumba
1:30 Inspiration &
Fellowship
2:00 Beginner's Quilting
2:00 Senior Nutrition
3:00 Open Gym

**Wednesday
6**

8:30-4:15 Open Gym
& Computer Lab
8:45 Coffee & Brain Gy
8:45 Enhance Fitness
9:30 Senior Boot Camp
10:00 Trip: Arena
Stage
10:00 How to read
nutrition-related blood
test results
10:00 Reiki
10:30 Prevention of
blindness
11:00 Line Dancing
w/Angie
LUNCH 11:45 & 12:45
1:00 Otago Balance
and Stability
1:30 Self-Healing
2:00 Activity Hour -
Uno
3:00 Open Gym

**Thursday
7**

8:30-4:15 Open Gym
& Computer Lab
8:45 Current Events
8:45 Wii in the Kitchen
9:30 People and their
Stories
10:00 Men's Support
Group
10:00-3:00 Social
Services: Dexter Reed
BFSWC
Holiday Luncheon
11am-2pm



1:00 CLUB MEMORY
1:30 Spanish Class

**Friday
8**

8:30-4:15 Open Gym
& Computer Lab
8:45 Coffee & Brain
Gym
8:45 Enhance Fitness
9:00 Computer Class
9:30 Butts & Guts
10:00 Nutrition Bingo
10:30 Computer Class
10:30 Active Living
Every Day
11:00 Sticking Around
**Terrific Inc. Holiday
Celebration and
Comedy**
11:00 - 1:00
LUNCH 11:45 & 12:45
1:00 Aerobics-Kojak
2:00 Activity Hour:
Karaoke
3:00 Open Gym

<p align="center">Monday 11 Ruth Out</p>	<p align="center">Tuesday 12 Ruth Out</p>	<p align="center">Wednesday 13 Ruth Out</p>	<p align="center">Thursday 14 Ruth Out</p>	<p align="center">Friday 15 Ruth Out</p>
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00 Diabetes Support Group 10:00-3:00 Social Services: Erin Segal 10:00 Health Education: Seasonal Depression with Liz Wolfe (English) 10:30 (Spanish) 10:30 Tai Chi 10:30 Active Living Every Day (Last Class)</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance & Stability 1:30 Strength Training 2:15 Activity Hour - Wheel of Fortune 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 10-12 Grocery Plus Pick-Up 11:00 Aerobics - Kojak</p> <p align="center">11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba 2:00 Gym 101: The Equipment Basics 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Senior Boot Camp 10:00 Reiki 10:00 Trip: Mayor's Holiday Celebration 11:00 Line Dancing w/Angie</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Member Orientation 1:00 Otago Balance and Stability 1:30 Self-Healing Activity Hour: Scrabble 3:00 Open gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Step Aerobics 9:30 Core Strength 9:30 Holiday Movie Day 10:00 Nutrition in Spanish (Kidney Disease) 10:00-12:30 Social Services: Dexter Reed 10:30 Pilates 11:00 Van trip to Mosaic Theater "Draw the Circle"</p> <p>LUNCH 11:45 & 12:45</p> <p>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 & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts & Guts 9:00 B/P Check 10:30 Computer Class 11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 2:00 Activity Hour: Bingo and holiday treats 3:00 Open Gym</p>

<p align="center">Monday 18</p>	<p align="center">Tuesday 19</p>	<p align="center">Wednesday 20</p>	<p align="center">Thursday 21</p>	<p align="center">Friday 22</p>
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00 Learn about Food Stamps and Enroll 10:00-3:00 Social Services: Erin Segal 10:30 Tai Chi . 10:00 HU Grandparents Support Group 11:00 Recycling News from DPW LUNCH 11:45 & 12:45 1:00 Otago Balance & Stability 1:30 Strength Training 2:00 Activity Hour - Crafts with Ruth 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</p> <p align="center">9:30-12:30 Assessment Palooza</p> <p align="center">11:00-3:00 Mental Wellness</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Zumba 1:30 Senior Nutrition 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting 2:00 Fun Fit: Christmas Carol Sing Along 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30-Senior Boot Camp 10:30 BFSWC TOWN HALL</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Otago Balance and Stability 1:30 Self-Healing 2:00 Activity Hour: Learn Hannukah game Dreidel 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Step aerobics 9:30 Core Strength 9:30 People and their Stories 10:00 Nutrition in Spanish (Diabetes) 10:00-3:00 Social Services: Dexter Reed 10:30 Pilates LUNCH 11:45 & 12:45 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 & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts & Guts 9:00 B/P Check 10:00 Holiday Desserts 10:00 Trip to Botanical Garden 10:30 Computer Class 11:00 Sticking Around</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 2:00 Activity Hour: Name that Carol! 3:00 Open Gym</p>

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p style="text-align: center;">Center closed</p>  <p style="text-align: center;"><i>Happy Holidays</i></p>	<p style="text-align: center;">Center closed</p>  <p style="text-align: center;"><i>Happy Holidays</i></p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:30- Senior Boot Camp 10:00 Reiki 10:00 Kidney Health 11:00 Line Dancing with Angie!</p> <p style="text-align: center;">LUNCH 11:45 & 12:45</p> <p>1:00 NO Book Club 1:00 Otago Balance Stability 1:30 Self-Healing 2:00 Activity Hour: Backgammon 3:00 Open Gym</p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events 8:45 Step aerobics 9:30 Core Strength 10:00 Nutrition in Spanish (Medicare) 10:00-12:30 Social Services: Dexter Reed 10:30 Pilates 11:30-3:30 Jada Massage</p> <p style="text-align: center;">LUNCH 11:45 & 12:45</p> <p>1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness with Kojak 3:00 Open Gym</p>	<p style="text-align: center;">8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Coffee & Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:00 B/P Check 9:30 Butts & Guts 9:00 B/P Check 10:00 Healthy and Easy Breakfasts 10:30 Computer Class 11:00 Sticking Around</p> <p style="text-align: center;">LUNCH 11:45 & 12:45</p> <p>1:00 Aerobics-Kojak 2:00 Activity Hour: Memory Games 3:00 Open Gym</p>

HIGHLIGHTS: MARK YOUR CALENDARS!!!

<p style="text-align: center;">ACTIVITIES:</p> <p style="text-align: center;">Holiday Decorating and Tea/Hot chocolate</p> <p style="text-align: center;">Crafts with Ruth</p> <p style="text-align: center;">BFSWC Holiday Luncheon</p> <p style="text-align: center;">Movie Day</p>	<p style="text-align: center;">TRIPS:</p> <p style="text-align: center;">Wheaton Plaza</p> <p style="text-align: center;">FBSC-Health Fair</p> <p style="text-align: center;">Arena Stage</p> <p style="text-align: center;">Holiday Mayor's Lunch-DCOA</p> <p style="text-align: center;">Botanical Garden Annual Kwanza Program- Anacostia Museum</p>	<p style="text-align: center;">Location:</p> <p style="text-align: center;">3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338</p> <p style="text-align: center;">Hours of Operation:</p> <p style="text-align: center;">Monday - Friday 8:30 am - 4:30 pm</p> <p style="text-align: center;">Inclement Weather:</p> <p style="text-align: center;">Center follows DC Public School's status in the event of inclement weather</p>
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12 days of Cardio Workout!

1. Minute Plank
2. Minute Battle Rope Slams
3. Minute Band Walk
4. Jumping Jacks
5. Sand Bag Slams
6. Sand Bag Swings
7. Burpees
8. High Knees
9. Butt kickers or Hamstring Curls
10. Box Jumps
11. Alternating Toe Touches
12. Up & Go's

Complete entire circuit top to bottom two times through twice a week the entire month of Dec. Ask Aunyea.

Nutrition Goal for the Month
Concentrate on your meal while you're eating it. Focus on chewing your food well and enjoying the smell, taste, and texture of each item.
Research shows that mealtime multitasking can make you pop mindless calories into your mouth.

Health Goal for the Month
Remember to stay hydrated during the colder months. Your body still needs around 8 cups of water per day.

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!