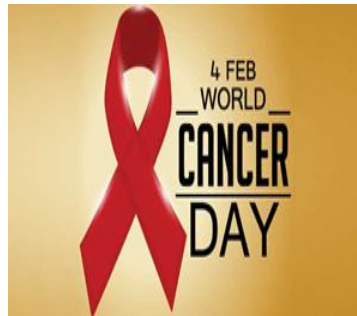


Bernice Fonteneau Senior Wellness Center

February 2018 Calendar of Activities

Low Vision
Awareness
Month



Thursday
1

8:30-4:15 Open Gym
& Computer Lab

8:45 Current Events

8:45 Step Aerobics

9:30 People & Stories

10:00 Trip: Wheaton
Mall

10:00 Diabetes
Management
(Spanish)

10:00-12:30 Social
Services: Dexter Reed

11:00 Stretching Your
Limits

LUNCH 11:30 &
12:30

1:00 CLUB MEMORY

1:30 NO Spanish
Class

1:30 Arthritis Exercise

2:00 Quilting

2:30 Enhance Fitness

3:00 Open Gym

Friday
2

8:30-4:15 Open Gym
& Computer Lab

8:45 Brain Gym

8:45 Enhance Fitness

9:00 Computer Class

9:30 Butts & Guts

9:30 Reiki Meeting

10:00 FODMAP Diet

10:30 Computer Class

11:00 Sticking Around

LUNCH 11:30 & 12:30

1:00 Aerobics-Kojak

2:00 Activity

Hour:Scrabble with
Katie

3:00 Open Gym

Monday
5

8:30-4:15 Open Gym
& Computer Lab

8:45 Brain Gym

8:45-10:00 B/P

8:45 Enhance Fitness

9:30 Cardio Kickboxing

10:00 Arena Stage
ticket purchase

10:00-3:00 Social
Services: Erin Segal

10:30 GW Health

Ed:Cancer Screening

10:30 Tai Chi

LUNCH 11:30 & 12:30

1:00 Otago Balance &
Stability

1:00 Activity Hour:
Valentine's Day Cards
with Ruth

1:30 Strength Training

2:00 "Zero Waste" w/Erin

3:00 Open Gym

Tuesday
6

8:30-4:15 Open Gym
& Computer Lab

8:45 Current Events

8:45 Chair Aerobics

9:30 Yoga

10:00 Focus Group with
SHARE

10:00 Exercising with
Low Vision

11:00 Aerobics with
Kojak

11:00-3:00
Mental Wellness

LUNCH 11:30 & 12:30

1:00 Zumba

1:15 Mind & Body

1:30 Inspiration &

Fellowship

2:00 Fun Fit: Beachball

Volleyball

2:00 Beginner's Quilting

3:00 Open Gym

Wednesday
7

8:30-4:15 Open Gym
& Comp

8:45 Brain Gym

8:45 Enhance Fitness

9:00 Donation
breakfast

9:30 Senior Boot Camp

9:00 B/P Checks & Ask
a Nurse

10:00 Trip: Giant Food
(Van)

10:00 Heath Ed w/HU

10:00 Reiki

11:00 Line Dancing

w/Angie
LUNCH 11:30 & 12:30

1:00 Otago Balance

and Stability

1:30 Self-Healing

2:00 Popcorn & A

Movie: "Selma"

3:00 Open Gym

Thursday
8

8:30-4:15 Open Gym
& Computer Lab

8:45 Current Events

8:45 Step Aerobics

9:30 Core Strength

10:00 Nutrition in
Spanish

10:00 Vision
Technology w/Dr.

Weinberg
10:00-3:00 Social
Services: Dexter Reed

11:00 Stretching your
Limits

LUNCH 11:30 &

12:30

1:30 Spanish Class

1:30 Arthritis Exercise

2:00 Quilting

2:30 Enhance Fitness

3:00 Open Gym

Friday
9

8:30-4:15 Open Gym
& Computer Lab

8:45 Brain Gym

8:45 Enhance Fitness

9:00 Computer Class

9:30 Butts & Guts

10:00 Rooftop Garden

Planning Meeting

10:00 Trip:Publick
PlayHouse

10:30 Computer Class
LUNCH 11:30 & 12:30

1:00 Sticking Around

1:00 Aerobics-Kojak


2:00 Activity


Hour:Card Party with

Aunyea

3:00 Open Gym

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45-10:00 B/P checks 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Services: Erin Segal 10:00 Diabetes Support Group 10:30 GW Health Ed: Arthritis 10:30 Tai Chi</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Otago Balance & Stability 1:00 Activity Hour: Valentine's Day decorations 1:30 Strength Training 2:00 "Zero Waste" w/Erin 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 11:00 Understanding QMB 11:00-3:00 Mental Wellness</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Zumba 1:30 - 3:30 (Van trip) PRE- VALENTINE JAZZ CONCERT FBSC 1:30 Inspiration & Fellowship 2:00 Beginner's Quilting 2:00 Fun Fit: Wii Bowling 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45 NO Enhance Fitness 9:00 B/P Checks & Ask a Nurse 10:00 - 11:00 am Valentines Day Celebration</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Member Orientation 1:00 Otago Balance and Stability 1:30 Self-Healing 2:15: Activity Hour: Share a game with friends (Each one teach one) 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 & Stories 10:00 Nutrition in Spanish 10:00-12:30 Social Services: Dexter Reed DCOA HEALTH FAIR 10:30-1:00 11:30 Trip:Wilson Center (DC History Event)</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 CLUB MEMORY 1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts and Guts 10:00 Black History Month Cooking Demo 10:00 Senior Zone Spa Day - Ft. Stanton Rec Center 10:30 Computer Class 11:00 Sticking Around</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Aerobics-Kojak 2:00 Activity Hour:Bingo with Katie 3:00 Open Gym</p>

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<p>CENTER CLOSED</p> 	<p>8:30-4:15 Open Gym Computer Lab</p> <p>8:45 Current Events 8:45 Chair Aerobics 9:00 Trip: Bible Museum 10:30 -11:30 (Van trip) WORKSHOP APPROACH TO LIVING WELL FBSC 9:30 Yoga 11:00 Aerobics - Kojak 11:00-3:00 Mental Wellness</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Zumba 1:15 Mind & Body 1:30 Inspiration & Fellowship 2:00 Fun Fit: Wii Bowling 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 B/P Checks & Ask a Nurse 9:30-Senior Boot Camp 10:30 BFSWC TOWN HALL</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Otago Balance and Stability 1:30 Self-Healing 2:15 Activity Hour: Connect Four 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 10:00 Trip:Golden Corral 10:00 Nutrition in Spanish 10:00-3:00 Social Services: Dexter Reed 10:00 Men With a Cause sponsoring Heart Health Workshop 11:00 Stretching your Limits 11:30-3:30 Jada Massage</p> <p>LUNCH 11:30 & 12:30</p> <p>1:30 Spanish Class 1:30 Arthritis Exercise 2:00 Quilting 2:30 Enhance Fitness 3:00 Open Gym</p>	<p>Katie Out 8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 Computer Class 9:30 Butts and Guts 10:00 12:00 Brain Health Workshop by Cogniciti 10:30 Computer Class 11:00 Sticking Around</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Aerobics-Kojak 2:00 Activity Hour: Backgammon with Michelle 3:00 Open Gym</p>

Monday 26	Tuesday 27	Wednesday 28	
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45-10:00 B/P checks 8:45 Enhance Fitness 9:30 Cardio Kickboxing 10:00-3:00 Social Services: Erin Segal 10:00 HU Grandparents Support Group 10:30 Tai Chi . 10:30 GW Health Ed:Shingles LUNCH 11:30 & 12:30</p> <p>1:00 Otago Balance & Stability 1:00 Activity Hour: Tissue Paper Flowers w/Holley & Ruth 1:30 Strength Training 2:00 Zero Waste w/Erin: Terrarium workshop with Holley 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>9:30-12pm Assesment Palooza!</p> <p>11:00 Aerobics - Kojak 11:00 - 1:00 Legal Counsel For The Elderly SMP</p> <p>11:00-3:00 Mental Wellness</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Zumba 1:15 Mind & Body 1:30 Inspiration & Fellowship 2:00 Fun Fit: Oldies but Goodies Dance Party! 2:00 Beginner's Quilting 3:00 Open Gym</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Brain Gym 8:45 Enhance Fitness 9:00 B/P Checks & Ask a Nurse 10:00 Reiki 10:00 Black History Month Celebration</p> <p>LUNCH 11:30 & 12:30</p> <p>1:00 Book Club 1:00 Otago Balance Stability 1:30 Self-Healing 2:15 Activity Hour: Word Search 3:00 Open Gym</p>	

HIGHLIGHTS: MARK YOUR CALENDARS!!!

<p>ACTIVITIES:</p> <p>Valentines Day Celebration</p> <p>Black History Month Celebration</p> <p>Brain Health Workshop by Cogniciti</p> <p>Workshop Approach to Living Well FBSC</p>	<p>TRIPS:</p> <p>Wheaton Plaza</p> <p>Publick PlayHouse</p> <p>Wilson Center (DC History Event)</p> <p>Bible Museum</p> <p>Golden Corral</p>	<p>Location:</p> <p>3531 Georgia Avenue NW Washington, DC 20010 (202)-727-0338</p> <p>Hours of Operation:</p> <p>Monday - Friday 8:30 am - 4:30 pm</p> <p>Inclement Weather:</p> <p>Center follows DC Public School's status in the event of inclement weather</p>
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<p>Fitness Goal for the Month</p> <p>People with low vision can be active in many ways! Before you start an exercise routine, however, talk with your medical doctor and your eye doctor, since bending, lifting, or rapid movement can affect some medical and eye conditions. Check out Aunyea Tuesday 2/6 at 10am to learn how!</p>	<p>Nutrition Goal for the Month</p> <p>Do you have diabetes, pre-diabetes, or a loved one with diabetes? Come to the Diabetes Support Group meeting on Monday, February 12th at 10:00am. We meet once a month on Mondays at 10:00am.</p>	<p>Health Goal for the Month</p> <p>Be sure to get your blood pressure checked and have your medical questions answered by the Howard University nursing students. Wednesdays from 9:00-10:00am on the 3rd floor.</p>
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<p>Activity Key:</p> <p><i>Green - Nutrition</i> <i>Pink – Fitness</i> <i>Red –Special Event</i> <i>Blue –Trips</i> <i>Purple- Health Promotion/Consumer Ed</i> <i>Sky Blue - Consumer Education</i> <i>Rust - Social Activity</i></p>	<p>Staff:</p> <p>Michelle Singleton - Director Ruth Romero - Administrative Assistant Katherine Kline - Nutrition Education Director Aunyea Carr - Fitness Director</p>
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Things to remember:
Plan your day!