



**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

June 2013

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

Valeria Martia

**Fon'tastic
Happenings**

Grow Your Way to Good Health! by Lan Nguyen

What is a fun, healthy activity that allows you to really reap the fruits of your labor?? Gardening! Meet our newest club: The Bernice Fonteneau Senior Wellness Center Garden Club!

At the start of May, members of the Garden Club got down and dirty weeding, hoeing and planting vegetables such as tomatoes, bell peppers, spinach, kale, broccoli, mustard greens, and jalapenos. A few short days later the herb garden was started with aromatic herbs such as sage, basil, thyme, cilantro, chives, and lemon verbena. Not only is gardening a good form of exercise and meditation, the numerous antioxidants found in these nutrient-dense vegetables and herbs can help reduce your risk of cancers, inflammation, and heart disease. These antioxidants also help keep you looking and moving young.

Start your own garden today, and see the benefits yourself! The vegetable garden is located at Wangari Garden on Park and Irving. The herb garden is located here at the center.



"Think Healthy, Eat Healthy, Act Healthy...Be Healthy!"

BFSWC celebration of National Senior Health and Fitness Day 2013 on May 29th was an exciting and wonderful day to showcase the skills and talents that have contributed to the health and well-being of the BFSWC members. There were also screenings and information to keep them on the path of wellness.



DCOA Recruits First Responders

By Michelle Singleton

In April, the DC Office on Aging began recruiting seniors, former first responders, lead agency personnel, and college students to participate in the District of Columbia's First Responder training in the event of an emergency, disaster or catastrophe.

Volunteers were required to complete four days of training at the DC Department of Health that included modules in CERT (Community Emergency Response Training,) Sheltering, CPR, First Aid, Senior Sensitivity, Mental Health, Pets, and POD Training (Point of Dispensation.) At the completion of the training, volunteers will receive certificates and equipment to be utilized in the event of an emergency.

Volunteers from the Bernice Fonteneau Senior Wellness Center who

have completed, or will complete, the training, including myself, were Roland Gardner, Douglas Frazier, and Elsa Johnston.

Many thanks are extended to the volunteers for their time and interest in preparing themselves to assist members, friends and family in the event of an emergency





Lovely Ladies wearing splendid hats highlighted the Mother's Day Tea honoring mothers and motherhood held on Wednesday, May 8th.



June Highlights



Plan to Attend the Annual Senior Picnic
Thursday, June 13, 2013
10:00 am – 2:00 pm



"If every man walked for thirty minutes a day, heart attacks would be reduced by 37%."



**National Men's Health Week
June 10-16, 2013**

**Fridays at 10:00
Water Aerobics at Parkview**



**Fridays at 11:00
"Joy of Motion"
with Tyrone**

**Thursday, June 6, 2013
UniverSoul Circus
10:00 am – 1:30**

**Father's Day Klatch
Wednesday,
June 12, 2013
2:00 pm**
















Sign Language Class







**Tuesday, June 4, 2013
11:00 am**




June Calendar - Subject to Change

MONDAY 3	TUESDAY 4 All Day Weigh-Ins	WEDNESDAY 5 All Day Weigh-Ins	THURSDAY 6 All Day Weigh-Ins	FRIDAY 7
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 Brain Fitness </p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Card/Board Games</p> <p>1:00 Environmental Art</p> <p>1:00 F.I.T. Relationship</p> <p>2:00 Mental Aerobics</p> <p>2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>Deborah's Out</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Crouching Tiger Practice</i></p> <p>9:45 Living Well </p> <p>9:45 Health Counseling</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Nutrition Counseling</p> <p>11:00 Sign Language Class</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:30 Washington Performing Arts Society</p> <p>2:30 Inspiration and Fellowship Group (Time change just for this day)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:30 Ab-Licious Workout </p> <p>9:00 Brain Fitness</p> <p>9:30 Nutrition Ed – "Preventing Kidney Stones"</p> <p>11:00 Ms. Lloyd – Life Coach</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:30 Card Games</p> <p>2:00 Game Day</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Crouching Tiger Practice</i></p> <p>9:00 Chair Yoga</p> <p>9:30 UniverSoul Circus at RFK</p> <p>9:30 Garden Club</p> <p>10:00 Mat Class</p> <p>11:00 Aerobics Combo</p> <p>10:00 Reiki with Alis</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Reverse Mortgage Informational Presentation</p> <p>1:30 Nutrition News</p> <p>1:00 Wii</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Strength Training </p> <p>10:00 Water Aerobics </p> <p>11:00 "Joy of Motion" with Tyrone</p> <p>11:00 Computer Training (1st Session)</p> <p>11:30 Wii</p> <p>12:00 Lunch</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:30 Computer Training (2nd Session)</p> <p>12:30 Arthritis class</p> <p>1:00 Aerobics with Kojak</p> <p>2:00 Reiki Practitioner Meeting</p> <p>2:00 – 3:30 Functional Health Assessments (Deborah)</p>

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepperize & Basketball</i></p> <p>9:00 Trip to Wal-Mart & Dollar Tree</p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training </p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Card/Board Games</p> <p>1:00 Environmental Art</p> <p>1:00 F.I.T. Relationship (Focus on Men's Health)</p> <p>2:00 Mental Aerobics</p> <p>2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>Bring A Friend Day</p> <p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Crouching Tiger Practice</i></p> <p>9:00 Mat Class</p> <p>9:45 Living Well – "Preventing Falls" </p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Nutrition Counseling</p> <p>11:00 Wellness for All - "Reflexology Presentation" (Focus on Men's Health)</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Arthritis Exercise Class</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 "Glee" Club Meeting</p> <p>3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 AARP Driver's Ed</p> <p>9:30 Ab-Licious Workout </p> <p>9:00 Brain Fitness</p> <p>9:30 Nutrition Ed – Cooking Demo</p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:30 Card Games</p> <p>2:00 Father's Day Klatch </p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>No Regular Fitness Classes Today</p> <p>(No Lunch Will Served at Center)</p> <p>Senior Picnic</p> <p>9:00 am – 3:00 pm</p> <p></p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Strength Training </p> <p>10:00 Water Aerobics </p> <p>11:00 "Joy of Motion" with Tyrone</p> <p>11:00 Computer Training (1st Session)</p> <p>11:30 Massage with Jada</p> <p>11:30 Wii</p> <p>12:00 Lunch</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:30 Computer Training (2nd Session)</p> <p>12:30 Arthritis class</p> <p>1:00 Aerobics with Kojak</p> <p>2:00 – 3:30 Functional Health Assessments (Deborah)</p>

June Calendar - Subject to Change

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Steppe-cize & Basketball</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Trip to National Museum of American History to see "Changing America: The Emancipation Proclamation, 1863 and the March on Washington, 1963"</p> <p>9:30 Strength Training</p> <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Card/Board Games</p> <p>1:00 Environmental Art</p> <p>1:00 F.I.T. Relationship</p> <p>2:00 Mental Aerobics</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Mat Class</p> <p>9:45 Living Well – "A Conversation on AIDS"</p>  <p>9:45 Health Counseling</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Nutrition Counseling</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Arthritis Exercise Class</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 "Glee" Club Meeting</p> <p style="text-align: center;">3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:30 Ab-Licious Workout</p>  <p>9:30 Nutrition Ed – "Hypertension"</p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p style="text-align: center;">1:00 Town Hall Meeting & 2nd Quarter Birthday Celebration</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Chair Yoga</p> <p>9:30 Disability Sensitivity Training</p> <p>10:00 Garden Club</p> <p>10:00 Mat Class</p> <p>10:00 Reiki with Alis</p> <p>11:00 Aerobics Combo</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition News</p> <p>1:00 Wii</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Strength Training</p> <p>10:00 Water Aerobics</p>  <p>11:00 "Joy of Motion" with Tyrone</p> <p>11:00 Computer Training (1st Session)</p> <p>11:30 Wii</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>12:30 Arthritis Class</p> <p>1:00 Aerobics with Kojak</p>  <p style="text-align: center;">2:00 pm – 5:00 pm</p>

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepperize & Basketball</i></p> <p>8:45 Trip to Senior Legislative Day</p> <p>9:00 Brain Fitness</p> <p>9:30 Strength Training</p>  <p>10:00 Reiki with Ruth</p> <p>10:30 Chair Aerobics & Chair Stretch</p> <p>11:30 Crochet</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Card/Board Games</p> <p>1:00 Environmental Art</p> <p>1:00 Medicare 101</p> <p>1:00 F.I.T. Relationship</p> <p>2:00 Mental Aerobics</p> <p style="text-align: center;">2:30 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Mat Class</p> <p>9:45 Living Well "Seasonal Allergies"</p>  <p>10:25 Tai Chi</p> <p>11:00 Aerobics with Kojak</p> <p>11:00 Nutrition Counseling</p> <p>11:00 Wellness for All</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>12:45 Book Club</p> <p>1:00 Arthritis Exercise Class</p> <p>1:30 Inspiration and Fellowship Group</p> <p>2:00 "Glee" Club Meeting</p> <p style="text-align: center;">3:00 – 3:30 Functional Health Assessments (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:30 Ab-Licious Workout</p>  <p>9:30 Nutrition Ed – "Herbs & Spices"</p> <p>10:30 Chair Aerobics</p> <p>11:00 Stretch & Tone</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:30 Card Games</p> <p>2:00 Dancing for Life – Zumba Gold</p>  <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 Crouching Tiger Practice</p> <p>9:00 Chair Yoga</p> <p>8:30 Trip to Dutch Market</p> <p>9:30 Garden Club</p> <p>10:00 Mat Class</p> <p>11:00 Aerobics Combo</p> <p>11:00-1:00 AARP Legal Counsel for the Elderly Counseling Sessions</p> <p>11:30 Massage with Jada</p> <p>11:45 Meditation</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:00 Lunch</p> <p>1:00 Nutrition News</p> <p>1:30 Wii</p> <p>2:00 Quilting</p> <p>3:00 Fitness Assessments & Counseling (Deborah)</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:30 <i>Stepper-cize & Basketball</i></p> <p>9:00 Brain Fitness</p> <p>9:00 Strength Training</p> <p>9:00 Movie Day</p>  <p>10:00 Water Aerobics</p>  <p>11:00 "Joy of Motion" with Tyrone</p> <p>11:00 Computer Training (1st Session)</p> <p>11:30 Wii</p> <p>11:30 Orientation</p> <p>12:00 Lunch</p> <p>11:45 <i>Talk & Walk</i></p> <p>12:30 Computer Training (2nd Session)</p> <p>12:30 Arthritis class</p> <p>1:00 Aerobics with Kojak</p> <p style="text-align: center;">2:00 – 3:30 Functional Health Assessments (Deborah)</p>