

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









www.maryscenter.org

FONTENEAU EXPRESS

Newsletter/Calendar

June 2013



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	All Day Weigh Inc	5	6	7
8:30-4:15 Open Gym	All Day Weigh-Ins Deborah's Out	All Day Weigh-Ins 8:30-4:15 Open Gym	All Day Weigh-Ins 8:30-4:15 Open Gym	8:30-4:15 Open Gym
& Computer Lab	8:30-4:15 Open Gym	& Computer Lab	& Computer Lab	& Computer Lab
8:30 Stepper-cize &	& Computer Lab	•	8:30 Crouching Tiger	8:30 Stepper-cize &
Basketball	8:30 Crouching Tiger	8:30 Stepper-cize & Basketball	Practice	Basketball
	Practice		9:00 Chair Yoga	9:00 Brain Fitness
9:00 Brain Fitness	9:45 Living Well	9:30 Ab-Licious	9:30 UniverSoul Circus	9:00 Strength Training
SID	To the state of th	Workout	at RFK	
Shellenging World Puzzles and Morel	9:45 Health Counseling		9:30 Garden Club	10:00 Water Aerobics
9:30 Strength Training	10:25 Tai Chi	9:00 Brain Fitness	10:00 Mat Class	566
10:00 Reiki with Ruth	11:00 Aerobics with	9:30 Nutrition Ed –	11:00 Aerobics Combo	11:00 "Joy of Motion"
10:30 Chair Aerobics &	Kojak	"Preventing Kidney	10:00 Reiki with Alis	with Tyrone
Chair Stretch	11:00 Nutrition	Stones"	11:45 Meditation	11:00 Computer Training
11:30 Crochet	Counseling	11:00 Ms. Lloyd -	11:45 Talk & Walk	(1st Session)
11:45 Meditation	11:00 Sign Language	Life Coach	12:00 Lunch	11:30 Wii
11:45 Talk & Walk	Class	11:45 Meditation	1:00 Reverse Mortgage	12:00 Lunch 11:45 <i>Talk</i> & <i>Walk</i>
12:00 Lunch	11:00 Wellness for All		Informational	12:30 Computer Training
	11:45 Talk & Walk	11:45 Talk & Walk	Presentation	(2 nd Session)
1:00 Card/Board Games	12:00 Lunch	12:00 Lunch	1:30 Nutrition News	12:30 Arthritis class
1:00 Environmental Art 1:00 F.I.T. Relationship		1:30 Card Games	1:00 Wii	1:00 Aerobics with Kojak
2:00 Mental Aerobics	1:30 Washington Performing Arts Society	2:00 Cama Day	2:00 Quilting	2:00 Reiki Practitioner
2:30 – 3:30		2:00 Game Day	3:00 Fitness	Meeting 2:00 – 3:30
Functional Health	2:30 Inspiration and		Assessments &	Functional Health
Assessments	Fellowship Group (Time change just for		Counseling (Debarah)	Assessments
(Deborah)	this day)		(Deborah)	(Deborah)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
10 8:30-4:15 Open Gym	11 Bring A Friend Day	12 8:30-4:15 Open Gym	13 8:30-4:15 Open Gym	14 8:30-4:15 Open Gym
10 8:30-4:15 Open Gym & Computer Lab	11 Bring A Friend Day 8:30-4:15 Open Gym	8:30-4:15 Open Gym & Computer Lab	13	14 8:30-4:15 Open Gym & Computer Lab
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8:30-4:15 Open Gym & Computer Lab 8:30 Stepperize & Basketball 9:00 Trip to Wal-Mart & Dollar Tree 9:00 Brain Fitness 9:30 Strength Training	Bring A Friend Day 8:30-4:15 Open Gym & Computer Lab 8:30 Crouching Tiger Practice 9:00 Mat Class 9:45 Living Well –	8:30-4:15 Open Gym & Computer Lab 8:30 Stepper-cize & Basketball 9:00 AARP Driver's Ed 9:30 Ab-Licious	13 8:30-4:15 Open Gym & Computer Lab No Regular	8:30-4:15 Open Gym & Computer Lab 8:30 Stepper-cize & Basketball 9:00 Brain Fitness 9:00 Strength Training
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June Calendar - Subject to Change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
17	18	19	20	21			
8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym			
& Computer Lab	& Computer Lab	& Computer Lab	& Computer Lab	& Computer Lab			
8:30 Steppe-cize & Basketball 9:00 Brain Fitness 9:00 Trip to National Museum of American History to see "Changing America: The Emancipati Proclamation, 1863 and to March on Washington, 1963" 9:30 Strength Training 10:00 Reiki with Ruth 10:30 Chair Aerobics & Chair Stretch 11:30 Crochet 11:45 Meditation 11:45 Talk & Walk 12:00 Lunch 1:00 Card/Board Games 1:00 Environmental Art 1:00 F.I.T. Relationship 2:00 Mental Aerobics 2:30 - 3:30 Functional Health Assessments (Deborah)	8:30 Crouching Tiger Practice 9:00 Mat Class 9:45 Living Well – "A Conversation on AIDS"	8:30 Stepper-cize & Basketball 9:30 Ab-Licious Workout	8:30 Crouching Tiger Practice 9:00 Chair Yoga 9:30 Disability Sensitivity Training 10:00 Garden Club 10:00 Mat Class 10:00 Reiki with Alis 11:00 Aerobics Combo 11:45 Meditation 11:45 Talk & Walk 12:00 Lunch 1:00 Nutrition News 1:00 Wii 2:00 Quilting 3:00 Fitness	8:30 Stepper-cize & Basketball 9:00 Brain Fitness 9:00 Strength Training 10:00 Water Aerobics 11:00 "Joy of Motion" with Tyrone 11:00 Computer Training (1st Session) 11:30 Wii 11:45 Talk & Walk 12:00 Lunch 12:30 Computer Training (2nd Session) 12:30 Arthritis Class 1:00 Aerobics with Kojak Fish Fry 2:00 pm - 5:00 pm			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
24	25	26	27	28			
8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym	8:30-4:15 Open Gym			
& Computer Lab	& Computer Lab	& Computer Lab	& Computer Lab	& Computer Lab			
8:30 Stepperize 8	8:30 Crouching Tiger	8:30 Stepper-cize &		8:30 Stepper-cize &			

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
8:30-4:15 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab	8:30-4:15 Open Gym & Computer Lab
8:30 Stepperize & Basketball	8:30 Crouching Tiger Practice	8:30 Stepper-cize & Basketball	8:30 Crouching Tiger Practice	8:30 Stepper-cize & Basketball
8:45 Trip to Senior Legislative Day	9:00 Mat Class 9:45 Living Well	9:30 Ab-Licious Workout	9:00 Chair Yoga 8:30 Trip to Dutch	9:00 Brain Fitness 9:00 Strength Training
9:00 Brain Fitness9:30 Strength Training	"Seasonal Allergies"	9:30 Nutrition Ed –	Market 9:30 Garden Club	9:00 Movie Day
10:00 Reiki with Ruth	10:25 Tai Chi	" Herbs & Spices"	10:00 Mat Class	10:00 Water Aerobics
10:30 Chair Aerobics &	11:00 Aerobics with	10:30 Chair Aerobics	11:00 Aerobics Combo	
Chair Stretch 11:30 Crochet 11:45 Meditation	Kojak 11:00 Nutrition Counseling 11:00 Wellness for All	11:00 Stretch & Tone 11:45 Meditation	11:00-1:00 AARP Legal Counsel for the Elderly Counseling Sessions	11:00 "Joy of Motion" with Tyrone 11:00 Computer Training
11:45 Talk & Walk 12:00 Lunch 1:00 Card/Board Games	11:45 Talk & Walk 12:00 Lunch	11:45 Talk & Walk 12:00 Lunch	11:30 Massage with Jada 11:45 Meditation	(1st Session) 11:30 Wii 11:30 Orientation
1:00 Environmental Art	12:45 Book Club	1:30 Card Games	11:45 Talk & Walk	12:00 Lunch 11:45 Talk & Walk
1:00 Medicare 101 1:00 F.I.T. Relationship	1:00 Arthritis Exercise Class 1:30 Inspiration and	2:00 Dancing for Life – Zumba Gold	12:00 Lunch 1:00 Nutrition News	12:30 Computer Training (2 nd Session)
2:00 Mental Aerobics	Fellowship Group	Darie	1:30 Wii	12:30 Arthritis class
2:30 - 3:30	2:00 "Glee" Club Meeting	660° degn Gudo * vya liganiči sen telestra	2:00 Quilting	1:00 Aerobics with Kojak
Functional Health Assessments (Deborah)	3:00 – 3:30 Functional Health Assessments (Deborah)	3:00 Staff Meeting	3:00 Fitness Assessments & Counseling (Deborah)	2:00 – 3:30 Functional Health Assessments (Deborah)