






Colorectal Cancer Awareness
 Kidney Cancer Awareness
 Multiple Myeloma Awareness Month
 National Nutrition Month
 National Traumatic Brain Injury Month
 National Sleep Awareness Week
 National Poison Prevention Week
 Epilepsy Awareness



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:15 Fire Safety with DCFD</p>	<p>3</p> <p>10:00-11:00 Bark for Books 10-12 Grocery+ Recertification</p>	<p>4</p> <p>10:15 Cooking demo: End cravings healthily with mug cakes! 11:00 Self Care 1:00 Member Advisory Committee (MAC) Meeting</p>	<p>5</p> <p>9:30 Craft Club 10:15-11:30 DA CL Info Session 11:00 Bingo w/ TERRIFIC Inc. 1:00 Club Memory</p>	<p>6</p> <p>10:00 Dutch Market & Dollar Tree 10:15 Nutrition Month Activity: MyPlate Bingo 2:00 Activity Hour: Pictionary & Hangman with Jenny</p>
<p>9</p> <p>10:15 U.S, Attorneys Office: Elder Fraud 10:15 Martha's Table</p>	<p>10</p> <p>10-12 Grocery+ PICKUP Reg. Roster 12-12:45 Grocery+ PICKUP Waitlist</p> 	<p>11</p> <p>10:15 Botanical Garden 11:00 DCPL Music Club</p>	<p>12</p> <p>9:30 Craft Club 10:30 TRADER JOES Tour for diabetes (with Nicole) 11:00 Bingo w/ TERRIFIC, Inc.</p>	<p>13</p> <p>10:15 Nutrition Month Activity: Nutrition Spin the Wheel 11:00 Mall Walking 2:00 Activity Hour: Name that Tune! with Aunyea</p>
<p>16</p> <p>10:00 Union Market 10:00 The Importance of Sleep 10:00 Nutrition en Espanol: Nutrición para la artritis 2:15 Painting w/ZolaMonroe</p>	<p>17</p> <p>10-12 Grocery+ Recertification Happy St. Patrick's Day!</p>  <p>10:15 Cooking Demo: Shepherd's Pie 11:30 National Museum of African American History & Culture</p>	<p>18</p> <p>10:30 Town Hall</p>  <p>1:00 New Member Orientation</p>	<p>19</p> <p>9:30 Craft Club 10:30 Nutrition Month Samples & Bingo @ Hattie Holmes 11:00 Massage w/ Nichole 11:00 Bingo w/ TERRIFIC Inc. 1:00 Club Memory</p>	<p>20</p> <p>10:15 Nutrition Month Activity: "Sense" that Food 11:00 Mall Walking 2:00 Activity Hour: Dominoes with Nicole</p>
<p>23</p> <p>10:00 Tech Check- Creating an Email Address 10:15 Martha's Table 2:15 Painting w/ZolaMonroe</p>	<p>24</p> <p>10-12 Grocery+ Recertification 10:15 Nutrition Ed: Nutrition for Arthritis 11:00 AARP Legal Counsel 1:30 Movie Day: Nappily Ever After</p>	<p>25</p> <p>11:30 - 1:00 - DA CL Budget Town Hall@Masonic Temple</p>	<p>26</p> <p>9:30 Craft Club 9:30 Fit Field Trip: Yoga 11:00 Bingo w/TERRIFIC Inc.</p>	<p>27</p> <p>10:00 Walmart 10:00 Nutrition Month Activity: INGREDIENTS - The Movie 2:00 Activity Hour: Brain Bootcamp</p>
<p>30</p> <p>9:30 Senior Advocacy Day 10:00 Food as Fuel 2:15 Tea Time w/ Austyn & Nicole</p>	<p>31</p> <p>10:15 Drug & Alcohol Jeopardy 10-12 Grocery+ Recertification</p>			



Bernice Fonteneau Senior Wellness Center

Hours of Operation

Location:

Gym & Computer Lab

Monday-Friday

3531 Georgia Avenue NW

Monday- Friday




8:30 am – 4:30 pm

Washington, D.C. 20010

8:30 am- 4:30

202-727-0338



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:00 - (Span)Health Ed</p> <p>10:15 - Tai Chi</p> <p>10:15 - Arts & Crafts</p> <p>11:00 - Chair Stretch & Meditation</p> <p>11:00 Aging Wellness Group</p> <p>11:00-1:30 Social Svcs. Erin</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 - Otago Balance & Stability</p> <p>1:00 Choral Group</p> <p>1:30 - Power Circuit</p> <p>1:30 - “No Waste”</p> <p>2:15 - Watch Club/Card Games</p>	<p>8:45 - Current Events</p> <p>8:45 - Cardio Kickboxing</p> <p>9:30 – Yoga</p> <p>11:00 - Aerobics: Kojak</p> <div style="text-align: center;">  </div> <p>LUNCH 11:45 & 12:45</p> <p>1:30 - Fun Fit</p> <p>1:30 - Mind Over Mood w/ Austyn</p> <p>1:30 - Inspiration & Fellowship</p> <p>2:00 - Beginner’s Quilting</p>	<p>8:45 - Brain Gym</p> <p>8:45 – Aerobics: Adrienne</p> <p>9:30 - Enhance Fitness</p> <p>10:15 - Nutrition Ed.</p> <p>10:00 - 12:00 – Reiki</p> <p>11:00 - Line Dancing</p> <p>LUNCH 11:45 & 12:45</p> <p>1:00 - Otago Balance & Stability</p> <p>1:30 - Sticking Around</p>	<p>8:45 - Current Events</p> <p>8:45 - Step Aerobics</p> <p>9:30 - Strength Training</p> <p>9:30 - Craft Club w/ Jenny</p> <p>10:15 - Nutrition Ed.</p> <p>10:45-Healing Circle</p> <p>11:00 - Stretching your Limits</p> <p>LUNCH 11:45 & 12:45</p> <p>1:30 - Spanish Class</p> <p>1:30 - Arthritis Exercise</p> <div style="text-align: center;">  </div> <p>2:00 Quilting</p> <p>2:30 - Aerobics: Kojak</p>	<p>8:45 - Brain Gym: Word of the Day!</p> <p>8:45 - Boot Camp</p> <p>9:00 - Computer Class</p> <p>9:30 - Butts & Guts</p> <p>10:15 - Nutrition Ed.</p> <p>10:30 - Computer Class</p> <p>11:00 - Walk with Ease</p> <p>LUNCH 11:45 & 12:45</p> <div style="text-align: center;">  </div> <p>1:00 - Enhance Fitness: Kojak</p> <p>2:00 – Activity Hour</p>

Staff: Michelle Singleton - Director * Jennifer Guerra-Ortiz - Program Assistant * Aunyea Carr - Fitness Coordinator * Nicole Evangelista - Nutrition Educ. Coordinator

Activity Key: Pink: Fitness * Green: Nutrition * Purple: Health Promotion * Sky Blue: Consumer Educ. * Rust: Social Recreation * Blue: Trips * Red: Special Events

Inclement Weather: Follow DC Public School’s Status in the event of inclement weather -

CALENDAR IS SUBJECT TO CHANGE

Managed by:  Mary's Center

Funded by:  DACL