



Bernice Fonteneau
Senior Wellness Center
3531 Georgia Avenue NW
Washington, DC 20010

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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

August 2014

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

Marcus Valeria Martia

Fon'tastic
Happenings

Summer Fun

Terrific Inc. hosts
2nd Annual Caribbean Fest



A NEW REGULAR FEATURE TO THE FONTENEAU EXPRESS!

PERSON OF THE MONTH

Gwen Barnes: The 90-Year-Old Wonder

By: Bill Alexander

A native Washingtonian, BFSWC member Gwendolyn Barnes is one of nine children who helped care for all but one when they reached adulthood. Gwen, a widow and mother of three, commuted regularly to New York for years to care for a sister who died of a long illness in 1996.

A graduate of Cardoza High School, Gwen and her late husband, Robert, a researcher at the Pentagon, lived and raised their children in the Bloomingdale community. While the oldest is deceased, two still live in the district. She says she never had a disciplinary problem with her children because she had a "certain look" that the children interpreted as a warning that they better cease and desist whatever caused that look to appear.

That "look" carried over to the many generations of children to whom Gwen was a surrogate mother. She was known to walk them to and from school, care for them after school and dinner was prepared and waiting before the school bell rang. A spry and energetic walker who carried a big stick to ward off dogs, Gwen would make weekly sojourns to the National Shrine of the Immaculate Conception at Michigan Ave. NE from her residence near North Capital and Rhode Island Ave. "I always enjoyed walking long distances."

She treasured her walking adventures well into her eighties until she was sidelined by a fall. A special surprise party was given for Gwen in June by her daughter and included many BFSWC members who enjoy her company and comedic wit. She has lived her 90 years in service to her family, others and her Creator.



Gwendolyn "Gwen" Barnes

Making Wise Decisions

By Buddy Moore

As "Seasoned Citizens", one of the tasks many of us are reluctant to embark upon is the preparation of a will. While preparing a will can be a daunting task, it should be taken seriously while we are in good health and still have the mental capacity to make wise decisions.

Unfortunately, too many of our heirs lose real property or lose control of the family property because "we" are reluctant to take action in arranging for the proficient transfer to those who will follow us. Successfully transferring real property, from the deceased to the beneficiary through probate, which is a legal proceeding, can be expensive and can often be mired in unpredictable difficulties.

Sadly, today more than ever, people are losing their homes through fraud and deceit. One method of insuring that your home transfers quickly and efficiently to your beneficiary is to consider a life estate deed. A life estate deed allows the designated property to transfer without probate.

If you are a homeowner and desire to have your real property transferred to your beneficiary swiftly and without a "legal hassle", speak with a "qualified" Estate Planning Attorney and have him or her explain the advantages of having a life estate deed as part of your will.

MEMBER'S
CORNER

Around the Center



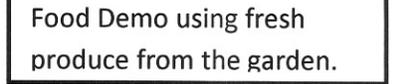
Congresswoman Eleanor Holmes Norton and BFSWC members at the 2014 Senior Legislative Day at Dunbar High School.



FUN & FELLOWSHIP
BFSWC Members enjoy a day at the movies followed by lunch at Golden Corral Restaurant.



Inter-generational learning with SYE student Ayantu.



Food Demo using fresh produce from the garden.

BFSWC members "Give Back" at Martha's Table.



Location/Activity Key:
Orange—Lower Level
Purple – 3rd floor
Green - Nutrition Kitchen
Pink - Gym
Red – Sp. Event TBD
Blue -Trips



By Deborah

Join us in the lobby on Thursday mornings as we eagerly make our way to **Yoga Heights**. Yoga Heights is a new studio on Georgia Ave., which has partnered with BFSWC to offer our members a free yoga class. This class is a donation based offering of standing and chair yoga. So, what is yoga? Yoga is defined by Wikipedia as, "the physical, mental and spiritual practices or disciplines that aim to transform body and mind. Yoga is derived from the literal meaning of "yoking together" a span of horses or oxen; however, later it came to be applied to the "yoking" of mind and body. "The origins of Yoga may date back to pre-vedic Indian traditions. The earliest accounts of yoga-practices are to be found in the Buddhist Nikayas."

We end each session with our eyes closed, heads bowed and hearts open and lifted in unison. Our gentle voices breathe out the word Namaste. Namaste simply means, *"I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, of truth, of light and of peace. When you are in that place in you and I am in that place in me, we are one."*

FRIDAY
1

- & Computer Lab**
- 8:45 – 9:30 Core Strength**
- 8:30 Trip to Magic Johnson Theater**
- 8:45 Coffee & Conversation**
- 9:30 Water Aerobics @Takoma Rec Ctr. will start on 8/6**
- 10:00 – 11:30 Writing Workshop w/ Maxine Clair**
- 11:00 Computer Training (1st Session)**
- 11:15 Arthritis/Low Impact Aerobics**
- 11:00 Orientation**
- 12:00 Lunch**
- 12:30 Computer Training (2nd Session)**
- 1:00 Aerobics w/Kojak**
- 2:00 Better Balance**
- 3:00-4:00 Fitness Counseling & Assessments**
- 4:00 Planning**

August 2014 Calendar - Subject to Change

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Piano</p> <p>9:30 Final Expense Q&A</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:00 Spanish class will resume in September</p> <p>11:15 – 12:00 Hoops before Lunch</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 The "Rec" Room (Billiards, Ping Pong, etc.)</p> <p>2:00 Brain Gym</p> <p>2:30 Piano</p> <p>3:00-4:00 Fitness/ Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Current Events</p> <p>8:45 – 9:30 Mat Class</p> <p>10:25 Tai Chi</p> <p>10:00 Trip to City Center Farm</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Better Balance</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00-4:00 Fitness/ Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Ab-Licious Workout</p>  <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed – Organic vs. Non-Organic Discussion</p> <p>9:30 Water Aerobics @Takoma Rec Ctr.</p> <p>10:15 – 11:00 Chair Aerobics/ Stretch</p> <p>12:00 Lunch</p> <p>2:00 Fun with Art</p> <p>2:00 Dancing for Life</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>10:00 Trip to "Get Fresh Festival" (Lan & Deborah)</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>12:00 Lunch</p> <p>1:00 "Property Tax Savings Clinic" Legal Counsel for the Elderly</p> <p>1:00 HEALing Circle</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>10:00 – 11:30 Writing Workshop w/Maxine Clair</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00-4:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:00 Wal-Mart</p> <p>9:30 Piano</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Hoops before Lunch</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 The "Rec" Room (Billiards, Ping Pong, etc.)</p> <p>2:00 Brain Gym</p> <p>2:30 Piano</p> <p>3:00-4:00 Fitness/ Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 "Cooking From The Garden" Food Demo</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Better Balance</p> <p>2:00 Nutrition Game</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00-4:00 Fitness/ Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Ab-Licious Workout</p>  <p>8:45 Coffee & Conversation</p> <p>9:30 Nutrition Ed</p> <p>10:00 Farmer's Market @ Center</p>  <p>9:30 Water Aerobics @Takoma Rec Ctr.</p> <p>10:15 – 11:00 Chair Aerobics/ Stretch</p> <p>11:00 – "Chat with a Life Coach" – Ms. Lloyd</p> <p>10:30 Reiki Share</p> <p>11:00 Falls Prevention Education Seminar</p> <p>12:00 Lunch</p> <p>1:00 Special Meeting of the Membership</p> <p>2:00 Fun with Art</p> <p>2:00 Dancing for Life</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>10:00 Trip to White House Farmer's Market</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>11:30 Massage with Jada</p> <p>12:00 Lunch</p> <p>1:00 HEALing Circle</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Water Aerobics @Takoma Rec Ctr.</p> <p>9:30 Living Well w/ Dr. Jason Henderson)</p> <p>10:00 – 11:30 Writing Workshop w/ Maxine Clair</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>11:00 Orientation</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00-4:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

August 2014 Calendar - Subject to Change

MONDAY 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Piano</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Hoops before Lunch</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 The "Rec" Room (Billiards, Ping Pong, etc.)</p> <p>2:00 Brain Gym</p> <p>2:30 Piano</p> <p>3:00-4:00 Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Nutrition Ed – Sugars and Sweeteners</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>12:45 Book Club</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Better Balance</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Ab-Licious Workout</p>  <p>8:45 Coffee & Conversation</p> <p>9:00 Trip to Food & Friends</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>10:15 – 11:00 Chair Aerobics/ Stretch</p> <p>12:00 Lunch</p> <p style="text-align: center;">1:00 Town Hall Meeting</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>9:00 Visit to American Indian Museum</p> <p>9:30 Nutrition Ed – Nutrition for Vegetarian</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>12:00 Lunch</p> <p>1:00 HEALing Circle</p> <p>2:00 "Cooking From The Garden" Food Demo</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>10:00 – 11:30 Writing Workshop w/Maxine Clair Last Class</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00-4:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	Friday 29
<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Strength Training</p> <p>8:45 Coffee & Conversation</p> <p>9:30 Piano</p> <p>10:00 Reiki with Ruth</p> <p>10:30 – 11:15 Chair Aerobics/Stretch</p> <p>11:15 – 12:00 Hoops before Lunch</p> <p>11:30 Crochet</p> <p>11:30 Piano</p> <p>12:00 Lunch</p> <p>1:00 Walk & Talk</p> <p>1:00 The "Rec" Room (Billiards, Ping Pong, etc.)</p> <p>1:30 "Senior Issues" Discussion & Action Group</p> <p>2:00 Brain Gym</p> <p>2:30 Piano</p> <p>3:00-4:00 Fitness/ Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Mat Class</p> <p>8:45 Current Events</p> <p>9:30 Nutrition Ed – Diabetes Management</p> <p>10:25 Tai Chi</p> <p>11:00 Aerobics w/Kojak</p> <p>12:00 Lunch</p> <p>12:00 Nutrition News</p> <p>12:45 Book Club</p> <p>1:00 Arthritis/Low Impact Aerobics</p> <p>1:30 Inspiration and Fellowship Group</p> <p>1:30 First Baptist Senior Center Computer Class</p> <p>2:00 Nutrition Game</p> <p>2:00 Better Balance</p> <p>2:00 Beginner's Quilting Class</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>4:00 Planning</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Ab-Licious Workout</p>  <p>8:45 Coffee & Conversation</p> <p>9:30 Garden Club Mtg</p> <p>9:30 Water Aerobics @Takoma Rec Ctr.</p> <p>10:15 – 11:00 Chair Aerobics/ Stretch</p> <p>12:00 Lunch</p> <p>1:00 Feel Good Bingo</p> <p>2:00 Fun with Art</p> <p>2:00 Dancing for Life</p> <p>3:00 Staff Meeting</p>	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 Chair Yoga @ Yoga Heights</p> <p>8:45 Current Events</p> <p>8:45 BP Checks</p> <p>9:00 Trip to Dutch Market</p> <p>10:00 Reiki with BFSWC Practitioners</p> <p>10:30 – 11:15 Aerobics Combo</p> <p>11:30 Massage with Jada</p> <p>12:00 Lunch</p> <p>1:00 HEALing Circle</p> <p>2:00 Game Time</p> <p>2:00 Hand Dancing</p> <p>2:00 Quilting</p> <p>3:00 Fitness/Nutrition Counseling & Assessments</p> <p>Open Mic & Happy Hour 2:00 – 4:00</p> 	<p>8:30-4:15 Open Gym & Computer Lab</p> <p>8:45 – 9:30 Core Strength</p> <p>9:30 Water Aerobics @ Takoma Rec Ctr.</p> <p>9:30 Living Well- CPR and Choking Prevention Class (American Heart Family and Friends)</p> <p>11:00 Computer Training (1st Session)</p> <p>11:15 Arthritis/Low Impact Aerobics</p> <p>12:00 Lunch</p> <p>12:30 Computer Training (2nd Session)</p> <p>1:00 Aerobics w/Kojak</p> <p>2:00 Better Balance</p> <p>3:00-4:00 Fitness Counseling & Assessments</p> <p>4:00 Planning</p>