Question 109 - Senior Wellness

FY23 YTD	FY Week Number	Congress Heights Senior Wellness Center	Hattie Holmes Senior Wellness Center	Hayes Senior Wellness Center
October	2	122	153	66
	3	117	137	42
	4	140	174	54
	5	147	151	52
	6	64	89	32
November	6	143	138	40
	7	130	144	40
	8	131	178	53
	9	105	95	40
	10	105	122	32
December	10	78	108	32
	11	130	152	35
	12	107	147	39
	13	111	130	46
	14	63	134	42
January	15	112	130	41
	16	142	159	56
	17	131	127	50
	18	126	163	61
	19	100	117	34
February	19	102	103	
	20	47	161	
	21	21	100	

*Data reflects total weekly sign-ins at each center

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Bernice Fontenau Senior Wellness Center	Model Cities Senior Wellness Center	Washington Senior Wellness Center
80	147	62
85	145	71
80	159	115
70	156	113
33	67	51
75	156	113
93	159	106
69	156	107
62	112	86
64	114	92
48	94	74
73	122	117
92	143	108
61	123	105
45	112	84
58	143	95
88	148	102
70	132	107
77	147	120
	103	76
57	132	77
80	130	97
79	80	98

Question 109 - Senior Wellness Centers

Name	Activity Types
Bernice Fonteneau Senior Wellness Center Ward 1	4 evidence-based fitness classes (S.A.I.L., Enhance Fitness, Matter of Balance, Arthritis Exercise), 17 general health and fitness classes, Computer classes, Artistic Expression, consumer education and training, Mental Health and Well Being, Social Activities and Games, Field Trips, Resource Fairs, supplemental food distribution, peer groups,
Hattie Holmes Senior Wellness Center Ward 4	Enhanced fitness classes, general health and fitness classes, Education and Training, Computer Tech classes, Mental Health and Well being, Nutrition and Internal Health, Social Activities, Health Promotion
Model Cities Senior Wellness Center Ward 5	Enhanced fitness, physical health and fitness, education and training, nutrition and internal health, mental health and well being, social activities, artistic expression, computer technology, Spanish language classes, MC Steppers
Hayes Senior Wellness Center Ward 6	Enhanced fitness, physical health and fitness, movement and flexibility (yoga, stretching Pilates) education and training(computer/tech training), nutrition and internal health, mental health and well being, social activities, artistic expression(music therapy), health screenings.
Washington Senior Wellness Center Ward 7	Evidenced-based fitness classes, Chronic Disease Prevention, Health education and training, Nutrition sessions, Mental health and wellbeing, Social activities, Artistic expression, Spanish Class, Tech Talk- Computer Learning, Garden ClubEvidenced Based Enhanced fitness, physical health and fitness, education and training, nutrition and internal health, mental health and well being, social activities, artistic expression, Health promotion
Congress Heights Senior Wellness Center Ward 8	Physical Fitness Title IIID Evidenced Based classes (Tai Chi for Arthritis, Fit & Strong, and Enhance Fitness), Non-Evidence Based Physical Fitness, Health Education (including mental & behavioral, spiritual, and financial), Nutrition Education, Health Screenings, Immersive & Non-Immersive Technology, Alternative Languages, Creative Arts Expression (including music lessons), Socialization Activities (including field trips), and Partner Presentations.