



BERNICE FONTENEAU SWC



3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE

SEPTEMBER 2026

MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 10:00** Step Aerobics
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 11:00** Lunch Time Hang Time - Current Events
- 1:00** Golden Gloves Boxing Class
- 1:30** Nature Appreciation Group
- 3:00** Color Connection

TUESDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 9:00** Massage Chairs
- 11:00** Aerobics with Kojak
- 11:00** Cards - Bid Whist and Spades
- 1:00** TapFit
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Color Connection

WEDNESDAY

- 8:30** Senior Social Hour
- 9:00** S.A.I.L. with Adriene
- 10:00** PoundFit
- 11:00** Tai Chi with Jerry
- 11:00** Reiki
- 11:00** Lunch Time Hang Time - Puzzlemania
- 1:00** Tech Time
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Healing Circle (1st & 3rd)
- 3:00** Color Connection

THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** Presentations
- 10:00** Games Galore
- 10:00** Legal Counsel for the Elderly
- 11:00** Enhance Fitness with Kojak
- 11:00** Cards - Bid Whist and Spades
- 1:30** Bingo (1st & 4th)
- 1:00** Club Memory (4th Thursday only)
- 2:00** Quilting
- 3:00** Color Connection

FRIDAY

- 8:30** Senior Social Hour
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 9:00** Massage Chairs
- 10:00** Wellness Workshop
- 10:00** Arthritis Exercise
- 11:00** Arts & Crafts
- 11:00** Lunch Time Hang Time - Music Trivia
- 11:00** Club Memory Virtual (every Friday)
Zoom ID: 929 9726 8202
Phone only: 301-715-8592 + ID
- 1:30** Fun Friday
- 3:00** Color Connection

Open Gym and Computer Lab Monday-Friday 8:30-4pm



IMPORTANT DATES BERNICE FONTENEAU SWC

SOME PROGRAMS ARE IN-PERSON AND VIRTUAL:

ZOOM ID: 202 727 3531

Calendar is subject to change

NEED RESOURCES?

- GETHelp.DC.GOV OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- DACL.DC.GOV-202-724-5626

Trip Information:

MON

TUE

WED

THU

FRI

TRIP 9/8

CAFB Cooking Class

Please arrive by:
9:00 AM

TRIP: 9/16 Silver Market

Please arrive by:
10AM

TRIP: 9/21

Fall Prevention

Please arrive by:
9:00 AM

TRIP: 9/25

Family Reunion Picnic

Please arrive by:
8:30am

TRIP: 9/30

DACL Brain Games

Please arrive by:
8:30am

1

9 am: Matter of Balance (Spanish)

10 am: Wellness Workshop: Chef Herb

1pm: Hand Dance

2

11am: Town Hall Meeting & Activity Sign up

1pm: Tech office hour

3

9 am: Matter of Balance (Spanish)

4

10am: Nutrition and chronic illness: How food supports daily symptom management

11:00 am - Arts & Crafts

1:30 PM- Fun Friday: Bingo

7

10 am: Understanding Inflammation: What nutrition can do and cannot do

8

9 am: Matter of Balance (Spanish)

9 AM- TRIP: CAFB Cooking class

9

10 am: Garden Club Meeting

1pm: Teach U Tech

10

9 am: Matter of Balance (Spanish)

11am State Health Insurance Program (SHIP)

1:30pm: Bingo

11

10 am: Anti-Inflammatory meal patterns.

11:00 am - Arts & Crafts

1:30 PM- Fun Friday: Movie Afternoon

14

10 am: Fiber for blood sugar, cholesterol, digestion, and fullness

15

10 am: Wellness Workshop: Chef Herb

1pm: Hand Dance

16

10 AM- TRIP: Silver Market

1pm: Tech office hour

2pm: Healing Circle

17

10 am: Garden Club Meeting

18

10 am: Carbohydrates and blood sugar: quality, portions and meal timing

11:00 am - Arts & Crafts

1:30 PM- Fun Friday: Games Galore

21

9 AM- TRIP: Fall Prevention

10am: Reading food labels for added sugars and total carbohydrates

22

8:30-11AM - Open Coffee Bar - Happy Fall!

23

10am- Memory Lane

1pm: Teach U Tech

24

9:30 AM: Walk with Ease

1pm- Club Memory

1:30pm: Bingo

25

9 AM- TRIP: End of Summer Picnic

11:00 am - Arts & Crafts

1:30 PM-Fun Friday: Paint and Sip

28

10am: Sodium and Blood pressure: Where salt hides in everyday foods.

29

10 am: Garden Club Meeting

30

9 AM- TRIP: DACL Brain Games

Lunch is served in two cycles:
(A) 11:45am
(B) 12:30pm
Monday through Friday
Please sign up for a cycle