

BERNICE FONTENEAU SWC

OCTOBER 2025

3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE



MONDAY

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

TUESDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Hang Time w/ Maddie - Music Jam
- 1:00** Tech Time **New Day!**
- 1:30** Inspiration & Fellowship
- 1:30** Bingo (2nd & 4th)
- 2:00** Quilting
- 3:00** Color Connection

WEDNESDAY

- 8:30** Senior Social Hour
- 9:00** S.A.I.L. with Adriene
- 10:00** TapFit
- 11:00** PoundFit
- 11:00** Reiki
- 11:00** Hang Time w/ Maddie - Current Events
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Cards Hour
- 3:00** Color Connection

THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** Games Galore
- 10:00** Legal Counsel for the Elderly
- 10:00** Cubii Class **New!**
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00**
- 1:00** Club Memory 07/24
- 2:00** Quilting
- 3:00** Color Connection

FRIDAY

- 8:30** Senior Social Hour
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Arthritis Exercise
- Arts and Crafts with EYL
- Club Memory
- 11:00** 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

BERNICE FONTENEAU SWC

SEPTIEMBRE 2025

3531 GEORGIA AVENUE, NW

WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE



LUNES

8:30 Hora Social

9:00 Mejorar la salud física: Ejercicio

10:00 Aeróbicos de paso

10:00 Taller de bienestar

11:00 Yoga en Yoga Heights

11:00 Platica en Español

11:00 A Pasar el rato con Maddie - Eventos

1:30 flexibilidad/ estiramiento

1:30 Grupo de Apreciación de la Naturaleza

3:00 Conexión de color

MARTES

8:30 Hora Social

9:00 Mejorar la salud física: Ejercicio

10:00 Taller de bienestar

11:00 Aeróbicos con Kojak

11:00 A Pasar el rato con Maddie - Eventos

1:30 Hand Dancing

1:30 Inspiración y compañerismo

1:30 Bingo (2nd & 4th)

2:00 Quilting

3:00 Conexión de color

MIÉRCOLES

8:30 Hora Social

9:00 S.A.I.L. con Adriene

10:00 TapFit

11:00 PoundFit

11:00 Reiki

11:00 A Pasar el rato con Maddie - Eventos

1:00 Tiempo de tecnología

1:00 Entrenamiento basico con Mr. Yates (YMCA)

2:00 Hora de cartas

3:00 Conexión de color

JUEVES

8:30 Hora Social

9:00 Baile en línea

9:00 Tejiendo a ganchillo

10:00 Juegos en grupo

10:00 Asesoría legal para personas mayores

11:00 Mejorar la salud física: Ejercicio con Kojak

11:00 A Pasar el rato con Maddie - Eventos

1:00 Clases con EYL

1:00 Club de memoria

2:00 Quilting

3:00 Conexión de color

VIERNES

8:30 Hora Social

9:00 Sit Down Get Down con Neatha (YMCA)

10:00 Ejercicio para la artritis

11:00 Arte y manualidades

11:00 Club de memoria Virtual (every Friday)

Zoom ID: 929 9726 8202

Phone only: 301-715-8592 + ID

1:30 Viernes divertido

3:00 Conexión de color

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

MON	TUE	WED	THU	FRI
		1 11am: Town Hall Meeting & Trip Sign Up	2 10am Games Galore	3 TRIP: 10AM: Shrine of the Immaculate Conception Tour 10 am: Arts and Crafts 1:30 PM- Fun Friday: Fall Chat n'Chew
6 10 am: Let's Make Warm Healthy Drinks for the Fall	7 10 am: Garden Club 10 am: Chef Herb 1:00pm Chess Club	8 TRIP: 9:30AM Arundel Mills Mall	9 10AM Medicare and the Diabetic Shoe Program	10 10AM Safeway Vaccination Clinic 10 am: Arts and Crafts 1:30 PM- Fun Friday: Movie Afternoon
13 CLOSED for Indigenous Peoples Day	14 2:00pm Hispanic Heritage Month Celebration & Bingo	15 10am- Memory Lane TRIP:11:00 AM Silver Market	16 10am Dental Health for Older Adults - Mary's Center	17 10 am: Arts and Crafts 1:30 PM- Fun Friday: Kahoots games
20 10 am: Preventing Cancer Workshop	21 10 am: Garden Club With Nadeeah Meeting English/Español 1:00pm Chess Club	22 TRIP: 9:00 AM: Toby's Dinner Theater	23 TRIP: 12:30 pm: Volunteer at Food & Friends 1pm Club Memory	24 Wear Pink Day! 10 am: Arts and Crafts 1:30 PM- Fun Friday: Sip and Paint
27 10 am: Food and Medication Interactions Workshop	28 10 am: Cooking with Fall Garden Veggies 2:00pm Bingo	29 10am- Memory Lane	30 9AM - 3PM: AARP Driver Course	31 10 am: Arts and Crafts 1:30 PM- Fun Friday: Halloween Fun

Trip

Information:

10/03 - 10am

Shrine of the

Immaculate

Conception Tour

Please arrive by:

9am

10/8 - 9:30am

Arundel Mills Mall

Please arrive by:

9am

10/15 - 11am

Silver Market

Please arrive by:

10am

10/22 - 9:30am

Toby's Dinner

Theater

Please arrive by:

8:30am

10/23 - 12:30pm

Food & Friends

Please arrive by:

11:30am

Lunch is served in two cycles:

(A) 11:45am

(B) 12:45pm

Monday

through

Friday

Please sign

up for a cycle



Awareness

