

BERNICE FONTENEAU SWC



3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE

MAY 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 1st and 3rd Monday
- 1:30** Nature Appreciation Group
- 3:00** Color Connection

TUESDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 9:00** Massage Chairs
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Lunch Time Hang Time - Music Jam
- 1:00** TBD
- 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** TapFit
- 11:00** PoundFit
- 11:00** Reiki
- 11:00** Lunch Time Hang Time - Current Events
- 1:00** Tech Time
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** TBD
- 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** Lunch Time Hang Time - meditation
- 1:00** Cards - Bid Whist and Spades
- 1:30** Bingo (1st & 3rd)
- 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** 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?

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

Information:

TRIP: **DACL Roll, Stroll N' Run**
Please arrive by: **10:30 AM**

TRIP: **Mother's Day Celebration**
Please arrive by: **10AM**

TRIP: **CAFB Cooking class**
Please arrive by: **9AM**

TRIP: **Toby's Dinner Theatre**
Please arrive by: **8:30 AM**

TRIP: **Senior Fest**
Please arrive by: **9:00 AM**

TRIP: **Health and Wellness Expo**
Please arrive by: **9:00 AM**

TRIP: **Hayes SWC Fashion show**
Please arrive by: **9:00**

MON



4

10 am: Substance Use Presentation
1:00 PM- Golden Gloves Boxing Class

11

10 am: Opioid Reversal (Narcan) training

18

10 am: Wellness Workshop- Hypertention and Heart Health
1:00 PM- Golden Gloves Boxing Class

25



TUE



5

9:30 am: MedStar Blood Pressure Screening
10 am: MedStar Presentation
1pm: Club memory-Spanish
1PM-3PM Matter Of Balance

12

10 am: Wellness Workshop: Chef Herb
9:00 AM Trip: **CAFB Cooking class**
1PM-3PM Matter Of Balance

19

10 am: MedStar Presentation
1pm: Club memory Spanish
1PM-3PM Matter Of Balance

26

10 am: Wellness Workshop: Chef Herb
Wear the **Rainbow** for nutrition day
1PM-3PM Matter Of Balance

WED

6

11am: Town Hall Meeting
1pm: Technology Office Hours
1pm: Healing Circle

13

8:30 AM- Trip: **Toby's Dinner Theatre**
10 AM- **BFSWC Men's Focus Group**
10am- Memory Lane

20

9:00 AM- Trip: **Senior Fest**
10am- Memory Lane

27

10AM-2PM- Trip: **Health and Wellness Expo**
Wear the **BFSWC T-Shirt**

THU

7

10 am: Garden Club Meeting
11am: SHIP on site
1:30 pm: Bingo
1PM-3PM Matter Of Balance

14

10am- LCE Home Preservation presentation
1pm: Internet Basics Class
1PM-3PM Matter Of Balance

21

10 am: Garden Club Meeting
1:30 pm: Nickel Bingo
1PM-3PM Matter Of Balance

28

10am: Healing Circle Presentation
Wear **green** for Mental Health Awareness Month
1PM-3PM Matter Of Balance

FRI

1

10:30 AM-DACL Roll, Stroll N' Run
10am-11:15 am - Arts & Crafts: Art Showcase With EYL
2:00 PM- Fun Friday: Karaoke with MPD

8

11am - Arts & Crafts
10am: **Mother's Day Celebration Trip**
1:30 PM- Fun Friday: Movie Afternoon

15

11am -Arts & Crafts: With EYL
1:30 PM- Fun Friday: Game Afternoon

22

Discretionary Day - Center Closed

29

10am-11:30 Trip **Hayes SWC Fashion show**
Wear **red** and **orange** for fitness day
1:30 PM- Fun Friday: Chat n' Chew

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



MEMORIAL DAY



MENTAL HEALTH AWARENESS MONTH