

JULY 2025

BERNICE FONTENEAU SWC



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
- 10:00** Wellness Workshop
- 11:00** 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
- 1:30** 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** Tech Time
- 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
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00** Circuit Training
- 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
- 11:00** Arts and Crafts
- 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

JULIO 2025

BERNICE FONTENEAU SWC

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 Apresiasión 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 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 Entrenamiento de circuito

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

Trip

Information:

TRIP: 07/10 Arena
Stage A Wrinkle in
Time

Please arrive by:
10:15 AM

TRIP: 07/29
Bowling

Please arrive by:
10 AM

TRIP: 07/15 Food
and friends

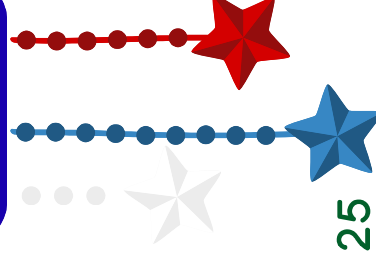
Please arrive by:
11:30 am

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 10 am: Wellness Workshop: Super Size me 2 Documentary	2 11am: Town Hall Meeting 9 am: Plant Sale	3 1:30 pm 4 th of July Celebration: Wear red, white and blue day	4 Center Closed	4 Center Closed
7 10 am: Wellness Workshop: Controlling Your Blood Pressure 10 am: Sign up for Toby's Dinner and Food & Friends	8 10 am: Garden Club Meeting English/Español 1:30pm Bingo	9 10am- Dementia Workshop with DACL	10 10:15 am: Arena Stage: A Wrinkle in Time	11 11 am: Arts and Crafts: Air refresher 1:30 pm: Fun Friday- Movie afternoon
14 10 am: Wellness Workshop: Cooking with Garden Goods	15 1 2:30 - 3 pm: Volunteer at Food & Friends!	16 10 am: CareFirst Bingo	17 10am Games Galore: Connect 4	18 11am - Arts & Crafts: Wood craft activity 1:30 PM- Fun Friday: Paint and Sip
21 10 am: Wellness Workshop: Minority Mental Health 10 am: Sign up for Bowling	22 10 am: Garden Club Guest Xandra from CAFB English/Español 1:30pm Bingo	23 10am- Memory Lane	24 10am Games Galore: Connect 4 1pm Club Memory	25 ERFSC Discretionary day Center Closed
28 10 am: Wellness Workshop - Protecting your vision	29 10 am: Bowling tournament trip	30 International Friendship Day 10am- Memory Lane	31 10am Games Galore	PREVENT CHRONIC ILLNESS

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





IMPORTANT DATES

BERNICE FONTENEAU SWC

SOME PROGRAMS ARE IN-PERSON AND VIRTUAL:

ZOOM ID: 202 727 3531

Calendar is subject to change

Trip

Information:

TRIP: 07/10 Arena
Stage A Wrinkle in
Time

Please arrive by:
10:15 AM

TRIP: 07/29
Bowling

Please arrive by:
10 AM

TRIP: 07/15 Food
and friends

Please arrive by:
11:30 am

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

1 10 am: Taller de Bienestar: - Lanzamiento del Desafío de Bienestar

2 11am: Town Hall Meeting
9 am: Venta de plantas

3 1:30 pm
Celebración del 4 de julio: Día de vestirse de rojo, blanco y azul

4 Centro Cerrado



7 10 am: Taller de bienestar: Cómo controlar la presión arterial
10 am: **Inscribase para:** Toby's Dinner and Food & Friends

8 10 am: Reunión del Club de Jardinería Inglés/Español
1:30pm Bingo

9 10am- Taller sobre demencia con DACL



10 10:15 am: Arena Stage: A Wrinkle in Time

11 11 am: Arte y manualidades
Refrescante de aire

14 10 am: Wellness Workshop: Cooking with Garden Goods

15 1 2:30 - 3 pm: Volunteer at Food & Friends!

16 10 am: CareFirst Bingo

17 10am Games Galore: Connect 4

18 11am - Arts & Crafts: Wood craft activity
1:30 PM- Viernes Divertido: Pintar y tomar

21

10 am: Wellness Workshop: Minority Mental Health

10 am: Sign up for Bowling

22 10 am: Reunión del Club de Jardinería con Xandra de CAFB Inglés/Español
1:30pm Bingo

23 10am- Memory Lane

24 10am Games Galore: Connect 4
1pm Club Memory

25 ERFSC
Discretionary day
Center Closed

28

10 am: Wellness Workshop - Protecting your vision

29

10 am: Bowling tournament trip

30

International Friendship Day
10am- Memory Lane

31

10am Games Galore



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

