



# BERNICE FONTENEAU SWC



3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE

**MARCH 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** Flexibility/Stretch Class
- 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** Hand Dancing
- 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** Card Games
- 2:00** Healing Circle (1<sup>st</sup> & 3<sup>rd</sup>)
- 3:00** Color Connection

## THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Massage Chairs
- 9:00** Crocheting FYI
- 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 (1<sup>st</sup> & 3<sup>rd</sup>)
- 1:00** Club Memory (4<sup>th</sup> Thursday only)
- 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 & Crafts
- 11:00** Lunch Time Hang Time - Music Trivia 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](https://gethelp.dc.gov) OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- [DACL.DC.GOV-202-724-5626](https://dacl.dc.gov)

## Trip

MON

TUE

WED

THU

FRI

### Information:

TRIP: 02/12 Arena Stage- Chez Joey  
Please arrive by: 10:30 AM



TRIP: 02/18 Food & Friends  
Please arrive by: 12:00 PM



TRIP: 02/23 Walmart  
Please arrive by: 8:30 AM



TRIP: 02/25 Ted's Bulletin  
Please arrive by: 8:30 AM



TRIP: 02/31 CAFB Cooking Class  
Please arrive by: 9:00 AM



2  
10 am: Wellness workshop

9  
10 am: Wellness workshop  
11 am: Emergency Preparedness (Spanish)

16  
10 am: Wellness Workshop

23  
10 am: Wellness Workshop  
9am TRIP: Walmart

30  
10 am: Wellness Workshop

3  
10 am: Wellness Workshop: Chef Herb  
1pm: Hand Dance  
1:30 pm: Inspiration & Fellowship

10  
10 am: Wellness Workshop - Board of Elections - Ranked Choice Voting  
1:30 pm: Inspiration & Fellowship

17  
St. Patrick's day - Wear Green!  
10 am: Wellness Workshop: Chef Herb  
1:30 pm: Inspiration & Fellowship

24  
10 am: Wellness Workshop  
1pm: Hand Dance  
1:30 pm: Inspiration & Fellowship

31  
10 am: Wellness Workshop  
9am TRIP: CAFB Cooking class  
1:30 pm: Inspiration & Fellowship

4  
11am: Town Hall Meeting  
1pm: Technology Office Hours

11  
10am- Memory Lane  
1pm: Technology Office Hours

18  
10am- Memory Lane  
12pm TRIP: Food & Friends Volunteering  
1pm: Technology Office Hours

25  
8:30AM-TRIP: Breakfast at Ted's Bulletin  
10am- Memory Lane  
1pm: Tech Class: Digital Literacy: Android Basics

5  
1:30pm Bingo

12  
10:30am- TRIP: Arena Stage-Chez Joey

19  
10 AM- Food Jonezi Cooking demo  
1:30 pm: Leprechan Nickel Bingo

26  
1pm Club Memory

6  
11am - Arts & Crafts: With Kelsey  
1:30 PM- Fun Friday: Movie Day

13  
11am - Arts & Crafts: Lucky Charms  
1:30 PM- Fun Friday: Superstition Social

20  
11am -Arts & Crafts: With Kelsey  
1:30 PM- Fun Friday: Woman's History month Celebration

27  
Center Closed

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

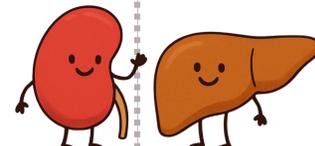


Equality For Women

WOMEN WORK WOMEN



BRAIN INJURY AWARENESS MONTH



KIDNEY AND LIVER HEALTH MONTH

