

# BERNICE FONTENEAU SWC

3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010 (202) 727-0338 MAIN OFFICE

APRIL 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** 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 (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)
- 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



# 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](https://dacl.dc.gov)-202-724-5626

### Information:

**TRIP: 04/06**  
**Food & Friends**  
Please arrive by  
**12:00 PM**



**TRIP: 04/09**  
**Amish Market**  
Please arrive by  
**8:30 AM**



**TRIP: 04/13**  
**Martha's Table**  
Please arrive by  
**10 AM**



**TRIP: 04/23**  
**Black Dallas Dance**  
Please arrive by  
**9:00 AM**



**TRIP: 04/30**  
**Mosaic Theatre-Young John Lewis**  
Please arrive by  
**9:30 AM**



**MON**



**6**  
10 am: Workshop-  
Plus Senior Care  
Advocates

12:00 PM: Trip: Food &  
Friends Volunteer

**13**  
9:30 AM: Trip: Martha's  
Table

10 am: Wellness Workshop  
11am- Office of Planning:  
Focus group in Spanish

**20**  
10 am: Volunteer  
Appreciation Event

11am-1pm: PEPCO  
Tabling

**27**  
10 am: Wellness  
Workshop: Garden  
Club meeting with  
Xandra

**TUE**



**7**  
10 am: Wellness  
Workshop: Chef Herb  
1:00 pm: Hand Dance  
1pm: Club memory-  
Spanish

**14**  
10 am: go DC go:  
Transportation  
Resources Event

**21**  
10 am: Wellness  
Workshop: Chef Herb  
9:30 AM- Ask a  
Healthcare Provider  
1:00 pm: Hand Dance  
1pm: Club memory  
Spanish

**28**  
10 am: Wellness Workshop:  
ERFSC Deaf & Hard of  
Hearing program  
presentation

**WED**

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

**8**  
10am- Memory Lane  
10am- Garden Club Meeting  
1pm: Technology  
Office Hours  
1pm: Healing Circle

**15**  
10am- Memory Lane  
1pm: Technology Office  
Hours

**22**  
10am- Memory Lane  
Happy Earth Day  
10am- Garden Club Meeting  
1pm: Healing Circle  
1pm: Digital Literacy  
Class: Cyber Security

**29**  
10am- Memory Lane

**THU**

**2**  
10am- Office of  
Planning: Focus group  
1:30pm Bingo

**9**  
8:30 AM: Trip: Amish  
Market  
11am-2pm State Health  
Insurance Program  
(SHIP)

**16**  
CENTER CLOSED  
DC Emancipation  
Day



**23**  
9:AM: Trip: Dallas Black  
Dance Theater  
10am-1pm: Grubb's  
Pharmacy Health Ed

**30**  
9:30 AM: Trip: Mosaic  
Theatre- Young John  
Lewis  
1:30 pm: Nickel  
Bingo

**FRI**

**3**  
11am - Arts & Crafts:  
With Kelsey  
1:30 PM- Fun Friday:

**10**  
11am - Dance Class:  
The Music In Me  
1:30 PM- Fun Friday:  
Happy Hour

**17**  
11am -Arts & Crafts:  
With Kelsey  
1:30 PM- Fun Friday:  
Movie Afternoon

**24**  
11am - Dance Class:  
The Music In Me  
1:30 PM- Fun Friday:  
Cake decorating with  
Iron Star



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



NATIONAL  
MINORITY  
HEALTH  
MONTH

