

# BERNICE FONTENEAU SWC



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

DECEMBER 2025

## 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** 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** Hand Dancing **New!**
- 1:00** Tech Time
- 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** Card Games **New!**
- 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** 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** Card games
- 1:00** Club Memory
- 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** 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



### NEED RESOURCES?

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

Calendar is subject to change

### Trip Information:

**TRIP: 12/12**

**Downtown Holiday Market**

Please arrive by:  
8:30 AM

**TRIP: 12/15 Roses Discount Store**

Please arrive by:  
8:30 AM

**TRIP: 12/18 Step Afrika! Arena Stage**

Please arrive by:  
8:30 AM

**TRIP: 12/22 People's House Museum**

Please arrive by:  
10:00 AM

MON	TUE	WED	THU	FRI
1 10 am: Choosing Healthy Foods Workshop  <b>WORLD AIDS DAY</b>	2 10 AM- Chef Herb	3 11am: Town Hall Meeting	4 10:00 Scam Prevention: Jason Jones Attorney	5 11am - Arts & Crafts: 1:30 PM- Fun Friday: Hot Chocolate Social & Card Exchange
8 10AM-2PM: <b>Holiday Bazaar</b> 10 am: Healthy Holiday Resources	9 10 am: Garden Club with Xandra 1:30pm Bingo	10 10AM: Memory Lane	11 11AM: Holiday Luncheon <b>HAPPY HOLIDAYS</b>	12 8:30AM-TRIP: <b>Downtown Holiday Market</b> 11am - Arts & Crafts: 1:30 PM- Fun Friday: Ugly Sweaters and Holiday games
15 8:30 AM- <b>Roses Discount Store</b> 10 am: Counting Carbs Part 2	16 10AM- Chef Herb	17 10am- Memory Lane	18 10AM- Public Service Commission: Winter Readiness Presentation 10:30 AM- <b>Step Afrika! Arena Stage Trip</b>	19 11:00 Yoga at Yoga Heights (make-up) 11am - Arts & Crafts 1:30 PM- Fun Friday: Holiday Movie
22 8:30 AM- <b>People's House Museum</b> 10 am: Healthy Holiday Swaps Workshop	23 10 am: Garden Club 1:30pm \$Nickel Bingo	24 10am- Memory Lane	25 <b>Merry Christmas</b> Center Closed	26 11am - Arts & Crafts 1:30 PM- Fun Friday: New Year's Resolutions
29 10 am: Setting New Year Resolutions	30 10 am: Wellness Video	31 1:30 PM- New Year's Toast <b>Toast TO A New Year</b>	 National Glaucoma Awareness Month	 <b>NATIONAL HANDWASHING AWARENESS MONTH</b> DECEMBER

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

