



# BERNICE FONTENEAU SWC

FEBRUARY 2026

3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE



## 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  
**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  
**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** 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** FYI Presentations  
**10:00** Games Galore  
**10:00** Legal Counsel for the Elderly  
**11:00** Enhance Fitness with Kojak  
**11:00** Lunch Time Hang Time - Music  
**1:00** Cards - Bid Whist and Spades  
**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  
**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?

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

### Trip

### Information:

TRIP: 02/05 Food and Friends

Please arrive by: 12:00 AM

TRIP: 02/11 DACL Red, White & You

Please arrive by: 9:30AM

TRIP 02/17: Bowling

Please arrive by: 8:30 AM

TRIP: 02/18 Martha's Table

Please arrive by: 9:30AM

TRIP: 02/20 Spice Suite

Please arrive by: 9:30 AM

TRIP: 02/23 CAFB Cooking Class

Please arrive by: 10:30 AM

TRIP: 02/25 Ted's Bulletin

Please arrive by: 8:30 AM

**MON**

**TUE**

**WED**

**THU**

**FRI**

2

10 am: Wellness/Black History Documentary - High on the Hog  
11:00 ESOL Class

9

10 am: How to have a Healthy Heart Workshop

16

**President's Day**  
Center Closed

23

10 am: Garden Club with Xandra from CAFB  
10:30 am: CAFB Cooking Class Trip (class at 11:30am)

3

10 am: Chef Herb  
1PM Club Memory en Español

10

10 am: Preventing Dementia Workshop by Giovanna from DACL  
1:30pm Bingo

17

8:30 AM- Bowling Trip  
10 am: Chef Herb

24

10 am: Wellness Workshop  
1:30pm \$Nickel Bingo

4

11am: Town Hall Meeting

11

9:30 AM-DACL Red, White and You



18

9:30 AM Martha's Table Trip  
10am- Memory Lane

25

8:30AM - Breakfast at Ted's Bulletin  
1PM-NCOA Digital Literacy Class- Email  
10am- Memory Lane

5

12 PM-Food & Friends Volunteering

12

10 am: Fire Safety Presentation

19

10 AM- Food Jonezi Cooking demo

26

1pm Club Memory

6

**Wear Red Day!**  
11am - Arts & Crafts: Kelsey  
1:30 PM- Flower Arrangement Workshop

13

1:30 PM- Fun Friday: KAΨ Valentine Showcase and games

20

9:30 AM - Spice Suite Trip  
11am - Arts & Crafts: Kelsey

27

1:00 PM- BFSWC 15<sup>th</sup> Anniversary  
15<sup>th</sup> ANNIVERSARY

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



Black HIV/AIDS Awareness Month



Healthy Heart Awareness month

getting  
**HEALTHIER**  
everyday

**BLACK HISTORY MONTH**



**Support Cancer Awareness**