



# BERNICE FONTENEAU SWC



3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE

FEBRUARY 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
- 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 (1st & 3rd)
- 3:00** Color Connection

## THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 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
- 1:00** Club Memory (4th 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:

MON

TUE

WED

THU

FRI

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

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

1:30 PM- Fun Friday: Black History Celebration

27

1:00 PM- BFSWC 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

Support Cancer Awareness

