

BERNICE FONTENEAU SWC

MAY 2025

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



MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Step Aerobics
- 10:00** Wellness Workshop
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 11:00** Hang Time w/ Maddie - Current Events
- 1:00** Tech Support
- 1:30** 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
- 1:30** 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** Tech Time
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Cards Hour
- 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 Elderly
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (4/24)
- 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 and 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

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:

5/13 - 10am TRIP:
Older Americans
Month Ward 1 Boat
Cruise

Please arrive by
8:30am

5/19 Trip: Brookside
Garden

Please Arrive by
9:15am

5/21 TRIP: Senior
Fest

Please arrive by
9:00am

5/27 TRIP: Bowling
Please arrive by
9:15am

5/30 Trip: Ward 1
Senior Dance
Please arrive by
10:45am

| MON | TUE | WED | THU | FRI |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 10 am: Games Galore 1:00pm: Walk with Ease | 2 10am - Arts & Crafts: Make your own bracelet 1:30 pm: Fun Friday: National Lemonade Day |
| 5 10am: Sign up for Ward 1 Senior Dance 10 am: Cinco de Mayo Celebration | 6 10 am: Garden Club Meeting English/Español 1:30pm Bingo | 7 11am: Town Hall Meeting | 8 10am Games Galore 1:30pm Mother's Day Tea | 9 8am - Holistic Horsemanship #3 10am: Summer Watercolors 11am - Walk with Ease 1:30 pm: Fun Friday: Paint & Sip |
| 12 10am Sign up for Brookside Gardens 10 am: Wellness Workshop: Controlling your blood sugar (Español) | 13 10 am: Wellness Workshop: Nutrition for seniors 10am: TRIP: Older Americans Month: Ward 1 Boat Cruise | 14 10am: Memory Lane | 15 10am Games Galore 1:00pm: Walk with Ease | 16 11am - Arts & Crafts: Sun Catchers 1:30pm - Fun Friday: DC Lottery Bingo |
| 19 10am: TRIP: Brookside Gardens 10 am: Wellness Workshop: Controlling your blood sugar (English) | 20 9 am: Garden Club Meeting English/Español 10 am: Chef Herb 1:30pm Bingo | 21 10am: TRIP: Senior Fest | 22 10am: LCE Senior Medicare Patrol: Preventing Medicare Fraud 1pm Club Memory 1:00pm: Walk with Ease | 23 11am - Arts & Crafts: Texture Collage 1:30 pm: Fun Friday: Movie Afternoon |
| 26 Center Closed | 27 10 am: TRIP: Bowling | 28 10am: Memory Lane 10am -3pm Older Americans Month: Flipping the Script on Aging: Senior Facts, Fitness & Fun Day | 29 10am Games Galore: Connect Four 1:00pm: Walk with Ease | 30 11am - Arts & Crafts: - DIY Air Freshener 1:30 pm: Fun Friday: Beachball Volleyball 12pm: TRIP: Ward 1 Senior Dance |

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

