

BERNICE FONTENEAU SWC

DACL
LIVE BOLDLY



AUGUST 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** 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 (2nd and 4th) **New!**
- 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 the Elderly
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00** Class with EYL **New!**
- 1:00** Club Memory 07/24
- 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



NEED RESOURCES?

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

Trip Information:

TRIP: 08/01 Dutch Market
Please arrive by:
8:30 AM

TRIP: 08/07 Senior Drip
Please arrive by:
10:AM

TRIP: 08/11 Food and Friends
Please arrive by:
11:30 AM

TRIP: 08/25 Botanical Garden
Please arrive by:
10:00AM

TRIP: 08/27 Washington SWC Men's Focus group
Please arrive by:
9:00 AM

Calendar is subject to change

MON	TUE	WED	THU	FRI
				1 8:30 am TRIP: Amish Market 11am - Arts & Crafts: 1:30 PM- Fun Friday: Movie Afternoon
4 10 am: Wellness Workshop: Wellness Challenge Kick off 10 am: Sign up for Food and Friends trip	5 10 am: Wellness Workshop: Cooking C. 1:00pm Chess Club 1:00pm Class with EYL 1:00pm Hand Dancing	6 11am: Town Hall Meeting	7 9:00-11AM Matter of Balance-Español 10 am: AARP/SMP "Medicare Tracker" 11 am: TRIP: Senior Drip 1:00pm Class with EYL	8 11 am: Arts and Crafts: with EYL 1:30 PM- Fun Friday: Paint & Sip
11 10 am: Wellness Workshop: Protecting Your Kidneys 10 am: Sign up: Washington SWC Men's focus group and Silver Market 11AM: TRIP: Food and Friends	12 9:00-11AM Matter of Balance-Español 10 am: Garden Club Meeting English/Español 1pm Mindfulness 1:30pm Bingo	13 10 am: Life insurance presentation: THINGS YOU SHOULD KNOW 	14 9:00-11AM Matter of Balance-Español 10am Games Galore: Connect 4	15 11am - Arts & Crafts: with EYL 1:30 PM- Fun Friday: Ice Cream Social
18 10 am: Wellness Workshop: Boosting the Immune System 10 am: Sign up for the Botanical Gardens trip 1:00 pm- Saving Clare video	19 9:00-11AM Matter of Balance-Español 10 am: Chef Herb 1:00pm Chess Club 1:00pm Class with EYL 1:00pm Hand Dancing	20 9am TRIP: CAFB Sliver Market 10am- Memory Lane	21 9:00-11AM Matter of Balance-Español 1pm Club Memory 1:00pm Class with EYL	22 11am - Arts & Crafts with EYL 1:00 PM-Fall Recovery Workshop with GW-Virtual 1:30 PM- Fun Friday: Paint and Sip
25 10am-TRIP: Botanical Gardens 10 am: Wellness Workshop	26 9:00-11AM Matter of Balance-Español 10 am: Garden Club Meeting English/Español 1pm Mindfulness 1:30pm Bingo	27 10AM TRIP: -1PM: Washington SWC Men's focus group 10am- Memory Lane	28 9:00-11AM Matter of Balance-Español 10am: SPY Museum	29 ERFSC Discretionary day Center Closed

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



Psoriasis Action Month

