

**APRIL 2025**

# BERNICE FONTENEAU SWC

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** Flexability/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](https://gethelp.dc.gov) OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- [DACL.DC.GOV](https://dacl.dc.gov)-202-724-5626

### Trip Information:

4/17 - 11am Trip: Mosaic Theater "cullad wattah"  
Please arrive by 9:30am

11am Trip: Dallas Black Dance Theatre  
Please Arrive by 9:30am

4/30 12pm Trip: Arena Stage: "Fake Til' you Make It"  
Please arrive by 10:30am



MON	TUE	WED	THU	FRI
 <b>APRIL FOOLS DAY</b>	<b>1</b> 10 am: Wellness Workshop - Aging Matters: Disparities & Health Equity	<b>2</b> 10 am: Book Club meeting 11 am: Town Hall Meeting	<b>3</b> 10 am: Games Galore	<b>4</b> 11am - Arts & Crafts: Decorative flowers 1:30 pm: Fun Friday: Movie Afternoon:
<b>7</b> 9am - Produce Plus Sign up 10 am: Ceremony of Remembrance	<b>8</b> 10 am: Friendship Bench Mini Screening 1:30pm Bingo	<b>9</b> 10 am: Food Jonezi	<b>10</b> 10 am: ERFSC Deaf & Hard of Hearing program	<b>11</b> 11am - Trivia 1:30 pm: Fun Friday:
<b>14</b> 10 am: Wellness Workshop - Vision Month Eye Exercises for Healthy Eyes	<b>15</b> 10 am: Chef Herb	<b>16</b> Center CLOSED Emancipation Day	<b>17</b> 10am Games Galore 11am Trip: Mosaic Theater "cullad wattah"	<b>18</b> 10 am Wild Tech Digital Literacy Training 1:30pm - Spring Happy Hour
<b>21</b> 10 am: Volunteer Appreciation & Celebration	<b>22</b> Earth Day 10 am: Member Orientation 1:30pm Bingo	<b>23</b> 11am Trip: Dallas Black Dance Theatre	<b>24</b> 10 am: Games Galore	<b>25</b> 11am - Arts & Crafts: Quilling 1:30 pm: Fun Friday: Popcorn and Paint
<b>28</b> 10am: Wellness Workshop - Stress Management for Older Adults	<b>29</b> 10 am: Food Jonezi	<b>30</b> 12pm Trip: Arena Stage: "Fake 'Til you Make It"		

Lunch is served from 11:45am-1:15 pm Monday through Friday

