

# BERNICE FONTENEAU SWC



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

**NOVEMBER 2025**

## MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Step Aerobics  
Wellness
- 10:00** 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  
**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** Club Memory
- 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

Calendar is subject to change

## Trip Information:

TRIP: 11/04 Martha's  
Table

Please arrive by:  
10:00 AM

TRIP: 11/07 Bread  
for the city

Please arrive by:  
8:30 AM

TRIP: 11/10 Food  
and Friends

Please arrive by:  
12:00 AM

TRIP: 11/13 Dutch  
Market

Please arrive by:  
8:30 AM

TRIP: 11/17 CAFB  
Cooking class trip

Please arrive by:  
10:00 AM

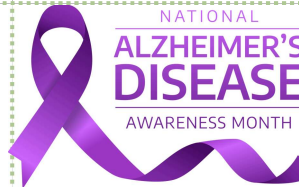
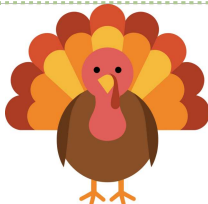
TRIP: 11/19 Silver  
Market

Please arrive by:  
11:00 AM

TRIP: 11/21  
Glenstone Museum

Please arrive by:  
8:30 AM

MON	TUE	WED	THU	FRI
<b>3</b> Hot Chocolate Bar Day!  10 am: Understanding Diabetes Workshop	<b>4</b> 10 am: Garden Club  11:00 AM- Martha's Table Trip	<b>5</b> 11am: Town Hall Meeting	<b>6</b> 10:00 am: Legal Counsel Presentation	<b>7</b> 8:30 AM- Bread for The City Trip  11am - Arts & Crafts: 1:30 PM- Fun Friday:
<b>10</b> 10 am: Counting Carbs - Part 1  12:00 am: Food & Friends Volunteer	<b>11</b>  Center Closed	<b>12</b> 10am- Memory Lane  Instructor Swap Day!	<b>13</b> 8:30 AM- Dutch Market Trip	<b>14</b> 11am - Arts & Crafts: 1:30 PM- Fun Friday: BFSWC Fashion Show
<b>17</b> 10 am: CAFB Cooking Class Trip  10:00-12PM SHIP Tabling	<b>18</b> 10 am: Chef Herb? 10 am: Counting Carbs - Part 2 1:30pm \$Nickel Bingo	<b>19</b> 10am- Memory Lane 11:00 AM- Silver Market 2:00 PM Healing Circle	<b>20</b> 10 am: Alzheimer's Presentation	<b>21</b> 8:30 AM- Glenstone Museum trip 11am - Arts & Crafts 1:30 PM- Fun Friday:
<b>24</b> 10 am: Low Carb Cooking Class	<b>25</b> 10 am: Garden Club 1:30pm Bingo	<b>26</b> 10am- Memory Lane	<b>27</b>  Center Closed	<b>28</b> 11am - Arts & Crafts 1:30 PM- Fun Friday:



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

