

BERNICE FONTENEAU SWC

JUNE 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

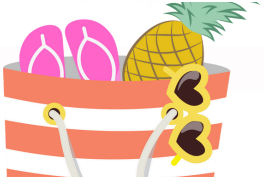
THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** Games Galore
- 10:00** Legal Counsel for the 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
- 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



Trip Information:

6/6 Walmart-Amish Market @Laurel
Please arrive by 9am

6/11 Trip: Capital Area Food Bank
Please Arrive by 10am

6/18 TRIP: Bowling
Please arrive by 10:00am

6/25 - Ms. Toya's Southern Kitchen
Please arrive by 10:00am



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

MON	TUE	WED	THU	FRI
2 10AM- Sign up for Capital Area Food Bank- Cooking class	3 10 am: Garden Club Meeting English/Español 	4 11am: Town Hall Meeting	5 9am WMATA Better Bus (Tabling) 10am Ofc. of Tenant Advocate (Tabling)	6 11am - Arts & Crafts: Suncatcher 9AM Walmart/Amish Market 1:30pm - Fun Friday Getting ready for summer
9 10 am: Wellness Workshop: Keeping Your Brain Sharp" 10AM-	10 10 am: Wellness Workshop: Let's Make Delicious Affordable Snacks 1:30pm Bingo	11 10am- Memory Lane 10:30 AM- TRIP: Capital Area Food Bank- Cooking class	12 10am Dept. of Public Works - Recycling	13 Wear Blue Friday for Men's Health 11 am: Arts and Crafts - Texture Collage 1:30 pm: Fun Friday: Father's Day Celebration
16 10am Sign up for Ms. Toya's Restaurant and Bowling 10 am: Wellness Workshop: 11am: LCE In Spanish	17 10 am: Chef Herb	18 10am Memory Lane	19 Center Closed JUNE TEENTH	20 11am - Arts & Crafts: Group Art Project 1:30- Fun Friday: Bingo with the National Guard
23 10 am: Wellness Workshop: Keeping a Healthy Blood Pressure	24 9 am: Garden Club Meeting English/Español 11am:TRIP Bowling	25 10:00AM- Memory Lane 10:30am: TRIP: Ms. Toya's Creole House	26 10am Games Galore: Connect 4 1pm Club Memory	27 11am - Arts & Crafts - Summer decor 1:30 pm: Fun Friday: Caribbean-American Heritage Month Celebration
30 10 am: Wellness Workshop: Keeping Your Brain Sharp-Cooking Class				

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

