

BERNICE FONTENEAU SWC



JANUARY 2026

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

MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 10:00** Step Aerobics
- 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
- 1:00** Tech Time
- 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** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Card Games
- 2:00** Healing Circle (1st & 3rd)
- 3:00** Color Connection

THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** FYI
- 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** Cards - Bid Whist and Spades
- 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 & 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](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:

TRIP: 01/12
Food & Friends Volunteer
Please arrive by:
11:30 AM

TRIP: 01/16
National Portrait Gallery
Please arrive by:
9:00 AM

TRIP: 01/23
Ted's Bulletin - NOMA
Please arrive by:
8:30 AM

TRIP: 01/29
Capital Area Food Bank Cooking Class
Please arrive by:
9:00 AM

Calendar is subject to change

MON	TUE	WED	THU	FRI
			1 Happy New Year! Center Closed	2 1:30 PM- Fun Friday: New Year Toast
5 10 am: "Fiber, Hydration, and You" Workshop	6 10 am: Chef Herb 1:30pm Bingo	7 11am: Town Hall Meeting	8 10am Eye Health Presentation	9 11am - Arts & Crafts: Kelsey 1:30 PM- Fun Friday: New Year's happy hour w/ DJ Bobby
12 10 am: Workshop with Donna the Herbalist 12:30 pm: TRIP: Food & Friends Volunteering	13 10AM- NEW - Weight Management Group	14 10am- Memory Lane	15 10 am: Food Jonezi Cooking Class	16 9:00 am: TRIP: National Portrait Gallery 1:30 PM- Fun Friday: Celebrating the Dream
19 MLK Day CENTER CLOSED 	20 10 am: Chef Herb 1:30pm \$Nickel Bingo	21 10 am: TRIP: Breakfast at Ted's Bulletin Restaurant 10am- Memory Lane	22 10 am: HSEMA Emergency Preparedness	23 11am - Arts & Crafts: Kelsey 1:30 PM- Fun Friday: Comedy Hour
26 10 am: Keeping up with Your Resolutions	27 10 am: NEW - Diabetes Management Group	28 10am- Memory Lane	29 10 am: TRIP: Capital Area Food Bank Cooking Class	30 11am - Arts & Crafts 1:30 PM- Fun Friday: Movie Afternoon

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



January is National Glaucoma Awareness Month