

MAY 2024

BERNICE FONTENEAU SWC

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592



MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 11:00** Step Class
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 1:00** TapFit
- 1:30** Nature Appreciation Group
- 2:00** Treat Yourself: Self Care
- 3:00** Resource Connection Hour

TUESDAY

- 9:00** News Network
- 9:00** Water Aerobics at Takoma Pool
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 1:00** FlexAbility w/ Lynitta Lockett
- 1:00** Nutrition Ed in Spanish
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Lifelong Learning

WEDNESDAY

- 8:30** Mindful Morning
- 9:00** S.A.I.L. with Adriene
- 10:00** Mental Health in Action
- 11:00** PoundFit
- 11:00** Reiki
- 1:00** Tai Chi (YMCA)
- 1:00** World of Flavors: Cooking Lab
- 2:00** Lifelong Learning
- 2:00** Mind Over Mood/Healing Circle
Zoom ID: 353-982-0971
Passcode: 1340
- 3:00** Resource Connection Hour

THURSDAY

- 8:30** News Network
- 9:00** Line Dancing
- 10:00** Mental Health Matters
- 10:00** New Member Orientation (First Thursday)
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** Wellness Workshop
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (5/23)
- 2:00** Quilting
- 3:00** Lifelong Learning

FRIDAY

- 8:30** Senior Social Hour
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Arthritis Exercise
- 11:00** Pickleball at Salvation Army
- 11:00** Arts and Crafts
- 11:00** Club Memory Virtual (every Friday)
Zoom ID: 929 9726 8202
Phone only: 301-715-8592 + ID
- 1:00** Fun Friday
- 3:00** Color Connections

Open Gym and Computer Lab Monday-Friday 8:30-4pm



IMPORTANT DATES

BERNICE FONTENEAU SWC

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Calendar is subject to change

NEED RESOURCES?

- [GETHELP.DC.GOV](https://gethelp.dc.gov) OR 311,
- [TERRIFICINC.ORG](https://terrificinc.org)-202-882-1160,
- [DACL.DC.GOV](https://dacl.dc.gov)-202-724-5626

Trip Information:

5/13 Salon Professional Academy (6 people) for manicures please be here by 9:15 am

5/15 National Cathedral Gardens please be here by 9:00 am

5/17 Phyllis Hyman Tribute please be here by 9:45 am



	MON	TUE	WED	THU	FRI
			1 10 am: No Class; Bingo 11 am: Town Hall Meeting 1 pm: Quick Quiche	2 10 am: Name that Tune! 1 pm: Spring Fashion Show	3 10:00 DCPL Senior Tech class 11 am: AI Presentation w/ Cerise Turner 1 pm: Cinco De Mayo Party
	6 10 am: Cooking Demo with CAFB	7 10 am: Snap Ed	8 10 am: Chair Yoga	9 10 am: Aging Well Part 1 1 pm: Brazilian Lemonade	10 11 am: Mother's Day Card Quilling 1 pm: Blossoming Bonds: A Mother's Day event
	13 Trip: Salon Professional Academy 2 pm: Massage with Jada	14 10 am: Grocery Plus	15 Trip: National Cathedral Bishop's Garden	16 10 am: Powered by Connection 1 pm: Men's Health Class	17 Trip: Phyllis Hyman Tribute 11 am: Bird Feeders 1 pm: Bingo
	20 10 am: Connecting with Food 2 pm: What's your Chronotype?	21 10 am: Chef Herb	22 10 am: Nutrition & Health w/ MCOAC 1 pm: Overnight Oats	23 10 am: Mental Health and Positivity 1 1pm Club Memory	24 11 am: Bath Bombs 1 pm: Rooftop Happy Hour
	27 	28 10 am: Mushroom Magic	29 Senior Fest! 10 am: Brain Games	30 10 am: Mental Health and Positivity 2 1 pm: Bingo	31 Senior Fun and Fitness Day



Please be advised: Lunch is served daily from 12 pm-1 pm

