

IMPORTANT DATES

BERNICE FONTENEAU SWC

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

- NEED RESOURCES?**
- GETHELP.DC.GOV OR 311,
 - TERRIFICINC.ORG-202-882-1160,
 - DACL.DC.GOV-202-724-5626,
 - BERNICE FONTENEAU SENIOR WELLNESS CENTER, 202-727-0338

TAKE NOTE

Trip Information

11/9 - Publick Playhouse:
"Sylvie's Love"
Arrive at the center by 9:45am

11/16 - Dutch Market
Arrive at the center by 9:30am

11/22 - Feast of Sharing DC Convention Center - Van trip Arrive at center by 9am

11/29 - Bowling at Ft. Meyer
Arrive at the center by 9:30am

JOIN US

MON	TUE	WED	THU	FRI
		1 11 am Town Hall Meeting 12:30 pm: Cancer Screening Info with Howard Univ	2 10:00 Mental Health Matters: Bullying and Older Adults	3 <i>Hot chocolate Bar</i> 11:00 DDOT Presentation on GA Ave. Project 1pm: Fun Friday
6 11 am: Glaucoma Screenings for Spanish Speakers	7 10 am: Snap Ed	8 1pm: Arts & Crafts-Thanksgiving Tree	9 10:00 Mental Health Matters: The Myths of Grief Trip: Publick Playhouse	10 CLOSED
13 10 am: Mary's Center Dental with Ingrid 11am - Nature Center trip	14 10am - Plant Sale 10 am: Grocery Plus 1 pm: Nutrition in Spanish	15 1 pm: Mental Health in Spanish 1pm Arts & Crafts : with GUSM - Pumpkins!	16 10:00 Mental Health Matters:Stretching for Mental Health Trip: Dutch Market	17 10:00 DOEE River Smart program 1pm: Fun Friday: Movie Afternoon "The Burial"
20 10 am: Try Something New with Alannah 11 am: SNAP for Spanish Speakers	21 10 am: Create Healthy Holiday Meals with Chef Herb 1:00 - BFSWC Meet & Greet with Kojo Nnamdi - WHUR	22 Trip: Feast of Sharing 1pm Arts & Crafts: Scene painting	23 CLOSED Happy Thanksgiving!	24 CLOSED
27 10 am: Cooking demo with FRESHfarm	28 10am: Microgreens with Roots n Shoots 1pm: Nutrition in Spanish	29 Trip: Bowling 1pm Arts' & Crafts - Cricut ornaments	30 10:00 Mental Health Matters: Older Adults and Family Relationships	

Mental Health in Action:

November 1: Chair Yoga and Mental Health Benefits

November 8: Body Scan and Body Mapping

(Spanish Group meets at 1:00 in the 3rd floor conference room.)

November 15: Active Listening and Reflection

November 22: Emotional Eating/Mindful Eating

November 29: Brain Games – Let's Keep Our Brains Active

Medicare Annual Enrollment with Donna Tabor:

Thursdays from 10 am- 1 pm on

- November 2nd
- November 9th
- November 16th
- November 23rd
- November 30th