

**DECEMBER 2023**

# BERNICE FONTENEAU SWC



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

## MONDAY

- 8:30** Discussion Group
- 9:00** Enhance Fitness
- 10:00** Nutrition Education
- 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** Tech Check with Tyra & Angela
- 3:00** Current Events Discussion

## TUESDAY

- 8:30** Walking Club
- 9:00** Line Dancing
- 10:00** Health & Wellness
- 11:00** Aerobics with Kojak
- 11:00** Hair Care with Annette (every other week)
- 1:00** Balance Pads
- 1:00** Nutrition Ed in Spanish
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Color Connections

## WEDNESDAY

- 8:30** Mindful Morning
- 9:00** S.A.I.L. with Adriene
- 9:00** Enhance Fitness
- 10:00** Mental Health in Action
- 11:00** PoundFit
- 11:00** Reiki
- 1:00** Tai Chi (YMCA)
- 1:00** Current Events & Book Club (Online Only)
- 1:00** Arts and Crafts
- 2:00** Mind Over Mood/Healing Circle  
Zoom ID: 353-982-0971  
Passcode: 1340
- 3:00** Assessments

## THURSDAY

- 8:30** What's Going on? Discussion Group
- 9:00** Wall Pilates
- 10:00** Mental Health Matters
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** Circuit Training with Tony (YMCA)
- 1:00** Club Memory- In person (12/28)
- 2:00** Quilting
- 3:00** New Member Orientation
- 3:00** Color Connections

## FRIDAY

- 8:30** Color Connections
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Games and Snacks (check schedule)
- 11:00** Pickleball at Salvation Army
- 11:00** Club Memory Virtual (every Friday)  
Zoom ID: 929 9726 8202  
Phone only: 301-715-8592 + ID
- 1:00** Fun Friday
- 3:00** Weekend Wind-down

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

# IMPORTANT DATES

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**NEED RESOURCES?**

- [GETHELP.DC.GOV](http://GETHELP.DC.GOV) OR 311,
- [TERRIFICINC.ORG](http://TERRIFICINC.ORG)-202-882-1160,
- [DACL.DC.GOV](http://DACL.DC.GOV)-202-724-5626,
- **BERNICE FONTENEAU SENIOR WELLNESS CENTER**, 202-727-0338


**HAPPY HOLIDAYS**

**Trip Information:**

**12/13:**  
Mayor's Holiday Celebration please be here by 8:30 am

**12/14** Step Africa please be here by 10:45 am

**12/15** Holidays and Harmony please be here by 11:45 am

MON	TUE	WED	THU	FRI
				
				1 1 pm: Tree Decorating
4 10 am: Home Safety with Mr. Current	5 10 am: Snap Ed with Lynitta Lockett	6 10 am: Holiday Cards 11 am: Town Hall Meeting 1 pm: Kindness Rocks	7 10 am: Hardy Middle School Students: Holiday Crafts	8 10 am: Beachball volley ball 1 pm: Hot Chocolate and Games
11 10 am: Men's Health with Mr. Burnside	12 10 am: Grocery Plus 1 pm: Jennifer's Farewell	13 10 am: <b>25th Annual Senior Holiday Celebration</b> 10 am: Emotions & Coping Skills 1 pm: Watercolors	14 10 am: Mental Health & the Holidays <b>Trip: Arena Stage</b>	15 1 pm: Holiday Happy Hour <b>Trip: Publick Playhouse</b>
18 <b>9 am: Jingle Jangle Jubilee</b>	19 10 am: Sharpen your Knife skills with UDC	20 10 am: Holiday Reminiscing 1 pm: Vision Board	21 10 am: Art for Mental Health	22 10 am: Games and Snacks 1 pm: Movie Day: "Candy Cane Lane"
25 <b>CLOSED</b>	26 10 am: New Year, New Me	27 10 am: Brain Games 1 pm: Circle Looms	28 10 am: Mindfulness Techniques 1 pm: Club Memory in person	29 10 am: Games and Snacks 1 pm: Karaoke : The Classics



**Inclement Weather?**

**Check DC Public Schools for the latest updates on closures**



**Medicare Annual Enrollment with Donna Tabor:**

**Thursday from 10 am- 1 pm on**

- **December 7th (last day she will be here)**