

FEBRUARY 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** Pool at Tacoma
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Hair Care with Annette (every other week)
- 1:00** Matter of Balance (ends Feb 6)
- 1:00** Balance Pads (2/13)
- 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** FlexAbility: Stretch it Out
- 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** Matter of Balance (ends Feb 6)
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (2/22)
- 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

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Calendar is subject to change

NEED RESOURCES?

- GETHELP.DC.GOV OR 311,
- TERRIFICINC.ORG-202-882-1160,
- DACL.DC.GOV-202-724-5626

Trip Information:

2/14 Red, White, and You Senior Dance please be here by 10:45 am

2/15 Ain't Too Proud please be here by 11:45 am

2/23 Back to the 80s at the Palisades Please be here by 10 am

2/29 Dutch Market please be here by 9:30



	MON	TUE	WED	THU	FRI
				1 10 am: Being your own Advocate	2 Wear Red Today! 11 am: Valentines day cards 1 pm: Self Defense
5 10 am: Love your Gut 2 pm: Manicures	6 10 am: SNAP Ed	7 Michelle's Birthday 10 am: Chair Yoga 11 am: Town Hall Meeting 1 pm: Jollof	8 10 am: Managing Chronic Disease I	9 11 am: Paper Strip Kente 1 pm: Black History Movie	
12 10 am: MedStar with JJ Current 2 pm: Tea Time	13 10 am: Grocery Plus 10 am: Nutrition Ed in Spanish	14 Trip: Red, White, and You Senior Dance 10 am: Heart String Activity 1 pm Valentine's Day w/Side by Side band	15 TRIP: Ain't Too Proud 10 am: Managing Chronic Disease II 10 am: Men's Health w/ Mr. Burnside	16 11 am: Black History Stickers 1 pm: Origins of AA Spirituals	
19 CLOSED	20 10 am: Pesto 3 ways w/ Chef Herb	21 10 am: PlayDoh Reminiscing 1 pm: Coffee with a Cop	22 10 am: Managing Chronic Disease Conclusion	23 TRIP: Back to the 80s 11 am: African Bead Bracelets 1 pm: Black History Bingo	
26 10 am: Alz Association with Michael 2 pm: Massage	27 9 am: Nutrition Ed in Spanish 10 am: DC Relay Phone Devices	28 10 am: Brain Games 1 pm: Puff Puff	29 TRIP: Dutch Market 10 am: Decluttering		

DC Public Library Outreach + Inclusion

Join us on Fri Feb 9th at 1 pm and Fri Feb 16th 1 pm

