

JANUARY 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
- 9:00** Color Connections
- 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 Takoma Rec
- 9:00** Fitness Video
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Hair Care with Annette (every other week)
- 1:00** Matter of Balance (Jan 9 - Feb 1)
- 1:00** Nutrition Ed in Spanish (16th & 30th)
- 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
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (1/25)
- 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

SOME PROGRAMS ARE IN-PERSON AND VIRTUAL:

ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592

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:

1/2 The Color Purple please be here by 9:45 am

1/3 Toby's Dinner Theater please be here by 8:45 am

1/26 Bowling at Fort Meyer please be here by 9:00 am



	MON	TUE	WED	THU	FRI
1	CLOSED	2 Trip : The Color Purple 10 am: Nutrition Bingo	3 Trip : Toby's Theater 10 am: Setting New Year's Goals	4 10 am: The Social Dilemma documentary	5 11 am: Paper Plate Snowman 1 pm: Regular Bingo
8	10 am: Thyroid Awareness 2 pm: Face Masks	9 10 am: Grocery Plus Please bring your ID	10 10 am: Chair Yoga 11 am: Town Hall meeting 1 pm: Easy Naan	11 10 am: Exercise and Motivation	12 11 am: MLK Jr Day: Give-Back Activity 1 pm: Movie Day
15	CLOSED	16 10 am: Collard Greens w/ Chef Herb	17 10 am: Co-existing peacefully 1 pm: Raita w/ pita	18 10 am: Mental Health and Obesity	19 10am Brunchin' with Nancy 11 am: Bird Feeders 1 pm: Self Defense
22	10 am: Season of Sickness 2 pm: Hello, Old Friend	23 10 am: Brain Health Initiative w/ Tihinita	24 10 am: Appreciating Differences 1 pm: Mango Lassi	25 10 am: Living Your Best Life	26 Trip : Bowling 11 am: Fork Polar Bear 1 pm: Paint n Sip w/ Dominique
29	10 am: Nutrigenomics 2 pm: Laugh it Up	30 10 am: Let's Try Something New	31 10 am: Brain Games 1 pm: Tikka Masala		

Please be advised:

The Town Hall Meeting has been moved to **Wednesday January 10th at 11 am**



Inclement Weather?

Check DC Public Schools for the latest updates on closures