

JULY 2024

BERNICE FONTENEAU SWC

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



MONDAY

- 8:30** News Network
- 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** Tech Class
- 1:00** Nature Appreciation Group
- 1:30** MoTown Dance Party
- 2:00** Treat Yourself: Self Care
- 3:00** Resource Connection Hour

TUESDAY

- 8:30** News Network
- 9:00** TapFit
- 10:00** Wellness Workshop
- 10:00** Nutrition Ed in Spanish
- 11:00** Aerobics with Kojak
- 1:00** FlexAbility: Stretch it Out
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Bingo

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** Tech Class
- 1:00** Basic Training 4 Your Body w/ Mr. Yates (YMCA)
- 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 (2nd & 4th Thursday)
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** World of Flavors: Cooking Lab
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (7/25)
- 2:00** Quilting
- 3:00** Bingo

FRIDAY

- 8:30** News Network
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Arthritis Exercise
- 11:00** Pickleball at Salvation Army
- 11:00** Tech Class
- 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,
- EAST OF RIVER 202-397-7300
- DACL.DC.GOV-202-724-5626


Trip Information:

7/1 Regal Kingstowne
"Thelma" please be here by 8:45 am

7/16 AMF Capital Plaza Lanes
"Bowling" please be here by 10:30 am

7/22 National Museum of American History
please be here by 9 am



	MON	TUE	WED	THU	FRI
1	Trip: Thelma Movie 10 am: Sugar Smarts 1:30: Favorite Songs	2 10 am: Snap Ed 10am: Tech 101 with OCTO	3 10 am: Chair Yoga 11 am: Town Hall Meeting	4 CLOSED 4TH OF JULY	5 Closed: Discretionary Day
8	10 am: Hydration Station 1:30: Mindful Painting	9 10 am: Grocery Plus 10 am: Wound Healing Dr. Uzobuihe	10 10 am: Ikigai 11am Fall Recovery w/ GWU	11 10 am: Minority Mental Health 1:30: Tropical Tumeric Smoothie	12 11am Air Dry Clay w/ Gabe 1 pm: Game Time!
15	10 am: Alzheimer's Association No Tech Class Today 1:30: Sunny Days	16 Trip: Bowling 10 am: Chef Herb	17 10 am: Active Listening Exercises	18 10 am: Self Care Around the World 1 pm: Men's Health	19 11am Paint Clay w/ Gabe 1 pm: Movie: Independence Day
22	Trip: Museum 10 am: Climate Change and Health 1:30: Feet Soak	23 10 am: Sun Safety	24 10 am: Brain Games	25 10 am: Five Love Languages 1:30: Firecracker Salmon	26 11 am: Wind Chimes w/ Gabe 1 pm: Bingo
29	10 am: Living in Full Color 1:30: Guided Imagery	30 10 am: Healthy Vision w/ PoB	31 10 am: Bingo		



We serve lunch daily from 11:45-1:30. Please see a staff member for assistance in signing up.

Please remember to check your email as we send out important messages each week.