

JUNE 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** Tech Class
- 1:30** 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
- 1:00** Nutrition Ed in Spanish
- 1:30** FlexAbility: Stretch it Out
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Resource Connection Hour

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
- 1:30** Mr. Yates
- 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 the Elderly
- 11:00** Enhance Fitness with Kojak
- 1:30** Wellness Workshop
- 1:30** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (1/25)
- 2:00** Quilting
- 3:00** Resource Connection Hour

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
- 1:30** 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:

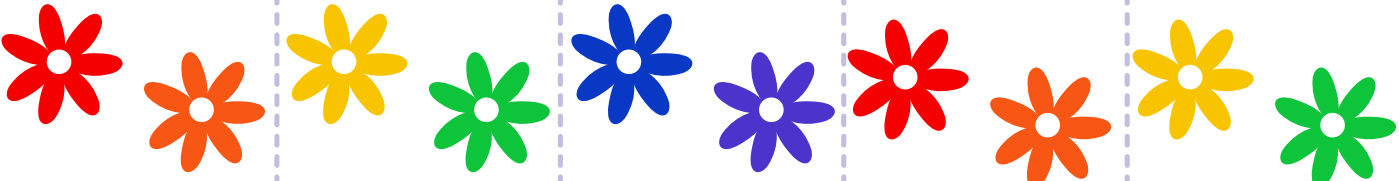

ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592

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:

	MON	TUE	WED	THU	FRI
					
6/12 Women's Museum please be here by 9 am	3 10 am: Medicare Fraud Prevention 1:30: Relax your eyes	4 10 am: Snap Ed	5 10 am: Mindful Benefits of Painting 11 am: Town Hall Meeting	6 10 am: LGBTQIA Issues Impacting Older Adults 1:30: Name That Tune! (Pride Edition)	7 11 am: Origami w/ Gabe 1:30: Movie: The Death and Life of Marsha P Johnson
6/21 Annapolis Cruise Please be here by 9:15	10 10 am: How Well Do You Know Pride? 11 am: Verizon Cyber Seniors 1:30: Take Pride In Yourself	11 10 am: Grocery Plus 10:00 Legal Counsel for the Elderly - Homeownership Preservation	12 Trip: National Museum of Women in the Arts 10 am: Ikigai	13 10 am: Mood Disorders 1:30: Pride Bingo	14 11 am: Paper Flowers w/ Gabe 1:30 Pop's Party featuring Cristian Bonilla
6/25 Senior Symposium please be here by 9 am	17 10 am: Senior Living Travel 1:30: Neighborhood Stroll	18 10 am: Chef Herb	19 CLOSED 	20 10 am: PTSD in Older Adults 1:30: Men's Health	21 Trip: Annapolis Cruise 11 am: Shell Painting w/ Gabe 1:30: Paint & Sip w/ Dominique
6/27 The Migration please be here by 10:30 am	24 1 pm: Take Pride In Yourself 1:30: DI Y Hydration Drink	25 Senior Symposium 10 am: Eat the Rainbow!	26 10 am: Brain Games 10 am: Mindful Benefits of Painting	27 Trip: The Migration 10 am: Alcohol Awareness 1:30: Caribbean American Trivia	28 11 am: Wind chimes w/ Gabe 1:30: Rainbow Recess

Pride is visibility. It's important to provide a space intended to celebrate the specific progress of these communities and for sharing solidarity with those facing similar barriers and experiences of marginalized identities.

CARIBBEAN AMERICAN HERITAGE MONTH

