



BERNICE FONTENEAU SWC



AUGUST 2026

3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010

(202) 727-0338 MAIN OFFICE

MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 10:00** Step Aerobics
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 11:00** Lunch Time Hang Time - Current Events
- 1:00** Golden Gloves Boxing Class
- 1:30** Nature Appreciation Group
- 3:00** Color Connection

TUESDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 9:00** Massage Chairs
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Cards - Bid Whist and Spades
- 1:00** TapFit
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Color Connection

WEDNESDAY

- 8:30** Senior Social Hour
- 9:00** S.A.I.L. with Adriene
- 10:00** PoundFit
- 11:00** Tai Chi with Jerry
- 11:00** Reiki
- 11:00** Lunch Time Hang Time - Puzzlemania
- 1:00** Tech Time
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Healing Circle (1st & 3rd)
- 3:00** Color Connection

THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** Presentations
- 10:00** Games Galore
- 10:00** Legal Counsel for the Elderly
- 11:00** Enhance Fitness with Kojak
- 11:00** Cards - Bid Whist and Spades
- 1:30** Bingo (1st & 4th)
- 1:00** Club Memory (4th Thursday only)
- 2:00** Quilting
- 3:00** Color Connection

FRIDAY

- 8:30** Senior Social Hour
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 9:00** Massage Chairs
- 10:00** Arthritis Exercise
- 11:00** Arts & Crafts
- 11:00** Lunch Time Hang Time - Music Trivia
- 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 Connection

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 3531

Calendar is subject to change

NEED RESOURCES?

- [GETHELP.DC.GOV](https://gethelp.dc.gov) OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- [DACL.DC.GOV](https://dacl.dc.gov)-202-724-5626

Trip Information:

TRIP 08/05 Arena Stage- TLC Crazy Sexy Cool
Please arrive by: **11AM**

TRIP: 08/11 Senior Drip
Please arrive by: **10:00AM**

TRIP: 08/11 Martha's Table
Please arrive by: **10AM**

TRIP: 08/19 Silver Market
Please arrive by: **10AM**

TRIP: 08/25 Bible Museum
Please arrive by: **10AM**

MON

3 10 am: Wellness Workshop: Heart-Healthy Fats and Cholesterol
10 am: Garden Club Meeting with CAFB

10 10 am: Wellness Workshop: Strong Muscles, Strong Bones

17 10 am: Wellness Workshop: Constipation and Digestive Comfort

24 10am: Wellness Workshop: Healthy Hydration and Dehydration

31 9 am: Garden Club Meeting

TUE

4 10 am: Wellness Workshop: Chef Herb

11 9 am: Garden Club Meeting
10 AM- TRIP: Martha's Table
1pm: Hand Dance

18 9 am: Matter of Balance (Spanish)
10 am: Wellness Workshop: Chef Herb

25 9 am: Matter of Balance (Spanish)
10 AM- TRIP: Museum of the Bible
10 AM- Grubb's Pharmacy
1pm: Hand Dance

WED

5 9AM: Plant Sale!
10am: Town Hall Meeting
11AM-TRIP: Arena Stage- TLC Crazy Sexy Cool
1pm: Tech office hour

12 10 am: Food Jonezi
10am- Memory Lane
1pm: Teach U Tech

19 10 AM- TRIP: Silver Market
1pm: Tech office hour
2pm: Healing Circle

26 10am- Memory Lane
1pm: Teach U Tech

THU

6 9AM: Plant Sale!
10AM-TRIP:Senior Drip
10 am: Club memory-Spanish

13 10am: LCE-Life Planning
11am State Health Insurance Program (SHIP)
1:30pm: Bingo

20 9 am: Matter of Balance (Spanish)
10 AM- Energy Assistance and Relief- Presentation

27 9 am: Matter of Balance (Spanish)
9:30 AM: Walk with Ease
1:30pm: Bingo

FRI

7 9AM: Plant Sale!
10am: Wellness Workshop: Heart-Healthy Breakfasts
11:00 am - Arts & Crafts with EYL
1:30 PM- Fun Friday: Friday:Self-defense

14 10 am: Wellness Workshop: Easy Protein Boosters
11:00 am -Superpower Dance Circle
1:30 PM- Fun Friday: Denying Gravity Movie

21 10 am: Wellness Workshop: Fiber-Rich, Gentle Meals
11:00 am - Arts & Crafts with EYL
1:30 PM- Fun Friday: Movie Afternoon

28 10am: Wellness Workshop:6 Essential Nutrients
11:00 am - Arts & Crafts
1:30 PM-Fun Friday: Paint n' Sip with Dominique

Lunch is served in two cycles:
(A) 11:45am
(B) 12:30pm
Monday through Friday
Please sign up for a cycle

