

MARCH 2025

BERNICE FONTENEAU SWC

3531 GEORGIA AVENUE, NW WASHINGTON, DC 20010 (202) 727-0338 MAIN OFFICE



MONDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Step Aerobics Wellness Workshop
- 10:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 11:00** Hang Time w/ Maddie - Current Events
- 1:00** Tech Support
- 1:30** Flexibility/Stretch Class
- 1:30** Nature Appreciation Group
- 3:00** Color Connection

TUESDAY

- 8:30** Senior Social Hour
- 9:00** Enhance Fitness
- 10:00** Wellness Workshop
- 11:00** Aerobics with Kojak
- 11:00** Hang Time w/ Maddie - Music Jam
- 1:30** Inspiration & Fellowship
- 1:30** Bingo (2nd & 4th)
- 2:00** Quilting
- 3:00** Color Connection

WEDNESDAY

- 8:30** Senior Social Hour
- 9:00** S.A.I.L. with Adriene
- 10:00** TapFit
- 11:00** PoundFit
- 11:00** Reiki
- 1:00** Hang Time w/ Maddie - Current Events
- 1:00** Tech Time w/Maxine
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** Cards Hour
- 3:00** Color Connection

THURSDAY

- 8:30** Senior Social Hour
- 9:00** Line Dancing
- 9:00** Crocheting
- 10:00** Games Galore
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00** Circuit Training with Tony (YMCA) (3rd & 4th Thurs)
- 1:00** Club Memory- In person (3/27)
- 2:00** Quilting
- 3:00** Color Connection

FRIDAY

- 8:30** Senior Social Hour
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Arthritis Exercise
- 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 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 OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- DACL.DC.GOV-202-724-5626

Trip Information:

3/3 Trip MLK Library:
DC Seniors Cameo Club Community Service Initiative Book. Please be here by 8:45am

3/20 Trip: Senior Spa Day
Please be here 9:00

3/21 Trip Holistic Horsemanship
Please be here by 8:30am

3/21 Blossom Tea Party
Please be here by 10:30am

3/26 Sight and Sound theater - "Noah"
Arrival time TBD



Women's History Month
MARCH

MON	TUE	WED	THU	FRI
3 9:00 Creative Writing w/Evelyn Trip MLK Library : DC Seniors Cameo Club Community Service Initiative Book Launch	4 10 am: Fat Tuesday Pancake Breakfast	5 10 am: Book Club meeting 11 am: Town Hall Meeting	6 10 am: ERFSC presentation: Deaf & hard of Hearing Resources	7 11am Women in History 1:30 pm: Fun Friday: Movie Afternoon:
10 9:00 Creative Writing w/Evelyn 10 am: Wellness Workshop Survey	11 10 am: Nutrition Ed w/ERFSC 1:30pm Bingo	12 10 am: Wellness Workshop	13 10 am: Games Galore	14 11 am: Lucky Shamrocks 1:30 pm: Fun Friday: Popcorn and Paint w/Dominique
17 9:00 Creative Writing w/Evelyn 10 am Shamrock Shakes	18 10 am: Chef Herb	19 10 am: Garden Club meeting	20 10am Games Galore Trip: Senior Spa Day	21 Trip: Holistic Horsemanship Session 1 Trip: Blossom Tea Party Soiree 1:30 pm: St Patty's Day Party
24 9:00 Creative Writing w/Evelyn 10 am: HSEMA - Emergency Preparedness	25 10 am: Nutrition Ed w/ERFSC 1:30pm Bingo	26 10 am: Cards & Games Trip: Sight & Sound Theater "Noah" (Day Trip)	27 10 am: Games Galore	28 11 am: Windchimes 1:30: Film Review: "Do the Proper Thing, Please Ask, Do Not Assume"
31 9:00 Creative Writing w/Evelyn 10 am: Wellness Workshop				

Lunch is served from 11:45am-1:15 pm Monday through Friday



(alltimeslocal.com - 210642091)

Mardi Gras