



# BERNICE FONTENEAU SWC



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

**JUNE 2026**

## 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<sup>st</sup> and 3<sup>rd</sup> Monday
- 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** Lunch Time Hang Time - Music Jam
- 1:00** TBD
- 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** TapFit
- 11:00** PoundFit
- 11:00** Reiki
- 11:00** Lunch Time Hang Time - Current Events
- 1:00** Tech Time
- 1:00** Basic Training 4 Your Body w/Mr. Yates (YMCA)
- 2:00** TBD
- 2:00** Healing Circle (1<sup>st</sup> & 3<sup>rd</sup>)
- 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** Lunch Time Hang Time - meditation
- 1:00** Cards - Bid Whist and Spades
- 1:30** Bingo (1<sup>st</sup> & 3<sup>rd</sup>)
- 1:00** Club Memory (4<sup>th</sup> 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 OR 311,
- EAST RIVER FAMILY STRENGTHENING COLLABORATIVE 202-397-7300
- DACL.DC.GOV-202-724-5626

## Information:

MON

TUE

WED

THU

FRI

TRIP: 6/5 **ZMAG Art**

Please arrive by: **9:00**

**10 am: Garden Club Meeting**

**1:00 PM- Golden Gloves Boxing Class**

2

**10 am: Wellness Workshop: Chef Herb**  
**1pm: Club memory-Spanish**  
**1:30 pm: Bingo with 4<sup>th</sup> District**

3

**11am: Town Hall Meeting**

**1pm: Tech Office Hours**  
**2pm: Healing Circle**

4

**9:30 Blood Pressure Screening with Medstar**  
**10:00 Ask a Medstar Provider Health Promotion Presentation**

5

**10am TRIP: ZMAG Art Exhibit**

**1:30 PM- Fun Friday: Movie Afternoon**

8

TRIP: 6/17 **Silver Market**  
Please arrive by: **10:30AM**

**10 am: Understanding Diversity & Inclusion**

9

**10 am: Garden Club Meeting**

10

**10am- Memory Lane**  
**1pm: Tech Office Hours**

11

**11am State Health Insurance Program (SHIP)**  
**1:30 AM: Nickel Bingo**

12

**11:00 am - Arts & Crafts**

**1:30 PM- Fun Friday: Comedy Hour**

15

TRIP: 6/18 **Amish Market**  
Please arrive by: **8:30AM**

**10 am: Infinite Legacy presentation**

**1:00 PM- Golden Gloves Boxing Class**

16

**10 am: Wellness Workshop: Chef Herb**  
**1pm: Club memory Spanish**

17

**9am- AARP Driver Safety**  
**10am- Memory Lane**  
**10:30 AM- Trip: Silver Market**  
**1pm: Tech Office Hours**  
**2pm: Healing Circle**

18

**9am TRIP: Amish Market**  
**1:30 PM- Father's Day Celebration**

19

**CENTER CLOSED**  
**JUNE TEENTH**

22

TRIP: 6/22 **Arlington National Cemetery**  
Please arrive by: **10:00AM**

**10 am TRIP: Arlington National Cemetery**

23

**10 am: Garden Club Meeting**

24

**10am- Memory Lane**  
**1pm: Digital Literacy: Email Basics**

25

**9:30 AM: Walk with Ease**  
**10:00 AM: Grubb's Pharmacy Health Promotion/Assessments**  
**1PM: Club Memory**

26

**11:00 am - Arts & Crafts**  
**1:30 PM- Fun Friday: Caribbean Heritage Month Celebration**

29

TRIP 6/29 **Bowling**  
Please arrive by: **9:00AM**

**10 am: Men's Health Presentation**

30

**9 am: TRIP: Bowling**



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

hello SUMMER



PRIDE