

BERNICE FONTENEAU SWC



SEPT 2025

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
- 10:00** Wellness Workshop
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 11:00** Hang Time w/ Maddie - Current Events
- 1:00** 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
- 1:00** Hand Dancing **New!**
- 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
- 11:00** Hang Time w/ Maddie - Current Events
- 1:00** Tech Time
- 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 the Elderly
- 10:00** Cubii Class **New!**
- 11:00** Enhance Fitness with Kojak
- 11:00** Hang Time w/ Maddie - Lunch time meditation
- 1:00** Keyboarding for beginners **New!**
- 1:00** Club Memory 07/24
- 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
- Arts and Crafts with EYL
- Club Memory
- 11:00** 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

Calendar is subject to change

Trip Information:	MON	TUE	WED	THU	FRI
TRIP: Food and friends Please arrive by: 12:00 AM	1 Center Closed Labor Day	2 10 am: Let's try Affordable Healthy Foods Class	3 11am: Town Hall Meeting 11 am: Sign up: BFSWC Family Reunion, Brain Games, Bowling, and Amish Market	4 10:00 AM- Life Planning with LCE 12:00 pm: Volunteer at Food & Friends	5 11am - Arts & Crafts: with EYL 1:30 PM- Fun Friday: Paint and Sip
TRIP: Amish Market Please arrive by: 8:30 AM	8 10 am: Cooking for Lower Cholesterol	9 10am: Sign up: Silver Market 10 am: Garden Club w/ Xandra the gardener 1:00pm Chess Club 1:00pm Class with EYL- Spanish for beginners	10 10 am: DC Assistive Technology Program class	11 8:30 AM Amish Market 1:00pm Class with EYL-Keyboard for beginners	12 11 am: Arts and Crafts: with EYL 1:30 PM- Fun Friday: Movie Afternoon
TRIP: Silver Market Please arrive by: 11:00 AM	15 10 am: Wellness Workshop: Controlling Your Cholesterol	16 10am: Sign up: Howard Fall Prevention trip 10 am: Chef Herb 10 am: Como Reducir el Riesgo de Diabetes Tipo 2 (3 rd floor) 2:00pm Bingo	17 11:30 am: Silver Market 10am- Memory Lane	18 10 am: Food Jonezi Cooking Class 10am Games Galore: Connect 4	19 11am - Arts & Crafts: with EYL 1:30 PM- Fun Friday: Paint and Sip
TRIP: Bowling Trip Please arrive by: 9:00 AM	22 10 am: Wellness Workshop: Food Safety at Home	23 9:00 AM Bowling trip 10 am: Garden Club Meeting English/Español 1:00pm Chess Club 1:00pm Class with EYL- Spanish for beginners	24 10am- Medicare Bingo	25 9:30 AM Howard University Falls prevention trip 1pm Club Memory 1:00pm Class with EYL-Keyboard for beginners	26 8:30 AM BFSWC Family Reunion 11am - Arts & Crafts with EYL
TRIP: Howard's Fall Prevention Please arrive by: 9:30 AM	29 10 am: Cooking with Quinoa	30 10 am: Wellness Workshop 9AM Brain Games 1pm Mindfulness 2:00pm Bingo	<div>September</div> <div></div>		
TRIP: BFSWC Family Reunion Please arrive by: 8:30 AM					

EAT healthy

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

