



BERNICE FONTENEAU SWC



JULY 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 *Join the fun!*
- 1:00** TapFit
- 1:30** Inspiration & Fellowship
- 2:00** Quilting *Join the fun!*
- 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 *Join the fun!*
- 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 *Join the fun!*
- 1:30** Bingo (1st & 4th)
- 1:00** Club Memory (4th Thursday only)
- 2:00** Quilting *Join the fun!*
- 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

Trip

Information:

TRIP 07/08 CAFB
Cooking Class
Please arrive by:
9AM

TRIP: 07/09
Senior Dance
Please arrive by:
10:30AM

TRIP: 07/15
Silver Market
Please arrive by:
10AM

TRIP: 07/28
Bowling Trip
Please arrive by:
9AM

MON



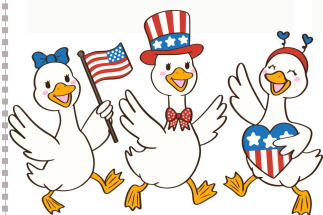
6 10 am: Garden Club Meeting with CAFB
11 am: Wellness Workshop: Healthy Eating as We Age
1:00 PM- Golden Gloves Boxing Class

13 9 am: SYEP
1:00 PM- Golden Gloves Boxing Class

20 11 am: Wellness Workshop: Flavor Without Salt
10am- LCE Presentation-Spanish
1:00 PM- Golden Gloves Boxing Class

27 11 am: Wellness Workshop: Smarter Snacks and Sweets
1:00 PM- Golden Gloves Boxing Class

TUE



7 10 am: Wellness Workshop: Chef Herb
1pm: Club memory-Spanish
1pm: Hand Dance

14 9 am: SYEP
10 am: Garden Club Meeting
11 am: Wellness Workshop: Building a Balanced Plate

21 10 am: Wellness Workshop: Chef Herb
1pm: Club memory-Spanish
1pm: Hand Dance

28 10 am: Garden Club Meeting
9AM TRIP: -Bowling Tournament

WED

1 11am: Town Hall Meeting
1pm: Tech Office Hours
2pm: Healing Circle - Cancelled

8 9AM-TRIP: CAFB Cooking Class
10am- Memory Lane
1pm: Tech Office Hours

15 9 am: SYEP
10 AM- TRIP: Silver Market
1:PM: Bingo with CareFirst
1pm: Teach U Tech
2pm: Healing Circle

22 10am- LCE Presentation
10am- Memory Lane
1pm: Tech office hour

29 10am- Memory Lane
1pm: Teach U Tech

THU

2 Wear Red, White and Blue
1:PM: Independence Day Celebration and Bingo

9 10am: Medstar "Ask A Doc"
11am State Health Insurance Program (SHIP)
10:30 am TRIP: Ward 1 Senior Dance

16 9 am: SYEP
1PM-HSEMA Extreme Weather workshop

23 9:30 AM: Walk with Ease
1PM: Club Memory

30 1PM: Bingo with the 4th District

FRI

3 Center Closed



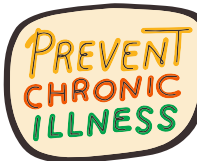
10 10 am: Wellness Workshop: Nutrition and Chronic Disease
11:00 am - Arts & Crafts with EYL
1:30 PM- Fun Friday: CAMEO Club

17 10 am: Wellness Workshop: Blood Pressure and Salt
1:30 PM- Fun Friday: Movie Afternoon

24 10 am: Wellness Workshop: Diabetes and Sweet Cravings
11:00 am - Arts & Crafts with EYL
1:30 PM- Fun Friday: Self Care Day

31 10 am: Wellness Workshop: Eating on a Budget
1:30 PM- Fun Friday: Paint & Sip

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



MENTAL Health MATTERS

