<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Open Gym &amp; Computer Lab</td>
<td>Morning Mindfulness</td>
<td>Morning Mindfulness</td>
<td>Morning Mindfulness</td>
<td>Open Gym &amp; Computer Lab</td>
</tr>
<tr>
<td>9:00</td>
<td>Brain Gym</td>
<td>Brain Gym</td>
<td>Brain Gym</td>
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<tr>
<td>9:00</td>
<td>Enhance Fitness with Deborah</td>
<td>Chair Stretch &amp; Meditation with Sadie</td>
<td>S.A.I.L. with Adriene</td>
<td>Muscle Toning with Tony (YMCA)</td>
<td>Walking Club</td>
</tr>
<tr>
<td>10:00</td>
<td>Nutrition Education</td>
<td>Health &amp; Wellness</td>
<td>Mental Health Matters</td>
<td>Nutrition Education</td>
<td>Nutrition Bingo</td>
</tr>
<tr>
<td>11:00</td>
<td>Line Dancing</td>
<td>Aerobics with Kojak</td>
<td>Butts and Guts with Adriene</td>
<td>Aerobics with Kojak</td>
<td>Chair Yoga with Sadie</td>
</tr>
<tr>
<td>11:00</td>
<td>Platica en Español</td>
<td>Walking Club</td>
<td>Current Events &amp; Book Club (last Wed only)</td>
<td>Health &amp; Wellness</td>
<td>Health &amp; Wellness</td>
</tr>
<tr>
<td>1:00</td>
<td>Sticking Around</td>
<td>Inspiration &amp; Fellowship</td>
<td>Tai Chi with Jerry (YMCA)</td>
<td>Peer Group</td>
<td>Club Memory with Sibley Hospital</td>
</tr>
<tr>
<td>1:30</td>
<td>Nature Appreciation Group</td>
<td>Quilting</td>
<td>Zumba Gold</td>
<td>Quilting</td>
<td>Zoom ID: 929-9726-8202 Phone only: 301-715-8592 + ID Spanish</td>
</tr>
<tr>
<td>2:00</td>
<td>Tech Check</td>
<td>Quilting</td>
<td>Baking Club (May 12 &amp; 26)</td>
<td>Baking Club (May 12 &amp; 26)</td>
<td>Fun Friday</td>
</tr>
</tbody>
</table>

Open Gym and Computer Lab Monday-Friday 8:30-4pm
**BERNICE FONTENEAU SWC**

PROGRAMS ARE IN-PERSON AND VIRTUAL: ZOOM ID: 202 727 0338 DIAL IN: 301-715-8592

**Happy Older Americans Month!**

**"Age My Way!"**

*Sign Up for Senior Fest (May 25th)*

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### MONDAY

- **5/4** Town Hall Meeting
- **5/9** African American Museum (leaving 9:45 am)
- **5/16** Arboretum (leaving 9:30 am)
- **5/30** Closed for Memorial Day

### TUESDAY

- **5/3 10 am** Snap Ed with Lynitta Lockett
- **5/10 10-12pm** Grocery Plus Pick Up, Please Bring ID

### WEDNESDAY

- **Mental Health Matters will be on BFSWC Zoom**
- **1-2 pm Office Hours with Elizabeth every week; drop-in**
  - **5/4 11 am** Town Hall Meeting
  - **5/11 10-12 pm** Grocery Plus Pick Up, Please Bring ID
  - **5/18 1 pm** Prevention of Blindness
  - **5/25** Senior Fest

### THURSDAY

- **5/5 1 pm** Cinco de Mayo Social
- **5/19 1 pm** Domestic Violence Presentation with Sylvia Arreaza
- **5/26 1 pm** Caregivers Institute

### FRIDAY

- **5/6 11 am** Hearing and Speech with Dr. Jay Ambalavanan
- **5/13 Dutch Market (leaving 9 am)**
- **5/13 11 am** Hepatitis with Dr. Saad Farooq
- **5/20 10-12:30pm** Booster Shot through Mary's Center
- **5/20 11 am** Asthma and Allergies with Dr. Stephen Sebastian

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**ATTENTION: STARTING IN JUNE, THE CALENDAR WILL ONLY BE AVAILABLE VIA EMAIL OR AT THE CENTER ONLY**

**CALENDAR IS SUBJECT TO CHANGE**

**NEED RESOURCES?**
GETHELP.DC.GOV OR 311, TERRIFICINC.ORG-202-882-1160,
DACL.DC.GOV-202-724-5626, BERNICE FONTENEAU SENIOR WELLNESS CENTER, 202-727-0338