MONDAY
8:30  Open Gym & Computer Lab
9:00  Brain Gym
9:00  Enhance Fitness with Deborah
10:00 Nutrition Education
11:00 Line Dancing
11:00 Platica en Español
1:00  Sticking Around
1:30  Nature Appreciation Group
1:30  Tech Check Virtual

TUESDAY
8:30  Morning Mindfulness
9:00  Brain Gym
9:00  Fear the Drop: Fall Prevention Class
10:00 Health & Wellness
11:00 Aerobics with Kojak
11:00 Chair Stretch Meditation with Sadie
11:00 Club Memory with Sibley Hospital (in person)
1:00  Inspiration & Fellowship
1:00  Tai Chi with Jerry (YMCA)
2:00  Mind Over Mood/Healing Circle
2:00  Quilting

WEDNESDAY
8:30  Morning Mindfulness
9:00  Brain Gym
9:00  S.A.I.L. with Adriene
10:00 Mental Health Matters
11:00 Butts and Guts with Adriene
1:00  Current Events & Book Club (last Wed only)
1:00  Peer Group
2:00  Quilting

THURSDAY
8:30  Morning Mindfulness
9:00  Brain Gym
9:00  Muscle Toning with Tony (YMCA)
10:00 Nutrition Education
11:00 Aerobics with Kojak
11:00 Baking Club (July 7 & 21)
1:00  Zumba Gold
2:00  Baking Club (July 7 & 21)

FRIDAY
8:30  Open Gym & Computer Lab
9:00  Walking Club
10:00 Nutrition Bingo/Brunchin with Nancy
11:00 Art, Music, Poetry with Regie
11:00 Chair Yoga with Sadie
11:00 Club Memory with Sibley Hospital (in person)
12:30 Spanish
12:30 Technology Class In Person (every Fri except 29th)
1:00  Fun Friday

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

**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>7/4 Closed</td>
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<td>7/8 1 pm Fun Friday: Paint and Sparkle</td>
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<td>7/11 Trip: Golden Corral (leaving at 11 am)</td>
<td>7/5 10 am Snap Ed with Lynitta Lockett</td>
<td>7/6 11 am Town Hall meeting (hybrid)</td>
<td>7/7 1 pm Legal Counsel for the Elderly presentation</td>
<td>7/8 1 pm Fun Friday: Paint and Sparkle</td>
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<td>7/18 11am Legal Counsel for the Elderly (Spanish)</td>
<td>7/12 10-12pm Grocery Plus Pick Up, Please Bring ID</td>
<td>7/13 10-12 pm Second Day for Grocery Plus Pick Up, Please Bring ID</td>
<td>7/14 1 pm DDOT presentation</td>
<td>7/15 1:00pm Fun Friday: Movie afternoon</td>
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<td>7/12 10:00 - 2pm Plant Sale</td>
<td>7/20 10:00am Trip: Bible Museum (leaving 10 am)</td>
<td>7/21 1:00pm Art &amp; Soul</td>
<td>7/17 10:00 Medicare Bingo</td>
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<td>7/19 11:00am Councilmember Christina Henderson's visit</td>
<td>7/20 1:00pm Current Events peer group and sorbet social</td>
<td>7/22 10:00 Medicare Bingo</td>
<td>7/22 1-3 pm Fun Friday: Happy Hour</td>
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<td>7/29 Trip: 10:00am Swimming Pool</td>
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<td>7/29 1:00pm Fun Friday: Summer Treat Food demo</td>
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**CALENDAR IS SUBJECT TO CHANGE**

**NEED RESOURCES?**