

SEPTEMBER 2022

# BERNICE FONTENEAU SWC

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



## 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
- 12:30** Tech Ed
- 1:30** Walking Club
- 1:30** Nature Appreciation Group

## 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
- 1:00** Chair Stretch & Meditation
- 1:30** Inspiration & Fellowship
- 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** Tai Chi with Jerry (YMCA)
- 2:00** Mind Over Mood/Healing Circle  
Zoom ID: 353-982-0971  
Passcode: 1340

## THURSDAY

- 8:30** Morning Mindfulness
- 9:00** Brain Gym
- 9:00** Muscle Toning with Tony (YMCA)
- 10:00** Nutrition Education
- 11:00** Enhance Fitness with Kojak
- 1:00** Peer Group
- 1:00** Grocery Plus Cooking Demo (Sept 15th )
- 2:00** Quilting

## FRIDAY

- 8:30** Open Gym & Computer Lab
- 9:00** Chair Yoga with Beth
- 10:00** Nutrition Bingo/ Brunchin with Nancy
- 11:00** Snap It Up with Regie Cabico
- 11:00** Club Memory with Sibley Hospital  
Zoom ID: 929 9726 8202  
Phone only: 301-715-8592 + ID
- 12:30** Spanish
- 1:00** Fun Friday

Open Gym and Computer Lab Monday-Friday 8:30-4pm



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### IMPORTANT DATES

**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

#### MONDAY

**9/5 Closed for Labor Day**

**9/12 9:00am Enhance Fitness with Deborah resumes**

**9/12 Club Memory Health Fair 1-3pm**

**9/18 2:00pm MAC Meeting**

#### TUESDAY

**9/6 10-11am Snap Ed with Lynitta Lockett**

**9/13 10-12pm Grocery Plus Pick Up, Please Bring ID**

**9/13 10-12pm Trip (up to 6 participants): Brain Games Phase II @ the Rise Center (lunch provided)**

**9/20 1pm - Fall Prevention Awareness Trivia Afternoon**

#### WEDNESDAY

**9/7 11 am Town Hall meeting (hybrid)**

**9/14 10-12 pm Second Day for Grocery Plus Pick Up, Please Bring ID**

**9/21 12pm End of Summer Cookout**

#### THURSDAY

**9/8 9:30am Trip Dutch Market in Laurel (leaving 10 am)**

**9/22 1:00pm (Special time!) "Snap It Up" with Regie Cabico (no class on 9/23 )**

**9/29 10:00am Trip: Publick Playhouse "Just Mercy" movie (leaving at 10:15am)**

#### FRIDAY

**9/2 Closed**  
**9/9, 9/16, 9/30 - 11:00am Join "Snap It Up" with Regie Cabico for fun and creativity with music and poetry**  
**9/9 1pm Fun Friday: Get in the Game**  
**9/16 10:30am Trip: Hirschhorn Sculpture Garden (leaving 10:45 am)**  
**9/16 1pm Fun Friday: Movie Day**  
**9/23 10:00am (Special time!) Fun Friday: DC Lottery Bingo**  
**9/30 1 pm Fun Friday: Fallin' Into Fun (Paint and Sip)**

CALENDAR IS SUBJECT TO CHANGE