



# Bernice Fonteneau SWC

## January 2022



All fitness and nutrition classes will be offered both online and in person unless otherwise specified.

**Zoom Access Code:** 202 727 0338 & Dial in#: 301-715-8592

Programs are **Virtual ONLY** until 1/18/22. A status update will be provided prior to that date

### Monday

- 9:00** Enhance Fitness with Deborah
- 10:00** Nutrition Education with Angela
- 11:00** Strength & Fitness with Deborah
- 11:00** Platica en Español with Erin
- 1:30** Nature Appreciation Group with Erin
- 1:30** Virtual Technology Class with Zoe

### Tuesday

- 9:00** Health & Wellness with Angela
- 10:00** Chair Stretch and Meditation with Sadie
- 11:00** Aerobics with Kojak
- 1:30** Inspiration & Fellowship
- 2:00** Quilting with Charlene
- 3:00** Social Recreation

### Wednesday

- 9:00** S.A.I.L. with Adriene
- 10:00** Nutrition Education with Angela
- 11:00** Butts and Guts with Adriene
- 11:00** Mental Health Education with Elizabeth (except 1/5)  
Zoom ID: 353-982-0971  
Passcode: 1340
- 1:00** Tai Chi (will resume when in person)
- 1:00** Current Events & Book Club (last Wed only)
- 2:00** Mind Over Mood OR Healing Circle (alternating Wed) with Elizabeth
- 3:00** Social Recreation

## Thursday

- 9:00** Muscle Toning with Tony (will resume when in person)
- 10:00** Health & Wellness with Angela
- 11:00** Aerobics with Kojak
- 1:00** Peer Call with Joycelyn
- 2:00** Quilting with Charlene

## Friday

- 9:00** Zumba Gold with Tyra
- 10:00** Nutrition Bingo with Angela
- 10:00** Chair Yoga with Sadie
- 11:00** Club Memory with Sibley Hospital  
Zoom ID: 929 9726 8202  
Phone only: 301-715-8592 + ID
- 12:30** Spanish with Gwen
- 1:30** Tech Class with Zoe (alternating Fridays)

Need resources? [gethelp.dc.gov](https://gethelp.dc.gov) or 311, [terrificinc.org](https://terrificinc.org)-202-882-1160, [dacl.dc.gov](https://dacl.dc.gov)-202-724-5626, Bernice Fonteneau Senior Wellness Center, 202-727-0338  
**CALENDAR IS SUBJECT TO CHANGE**

## Weekly Highlights

### Mondays

Every Monday at 1:30  
Virtual Technology class with Zoe

**1/17** CLOSED for Martin Luther King Jr. Day

**1/31** Member Advisory Committee Meeting

### Tuesdays

**1/4** 10 am SNAP-Nutrition education

**1/11** 10-12 pm Only; Grocery Plus. In-person pick up will be in the parking lot

### Wednesdays

**1/5** 11 am Town Hall

**1/12** 1:00 Georgetown University School of Medicine (GUSM) student interview presentations

### Thursdays

**1/6** 1:00 JAT Peer Group

**1/13** 1:00 JAT Peer group- AARP Senior Medicare Patrol "What's New in Medicare 2022"

### Fridays

Join us for some fun and play Nutrition Bingo!

Zumba has now moved to Fridays!  
Our class is easy for anyone to follow

**1/7 & 1/21** Tech Class with Zoe