

Bernice Fonteneau SWC

June 2021

- **CLASSES REMAIN VIRTUAL ONLY 6/1-6/4**

- **In-person classes at BFSWC begin 6/8 Tuesday through Thursday ONLY**
- **Classes will be VIRTUAL ONLY beginning 6/7 on Mondays and Fridays until 6/28**

VIRTUAL ONLY MONDAYS: Classes will be in-person beginning 6/28

Class	Monday	Location	Instructor
Core & More	9am	Virtual only	Deborah
Balance & Strength Training	10am	Virtual only	Aunyea
Platica en Español Conference Call: (844) 801-6666 Access Code 836543#	11am	Virtual only	Erin
Arthritis Exercise	12:30pm	Virtual only	Aunyea
Line Dancing with HHSWC Zoom code 202 291 6170 301-715-8592 (AUDIO ONLY)	1pm	Virtual only	Diane Brooks
No Waste Nature & Crafts	1:30pm	Virtual only	Erin

TUESDAY AT BFSWC

Class	Time	Location	Instructor
Quilting, Rec Room, Computer Lab	1-4pm	BFSWC	Open
Chair Stretch & Meditation	9am	BFSWC	Aunyea
*Nutrition & Wellness	10am	Virtual Streaming	Nicole
*Aerobics w/ Kojak	11am	Virtual Streaming	Kojak
African Dance	1:00 pm	BFSWC	"Just Rock" instructor
Inspiration & Fellowship	1:30pm	Virtual only	Peer Group (virtual)
Mind Over Mood	1:30pm (through 6/18)	Virtual only	Elizabeth (virtual)
Balance & Strength Training	2:00pm	BFSWC	Aunyea
Social Recreation	3:00pm	BFSWC	Volunteers

WEDNESDAY AT BFSWC

Class	Wed.	Location	Instructor
Quilting, Rec Room, Computer Lab	9-4pm	BFSWC	Open
Chair Aerobics	9am	Virtual streaming	Adrienne
Nutrition & Wellness	10am	Virtual Streaming	Nicole
Butts & Guts	11am	Virtual Streaming	Adrienne
Town Hall 6/2/21 only	11:30am	BFSWC	BFSWC Staff
Core and More	1pm	BFSWC	Aunyea

WEDNESDAY AT BFSWC (cont'd)

Current Events/Book Club (last Wednesday)	1pm	Virtual only	Buddy
Arthritis Exercise	2pm	BFSWC	Aunyea
Social Recreation	3pm	BFSWC	Volunteers

THURSDAY AT BFSWC

Class	Thursday	Location	Instructor
Walk with Ease	9am	BFSWC	Aunyea
Nutrition & Wellness	10am	BFSWC	Nicole
Healing Circle Zoom access code:353 982 0971 Passcode: 1340 301-715-8592 (call in# AUDIO ONLY)	10:00am (through 6/18)	Virtual only	Elizabeth
Chair Aerobics	11am	BFSWC	Kojak
Zumba Gold	1pm	BFSWC	Yat Ping Wong
Peer Call Conference Call 202-602-6379 Access Code: 752 631 212#	1:30pm	Virtual only	Joycelyn
Chair Aerobics	2pm	BFSWC	Aunyea
Social Recreation	3pm	BFSWC	Volunteer
Quilting, Rec Room, Computer Lab	1-4pm	BFSWC	Self-directed

VIRTUAL ONLY FRIDAYS: Classes will be in-person beginning 6/28

Class	Friday	Location	Instructor
Chair Yoga	10am	Virtual only	Sadie
Club Memory: Zoom Access Code: 929 9726 8202 301-715-8592 (call in #)	11am	Virtual only	Sibley Hospital
Spanish	12:30	Virtual only	Gwen Mc.
Line Dancing with HHSWC Zoom access code 202 291 6170 301-715-8592 (AUDIO ONLY)	1:00 pm	Virtual only	Diane Brooks



WELCOME BACK!!



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