

**AUGUST 2023**

# BERNICE FONTENEAU SWC

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



## MONDAY

- 8:30** Brain Gym
- 9:00** Enhance Fitness
- 10:00** Nutrition Education
- 11:00** Step Class
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 1:00** TapFit
- 1:30** Nature Appreciation Group
- 2:00** Bingocize
- 3:00** Game Day

## TUESDAY

- 8:30** Walking Club
- 9:00** Dance Dance Dance
- 10:00** Health & Wellness
- 11:00** Aerobics with Kojak
- 1:00** Matter of Balance
- 1:00** Line Dancing (begining 8/15)
- 1:30** Inspiration & Fellowship
- 1:00** Nutrition Ed in Spanish
- 2:00** Quilting
- 3:00** Color Connections

## WEDNESDAY

- 8:30** Mindful Morning
- 9:00** S.A.I.L. with Adriene
- 9:00** Enhance Fitness
- 10:00** Mental Health Matters
- 11:00** PoundFit
- 11:00** Reiki
- 1:00** Tai Chi (YMCA)
- 1:00** Current Events & Book Club (Online Only)
- 1:00** Arts and Crafts
- 2:00** Mind Over Mood/Healing Circle  
Zoom ID: 353-982-0971  
Passcode: 1340
- 3:00** Assessments

## THURSDAY

- 8:30** What's Going on? Discussion Group
- 9:00** Bingocize
- 10:00** Nutrition Education
- 10:00** Legal Counsel for Elderly
- 11:00** Enhance Fitness with Kojak
- 1:00** Circuit Training with Tony (YMCA)
- 1:00** Club Memory- In person (7/22 only)
- 2:00** Quilting
- 3:00** New Member Orientation (1st Thursday of the month)
- 3:00** Color Connections

## FRIDAY

- 8:30** Color Connections
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Brunchin' with Nancy (check schedule)
- 11:00** Pickleball at Salvation Army
- 11:00** Club Memory Virtual (every Friday)  
Zoom ID: 929 9726 8202  
Phone only: 301-715-8592 + ID
- 1:00** Fun Friday
- 3:00** Tech Check with Tyra & Angela

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

# IMPORTANT DATES

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### NEED RESOURCES?

- GETHHELP.DC.GOV OR 311,
- TERRIFICINC.ORG-202-882-1160,
- DACL.DC.GOV-202-724-5626,
- BERNICE FONTENEAU SENIOR WELLNESS CENTER, 202-727-0338

### TAKE NOTE

MON	TUE	WED	THU	FRI
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### Trip Information:



**8/14** The National Arboretum (free) Sign up on 8/7 Be at the center by 9:30am

**8/18:** Frederick Douglass House (free) sign up starts 8/7. Be here by 9:30 am

<p><b>1</b> <b>1 pm:</b> Nutrition in Spanish</p>	<p><b>2</b> <b>11 am:</b> Town Hall Meeting</p>	<p><b>3</b></p>	<p><b>4</b> <b>10am</b> Brunchin' with Nancy <b>1pm:</b> Paint and Sip with Dominique</p>	
<p><b>7</b></p>	<p><b>8</b> <b>10 -12pm:</b> Grocery Plus <b>1 pm:</b> Nutrition in Spanish</p>	<p><b>9</b> <b>1pm:</b> Q-Tip Flower Painting</p>	<p><b>10</b></p>	<p><b>11</b> <b>1 pm:</b> Ice Cream Social</p>
<p><b>14</b> <b>10am</b> The National Arboretum</p>	<p><b>15</b> <b>1pm</b> Line Dance resumes <b>1 Pm:</b> Nutrition in Spanish</p>	<p><b>16</b> <b>1pm:</b> Jewelry Making with Helen &amp; card making</p>	<p><b>17</b></p>	<p><b>18</b> <b>10am</b> Brunchin' with Nancy <b>1pm:</b> Rooftop Happy Hour</p>
<p><b>21</b></p>	<p><b>22</b> <b>1 pm:</b> Nutrition in Spanish</p>	<p><b>23</b> <b>1 pm:</b> Tissue Paper Painting</p>	<p><b>24</b> <b>1pm</b> Club Memory - in-person</p>	<p><b>25</b> 9:30: Frederick Douglass House</p>
<p><b>28</b></p>	<p><b>29</b> <b>1 pm:</b> Nutrition in Spanish</p>	<p><b>30</b> <b>1 pm:</b> Bird Seed Ornaments</p>	<p><b>31</b></p>	

*Come join us!*