

JULY 2023

BERNICE FONTENEAU SWC



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

MONDAY

- 8:30** Discussion Group
- 9:00** Enhance Fitness
- 10:00** Nutrition Education
- 11:00** Reiki (until 1 pm)
- 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
- 1:30** Inspiration & Fellowship
- 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
- 1:00** Current Events & Book Club (Online Only)
- 1:00** Arts and Crafts
- 1:00** Tai Chi (YMCA)
- 2:00** Mind Over Mood/Healing Circle
Zoom ID: 353-982-0971
Passcode: 1340
- 3:00** Assessments

THURSDAY

- 8:30** 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
- 3:00** Color Connections

FRIDAY

- 8:30** Color Connections
- 9:00** Sit Down Get Down with Neatha (YMCA)
- 10:00** Brunchin' with Nancy
- 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

Your paragraph text

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

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

IMPORTANT DATES

MONDAY

7/3 - CLOSED
(Discretionary Day)

7/10 10 am-2pm Vision
and Medication
Screening

7/17 2pm Bingocize
Begins!

7/31 Arundel Mills and
Golden Corral (please be
here by 9:15 am; sign up
starting Mon 7/24)

TUESDAY

7/4 CLOSED (4th of July)

7/11 10-12pm Grocery
Plus Pick up; Please
Bring ID

7/11 10 am Sexual Health
and Intimacy with Terra

7/11, 7/18, 7/25 - 1pm
Matter of Balance

1pm Tuesdays
Nutrition in Spanish

WEDNESDAY

7/5 11 am Town Hall
Meeting

7/12 10-12 pm 2nd Day for
Grocery Plus Pick Up

7/19 10am - OCTO Digital
Ambassadors
(Technology Assistance)

7/26 The Lion King
(please be here by 11:45
am; sold out)

Arts and Crafts 1pm
7/5: Firework Salt
Painting
7/12: Pressed Flower
Bookmark
7/19: Summer Wreath
Making
7/26: Photo collage

THURSDAY

10-12 pm Every Thursday:
Legal Counsel for Elderly

7/6 10 am Snap Ed with
Lynitta Lockett

7/13 Bowling At Fort Myers
(please be here by 9:15
am, sign up starting Fri
6/30)

7/20 Dutch Market (please
be here 9:15 am, sign up
starting Mon 7/10)

7/13 & 7/27 - Jewelry
Making with Helen

7/27 - Club Memory

FRIDAY



Fun Fridays: 1pm

7/7: Movie Day

7/14: Bingo

7/21: Paint and Sip with
Dominque

7/28: Paint and Sip with
Dominque