

SEPTEMBER 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** Step Class
- 11:00** Yoga at Yoga Heights
- 11:00** Platica en Español
- 1:00** TapFit
- 1:30** Nature Appreciation Group
- 2:00** Tech Check with Tyra & Angela
- 3:00** Game Day

## TUESDAY

- 8:30** Walking Club
- 9:00** Line Dancing
- 10:00** Nutrition Education
- 11:00** Aerobics with Kojak
- 11:00** Hair Care with Annette (every other week)
- 1:00** Balance Pads Exercises
- 1:00** Nutrition Ed in Spanish
- 1:30** Inspiration & Fellowship
- 2:00** Quilting
- 3:00** Color Connections

## WEDNESDAY

- 8:30** Mindful Morning S.A.I.L. with Adriene
- 9:00** Enhance Fitness
- 10:00** Mental Health in Action
- 11:00** PoundFit
- 11:00** Reiki
- 1:00** Tai Chi (YMCA)
- 1:00** Current Events & Book Club (Virtual 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** Wall Pilates
- 10:00** Mental Health Matters
- 10:00** Legal Counsel for Elderly Enhance Fitness with Kojak
- 1:00** Circuit Training with Tony (YMCA)
- 1:00** Club Memory- In person (9/28 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** Nursing Students/Brun chin' with Nancy (see 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** Weekend Wind-down

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

**Trip Information:**

	MON	TUE	WED	THU	FRI
<p>9/8 10am Howard Univ. Social Hour Be here at 9:30</p>				<p>Legal Counsel for the Elderly is here for you weekly at 10 am</p>	<p>1 <b>CLOSED</b> Discretionary Day</p>
<p>9/21 1:30 pm Moulin Rouge at Kennedy Center. Sign up available 9/5. Please be here by 12:15 pm</p>	<p>4 <b>Closed</b> Labor Day</p>	<p>5 10 am: Snap Ed</p>	<p>6 1 pm: Uno Palooza</p>	<p>7 10am Mental Health Matters:</p>	<p>8 TUSN Meet &amp; Greet 10 am: Brunchin' with Nancy 1pm: Fun Friday: Bingo</p>
<p>9/26 11:00am National Air &amp; Space Museum at Dulles Be here at 9:30</p>	<p>11 1:30pm Nature Appreciation Group</p>	<p>12 10 am: Grocery Plus 10 am: Seeding Workshop with CAFB</p>	<p>13 <b>11am Town Hall Meeting</b> 1 pm: Mental Health Matters en Español 1pm GUSM Meet &amp; Greet</p>	<p>14 10am Mental Health Matters:</p>	<p>15 1 pm:Fun Friday: Paint &amp; Sip</p>
<p>9/29 10 am TERRIFIC Inc's Dancing with Senior the Stars Sign up available 9/12. Please be here by 9 am</p>	<p>18 1:30pm Nature Appreciation Group</p>	<p>19 10 am: Burn Presentation with Angela White</p>	<p>20 1pm: Water Colors with GUSM</p>	<p>21 9:30-12:30 pm: Fall Prevention screenings <b>10am</b> Mental Health Matters</p>	<p>22 10 am: Brunchin' with Nancy 1pm Fun Friday: Roof top Happy Hour</p>
	<p>25 1:30pm Nature Appreciation Group</p>	<p>26 <b>10-12pm Safeway Vaccine Clinic</b></p>	<p>27 1pm:Bird Seed Ornaments</p>	<p>28 10am Health Matters: <b>12 pm: End of Summer BBQ Bash</b></p>	<p>29 10-12:30 TERRIFIC, Inc: Dancing with Senior Stars 1pm Fun Friday: Movie Afternoon</p>

**Change in schedule!**

*Mental Health Matters has been moved to Thursdays at 10 am*

*September 7: Presenting on Lifestyle and Mental Health I*

*September 14: Lifestyle and Mental Health II*

*September 21: Suicide Prevention*

*September 28: Age My Way- Blue Zones*

*Mental Health Matter in Spanish*

*Every 2nd Wed of the month at 1pm!*

**Vaccine Clinic: Looking for COVID, Flu, RSV, Pneumonia, and/or Shingles vaccines? Come to the clinic!**

**CALENDAR IS SUBJECT TO CHANGE**

**Join Us!**