

Monday	Tuesday	Wednesday	Thursday	Friday
2 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION -Opioid Awareness Training, Adrian Vaughn, DBH 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION - “The Power of Positivity: When Life Gives you Lemons,” Alexandra Horgan, Humana 3:00 Open Gym & Game Room	3 Recreation/Socialization-8:30am-4pm TRIP - Arundal Mills Mall, 10am 9:00 Blood Pressure Readings* 10:00 Matter of Balance (returns)  11:00 Nutrition-Atoms Apple with Dr. Amy  12:00 Lunch 2:00 Line Dancing (Open) 3:00 Sibley Club Memory *  3:00 Open Gym & Game Room	4 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 10:00 ASSEMBLY MEETING  12:00 Lunch 1:00 PRESENTATION -LGBTQ Panel Discussion, Laketta Burnette, Community Grapevines  1:00 Zumba 2:00 Tai Chi 3:00 Open Gym & Game Room	5 Recreation/Socialization-8:30am-4pm SIDEWALK SALE, 9am Mobile Market 10am 10:00 CHSWC Member Check-in Virtual (Assembly Meeting recording) 10:00 Line Dancing (Open) 10:30 CHSWC Choir *  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL - Notes from the Universe “A Journaling Experience” 1:30 Nutrition-Patricia’s Peas & Q’s (Face-to-Face/1-on-1) 3:00 Open Gym & Game Room	6 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (last day) 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch  1:00 SOCIAL  3:00 Open Gym & Game Room
9 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Mini Commission, Guleford BoBo  10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 SOCIAL -Teresa Smith -  12:00 Lunch-DACL- “Sexual Harassment” Training (Video) 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room	10 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Matter of Balance (returns) 11:00 Nutrition-Atoms Apple with Dr. Amy  12:00 Lunch 2:00 Line Dancing (Open) 3:00 Sibley Club Memory *  3:00 Open Gym & Game Room 	11 Recreation/Socialization-8:30am-4pm 9:30 Technology & The Metaverse 10:00 DC Chess Federation (in-person) 10:00 Active Living Every Day 12:00 Lunch 12:00 PRESENTATION -AARP Meeting Local #4870 12:00 PRESENTATION -CHSWC Ward 8 Council Candidate Forum, Denise Rolark Barnes, Washington Informer, Moderator 3:00 Open Gym & Game Room	12 Recreation/Socialization-8:30am-4pm 10:00 Line Dancing (Open) 10:30 CHSWC Choir * 11:00 PRESENTATION - “Ask a Health Professional”, MedStar 12:30 Pokeno / Phase10 12:00 Lunch  1:00 SOCIAL - Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	13 Recreation/Socialization-8:30am-4pm 9:30 PRESENTATION -Smoking Cessation, Michael Dickerson, Howard Uni. 9:30-11:30 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 11:00 PRESENTATION -Mindfulness Practice for Seniors, Srikar Kodali, MD Univ. 12:00 Lunch 1:00 SOCIAL - Father’s Day Celebration (B.R.A.H. & Patricia’s Peas & Qs), Special Guest-Giovani Mowatt 3:00 Open Gym & Game Room
16 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION -Understanding Dementia & Knowing the Symptoms, Giovanna Hunt, DACL 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL -Juneteenth Celebration-Julia’s Heart, Shaunta Gilchrist (African Attire) 3:00 Open Gym & Game Room	17 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Matter of Balance (returns) 11:00 PRESENTATION -Rent Registry, Alyce McFarland, DHCD 12:00 Lunch 12:00 WMATA (Info Table) 1:00 CHSWC Member Check-in Virtual (Assembly Mtg Recording) 1:00 SOCIAL -Book Club-“The Intuitionist”, Carlson Whitehead 1:00 “Sewing Seeds” w/Ace-Symmetric 1:30 Nutrition-Patricia’s Peas & Q’s “Diabetes” (Small Grp-10) 2:00 Line Dancing (Open) 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	18 Recreation/Socialization-8:30am-4pm TRIP - UPO Petey Green Community Service Center, 10:30am  9:30 Technology & The Metaverse 10:00 CHSWC Advisory Board 10:00 DC Chess Federation (in-person) 10:00 Active Living Every Day 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi 3:00 Open Gym & Game Room	19 <div style="text-align: center;">  <p>JUNETEENTH FREEDOM DAY CELEBRATION</p> </div>	20 Recreation/Socialization-8:30am-4pm 1st Day of Summer 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch 1:00 SOCIAL -  3:00 Open Gym & Game Room 

<p>23 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 PRESENTATION—Homeownership, property tax & Combating Bad Contractors, Karen Sierra, Legal Counsel for the Elderly 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION—Housing Resilience, Sudi Tasissa, DISB 3:00 Open Gym & Game Room</p>	<p>24 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Matter of Balance (returns) 12:00 Lunch 1:30 Sibley Club Memory (in-house) 2:00 Line Dancing (Open) 3:00 Open Gym & Game Room</p>	<p>25 Recreation/Socialization-8:30am-4pm Chess Tournament @ CHSWC, 9am-3pm 9:30 Technology & The Metaverse 10:00 Active Living Every Day 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 2:00 Tai Chi 3:00 Open Gym & Game Room</p>	<p>26 Recreation/Socialization-8:30am-4pm TRIP - Great Falls Park, McLean, VA, 9:30am 10:00 Line Dancing (Open) 10:30 CHSWC Choir * 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL—Crocheting/Knitting 1:00 Nutrition—Atoms Apple with Dr. Amy 1:30 Nutrition—Patricia's Peas & Q's (Face-to-Face/1-on-1) 3:00 Open Gym & Game Room</p>	<p>27 Recreation/Socialization-8:30am-4pm National HIV Testing Day 10:30 Take Action! Techniques 10:30 Food demo with Chef Herb 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL—Black Music Month R&B 3:00 Gym & Game Room</p>
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<p>30 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room</p>
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AWARENESS THIS MONTH

World Blood Donor Day (14th)

Father's Day (15th)

Men's Health Month

Chess Tournament @ CHSWC (25th, 9am-3pm)

Alzheimer's & Brain Awareness Month

Black Music Month

National Great Outdoors Month



PRESENTATIONS

- Opioid Awareness Training, (2nd)
- The Power of Positivity: When Life Gives you Lemons (2nd)
- LGBTQ Panel Discussion (4th)
- "Sexual Harassment Training" Video, DACL (9th)
- AARP Meeting Local #4870 (11th)
- CHSWC Ward 8 Council Candidate Forum (11th)
- Ask a Health Professional, MedStar (12th)
- Smoking Cessation, Michael Dickerson, Howard Uni. (13th)
- Mindfulness Practice for Seniors (13th)
- Understanding Dementia & Knowing the Symptoms, Giovanna Hunt, DACL (16th)
- Rent Registry, Alyce McFarland, DHCD (17th)
- Homeownership, property tax & Combating Bad Contractors, Karen Sierra, Legal Counsel for the Elderly (23rd)
- Housing Resilience, Sudi Tasissa, DISB (23rd)

SOCIAL

- BINGO (6th & 20th)
- CHSWC Member Check-in Virtual (6th & 17th)
- Notes from the Universe "A Journaling Experience"/ Crocheting/Knitting (alt. Thursday)
- Community News (9th)
- Father's Day Celebration (13th)
- Juneteenth Celebration—Julia's Heart(16th)
- Book Club - "The Intuitionist" (17th)
- Black Music Month R&B BINGO (27th)



VIDEO/AUDIO CONFERENCE



- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on "Join A Meeting"
- Enter Meeting ID 298-827-6610 **OR No video?** Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press *6
- Some classes held in "Break-out Rooms"— Please click "join" to enter

CHSWC SOCIAL MEDIA

CHECK OUT :



@TheCHSWC

CHSWC@heightsseniortv on: **Or** type in the search/browser box: CHSWC and #CHSWC

You Tube @heightsseniortv7481