


Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b><u>AWARENESS THIS MONTH</u></b></p> <p><b>Older Americans Month</b> - Theme, <i>Flip the Script on Aging</i>, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.</p> <p><b>National Allergy Month</b></p> <p><b>National Melanoma/Skin Cancer Awareness Month</b></p> <p><b>World Pride (May 17th-June 8th)</b></p>			<p><b>1 Recreation/Socialization-8:30am-4pm</b></p> <p><b>SIDEWALK SALE, 9am</b> <b>Mobile Market 10am</b></p> <p><b>9:00 Tight Body</b>  <b>10:00 Line Dancing</b></p> <p><b>10:30 CHSWC Choir *</b>  <b>12:30 Pokeno / Phase10</b> <b>12:00 Lunch</b> <b>1:00 SOCIAL-</b> Notes from the Universe "A Journaling Experience" <b>2:00 Active Living Every Day</b> <b>3:00 Open Gym &amp; Game Room</b></p>	
<p align="center"><b><u>SOCIALS</u></b></p> <p align="center"><b>BINGO (2nd &amp; 19th)</b> <b>Mother's Day Celebration (9th)</b> <b>"Ladies Tell It All" (12th)</b> <b>Older Americans Month (16th)</b> <b>Community News (19th)</b> <b>CHSWC 23rd Anniversary (23rd)</b> <b>National Senior Health &amp; Fitness Day Health Fair (28th)</b> <b>Super BINGO, Community Grapevines (30th)</b></p>			<p><b>2 Recreation/Socialization-8:30am-4pm</b></p> <p><b>9:30 Enhance Fitness</b></p> <p><b>10:30 Take Action! Techniques</b>  <b>11:00 DC Chess Federation (on-line)</b>  <b>11:00 PRESENTATION-</b>Mental Health Friday, Sudi Tasissa, DISB <b>12:00 Lunch</b> <b>1:00</b>  <b>3:00 Open Gym &amp; Game Room</b></p>	
<p><b>5 Recreation/Socialization-8:30am-4pm</b></p> <p><b>8:30 Enhance Fitness</b></p> <p><b>9:30 Spiritual Studies</b></p> <p><b>10:00 Tai Chi</b>  <b>10:00 "Ask a Lawyer",</b> Deborah Wright, AARP <b>12:00 Lunch</b>  <b>12:30 Pokeno / Phase 10 *</b> <b>1:00 PRESENTATION-</b> Seasonal Allergies: Relief from Wheezing &amp; Sneezing Alexandra Horgan, Humana <b>3:00 Open Gym &amp; Game Room</b> </p>	<p><b>6 Recreation/Socialization-8:30am-4pm</b></p> <p><b>TRIP</b> - Tanger Outlet/National Harbor Shopping, 11am</p> <p><b>9:00 Blood Pressure Readings*</b></p> <p><b>10:00 Chair Yoga</b></p> <p><b>11:00 OPEN</b>  <b>12:00 Lunch</b>  <b>2:00 Line Dancing</b>  <b>3:00 Sibley Club Memory *</b>  <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>7 Recreation/Socialization-8:30am-4pm</b></p> <p><b>8:30 Enhance Fitness</b></p> <p><b>10:00 ASSEMBLY MEETING</b></p> <p> <b>12:00 Lunch</b> <b>1:00 PRESENTATION-</b> Genetics 101 w/Howard U: Health Awareness &amp; Legacy <b>1:00 Zumba</b>  <b>2:00 Tai Chi</b>  <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>8 Recreation/Socialization-8:30am-4pm</b></p> <p><b>9:00 Tight Body</b></p> <p><b>9:00 Intro to Spanish with</b> Senora Chelsea  <b>10:00 Line Dancing</b></p> <p><b>10:30 CHSWC Choir *</b></p> <p><b>11:00 PRESENTATION -</b> "Ask a Health Professional", Skin Cancer, MedStar  <b>12:30 Pokeno / Phase10</b> <b>12:00 Lunch</b> <b>1:00 SOCIAL-</b> Crocheting/Knitting <b>1:00 Nutrition-Atoms Apple with</b> Dr. Amy <b>1:30 Nutrition-Patricia's Peas &amp; Q's (Face-to-Face/1-on-1)</b> <b>2:00 Active Living Every Day</b> <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>9 Recreation/Socialization-8:30am-4pm</b></p> <p><b>9:30 Enhance Fitness</b></p> <p><b>10:30 Take Action! Techniques</b></p> <p><b>11:00 DC Chess Federation (on-line)</b></p> <p><b>12:00 Lunch</b></p> <p><b>1:00 SOCIAL-</b> Mother's Day Celebration "Momma, You Are Appreciated", High Tea with Hats &amp; Gloves, w/Community Grapevines, LaKeeta Burnette  <b>3:00 Open Gym &amp; Game Room</b></p>
<p><b>12 Recreation/Socialization-8:30am-4pm</b></p> <p><b>8:30 Enhance Fitness</b></p> <p><b>9:30 Spiritual Studies</b></p> <p><b>10:00 Mini Commission, Guleford BoBo</b></p> <p><b>10:00 Tai Chi</b></p> <p><b>10:00 "Ask a Lawyer",</b> Deborah Wright, AARP</p> <p><b>10:30 PRESENTATION-DACL</b> Sexual Harassment Training- <b>Virtual</b></p> <p><b>12:00 Lunch</b></p> <p><b>12:30 Pokeno / Phase 10 *</b></p> <p><b>1:00 SOCIAL-</b> "Ladies Tell It All"  <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>13 Recreation/Socialization-8:30am-4pm</b></p> <p><b>9:00 Blood Pressure Readings*</b></p> <p><b>10:00 Chair Yoga</b></p> <p><b>11:00 Nutrition-Atoms Apple with</b> Dr. Amy</p> <p><b>12:00 Lunch</b></p> <p><b>1:30 Nutrition-Patricia's Peas &amp; Q's, Diabetes (Small Group-10)</b></p> <p><b>2:00 Line Dancing</b>  <b>3:00 Sibley Club Memory *</b> <b>3:00 Open Gym &amp; Game Room</b> </p>	<p><b>14 Recreation/Socialization-8:30am-4pm</b></p> <p><b>TRIP</b>-Great Falls Park, McLean, VA, 9:30am</p> <p><b>8:30 Enhance Fitness</b>  <b>9:30 Technology &amp; The Metaverse</b></p> <p><b>10:30 Pilates</b></p> <p><b>10:30 DC Chess Federation (in-person)</b></p> <p><b>11:30 Movie Time *</b>  <b>12:00 Lunch</b></p> <p><b>12:00 PRESENTATION-</b> AARP Meeting Local #4870</p> <p><b>12:30 Spiritual Studies</b></p> <p><b>1:00 Zumba</b>  <b>2:00 Tai Chi</b>  <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>15 Recreation/Socialization-8:30am-4pm</b></p> <p><b>Mobile Market - 10am</b></p> <p><b>9:00 Tight Body</b></p> <p><b>9:00 Intro to Spanish with</b> Senora Chelsea  <b>10:00 Line Dancing</b></p> <p><b>10:30 CHSWC Choir *</b>  <b>12:30 Pokeno / Phase10</b> <b>12:00 Lunch</b></p> <p><b>1:00 SOCIAL-</b>Notes from the Universe "A Journaling Experience" <b>1:00 Nutrition-Atoms Apple with</b> Dr. Amy <b>1:00 PRESENTATION-</b>DC SHIP Presents: "Medicare De-Coded" Qualified Medicare Beneficiary (QMB) Program <b>2:00 Active Living Everyday</b> <b>3:00 Open Gym &amp; Game Room</b></p>	<p><b>16 Recreation/Socialization-8:30am-4pm</b></p> <p><b>9:30 Enhance Fitness</b></p> <p><b>10:30 Take Action! Techniques</b></p> <p><b>11:00 DC Chess Federation (on-line)</b>  <b>12:00 Lunch</b></p> <p><b>1:00 SOCIAL-</b>Generational Perceptions</p> <p><b>"Flip the Script on Aging"</b>  <b>3:00 Open Gym &amp; Game Room</b></p>

<p><b>19 Recreation/Socialization-8:30am-4pm</b></p> <p>8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 <b>SOCIAL</b>-Teresa Smith -</p>  <p>12:00 Lunch 12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>Bingo!</b></p> <p>1:00 <b>PRESENTATION</b>-Managing Debt in Times of Uncertainty, Deborah Wright, AARP 3:00 Open Gym &amp; Game Room</p>	<p><b>20 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Chair Yoga (last class)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p>  <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL</b>-Book Club- The Nickel Boys, Colson Whitehead</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>21 Recreation/Socialization-8:30am-4pm</b></p> <p><b>TRIP</b>- DPR Senior Fest Block Party, 10am</p> <p>8:30 Enhance Fitness 9:30 Technology &amp; The Metaverse</p>  <p>10:00 CHSWC Advisory Board 10:30 Pilates</p> <p>10:30 DC Chess Federation (in-person)</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch 12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym &amp; Game</p>	<p><b>22 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing</p>  <p>10:30 CHSWC Choir *</p>  <p>12:00 Lunch 12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>SOCIAL</b>-Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 1:30 Nutrition-Patricia's Peas &amp; Q's (Face-to-Face/1-on-1) 2:00 Active Living Every Day 3:00 Open Gym &amp; Game Room</p>	<p><b>23 Recreation/Socialization-8:30am-4pm</b></p> <p>9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line)</p>  <p>12:00 Lunch 1:00 <b>SOCIAL</b>- CHSWC 23rd ANNIVERSARY - "23 on 23: SWC Generational Legacy</p>  <p>3:00 Gym &amp; Game Room</p>
<p><b>26</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>27 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Blood Pressure Readings *</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p>  <p>12:00 Lunch</p> <p>1:00 Sibley Club Memory (In-house)</p> <p>1:30 Nutrition-Patricia's Peas &amp; Q's (Small Group-10)</p> <p>2:00 Line Dancing</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>28 Recreation/Socialization-8:30am-4pm</b></p> <p><b>National Senior Health &amp; Fitness Day, (Health Fair) 9am-12pm</b></p> <p>8:30 Enhance Fitness 9:30 Technology &amp; The Metaverse</p>  <p>10:30 Pilates 10:30 DC Chess Federation (in-person)</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>29 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Tight Body</p>  <p>10:00 Line Dancing 10:30 CHSWC Choir *</p>  <p>12:00 Lunch 12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>SOCIAL</b>-Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 2:00 Active Living Every Day 3:00 Open Gym &amp; Game Room</p>	<p><b>30 Recreation/Socialization-8:30am-4pm</b></p> <p>9:30 Enhance Fitness 10:30 Take Action! Techniques 10:30 Food Demo With Chef Herb 11:00 DC Chess Federation (on-line)</p>  <p>12:00 Lunch</p>  <p>1:00 <b>SOCIAL</b>- <b>SUPER BINGO</b>, Lakeeta Burnette, Community Grapevines 3:00 Gym &amp; Game Room</p>

 **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 un-mute 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

 @heightsseniortv7481

**PRESENTATIONS**

- Mental Health, Sudi Tasissa, DISB (2nd)
- Seasonal Allergies.... Humana (5th)
- Genetics 101, HU (7th)
- AARP Meeting Local #4870 (14th)
- National Melanoma/Skin Cancer Awareness, MedStar (8th)
- DACL Sexual Harassment Training-Virtual (12th)
- DC SHIP Presents: "Medicare De-Coded" Topic: Qualified Medicare Beneficiary (QMB) Program
- Managing Debt in Times of Uncertainty (19th)
- DC Chess Federation (in-person, Wednesday, begin 14th & every Friday)

**CLASS NEW/CHANGES**