

Monday	Tuesday	Wednesday	Thursday	Friday
1 TRIP - Arundel Mills Mall, 10am* 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis  10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition, Table Thyme w/ Tosin 12:00 Lunch 12:30 Pokeno / Phase 10 *  1:00 Fit & Strong (returns) 1:00 "Mikkah's Mentality" Barbering & Haircare Tips 3:00 Open Gym 	2 10:00am-2pm TABLE- State Health Insurance Assistance Program (SHIP) 12:00 TABLE-FSFSC, Food 2 Fuel 9:00 Blood Pressure Readings* 10:00 Crafty Creations w/ Community Grapevines  12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory (hybrid)  3:00 Open Gym 	3 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 10:00 ASSEMBLY MEETING (hybrid)  12:00 Lunch 1:00 Fit & Strong (returns) 2:00 Tai Chi for Arthritis 3:00 Open Gym 	4 SIDEWALK SALE, 9am-12pm 10:00 Line Dancing  11:00 Chair Yoga 12:30 Pokeno / Phase10 * 12:00 Lunch  1:00 Notes from the Universe "A Journaling Experience" * 1:00 COUNCIL TALK- Councilman Robert White 3:00 Open Gym 	5 9:30 Enhance Fitness 9:30 Food Demo w/Chef Herb 10:30 Take Action! Techniques  11:00 Nutrition, Table Thyme w/ Tosin 11:00 DC Chess Federation (hybrid) 12:00 Lunch 1:00  3:00 Open Gym & Game Room
8 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis  10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Food Demo, Nutrition, Table Thyme w/Tosin 12:00 Lunch  12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (returns) 1:00 PRESENTATION-"Scam Alert: Protect Yourself from Fraud & Financial Abuse", Deborah Wright, AARP 3:00 Open Gym 	9 UDC SERV Safe Food Handler Course, 9am-12pm 9:00 Blood Pressure Readings*  12:00 Lunch  1:00 "Sewing Seeds" with Ace-Symmetric  1:30 Sibley Club Memory (In-person)  2:00 Line Dancing 3:00 Open Gym 	10 UDC SERV Safe Food Handler Course, 9am-12pm 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DC Chess Federation-hybrid 9:30 Technology & The Metaverse-Digital Literacy, Email Basics 10:30 Senior Stretch Therapy 11:00 Nutrition, Table Thyme w/ Tosin 1-on-1  12:00 Lunch  12:30 PRESENTATION-AARP Meeting Local #4870 (hybrid) 1:00 Fit & Strong (returns) 2:00 Tai Chi for Arthritis 3:00 Open Gym 	11 TRIP-Carpool - (Pre-Registered Only) Bowling Practice, JBAB, 9:30AM 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga  12:00 Lunch  12:30 Pokeno / Phase10 * 1:00 Crocheting/Knitting * 1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym	12 8:45 Enhance Fitness 10:30 Take Action! Techniques 11:00 Nutrition, Table Thyme w/ Tosin 11:00 DC Chess Federation (hybrid)  12:00 Lunch 1:00 SOCIAL-BaBa Ras D, Storyteller, National Theater Foundation  3:00 Open Gym 
15 FAMILY & FRIENDS DAY 10am-12pm 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Mini Commission, Guleford BoBo 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 10:30 (Men Only Session) Nutrition, Table Thyme w/Tosin & Brothers Receiving & Achieving Healing-B.R.A.H. TM  12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (returns) 3:00 Open Gym	16 DC PRIMARY ELECTIONS DAY, 7am-8pm 9:00 Blood Pressure Readings* 11:00 PRESENTATION - "Reading Food Labels" Grubbs Pharmacy  12:00 Lunch 1:00 Book Club- "Between the World & Me", byTa-Nehisi Coates 2:00 Line Dancing  3:00 Sibley Club Memory (hybrid) 3:00 Open Gym 	17 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 9:30 Technology & The Metaverse 10:00 CHSWC Advisory Board 10:30 Senior Stretch Therapy 11:00 Nutrition, Table Thyme w/ Tosin 1-on-1 12:00 Lunch 12:30 Spiritual Studies 1:00 Fit & Strong (returns) 1:00 PRESENTATION-CED Meeting, Mustafa Abdul-Salaam, AARP 2:00 Tai Chi for Arthritis 3:00 Open Gym 	18 FATHER'S DAY FISHING TRIP 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga 12:30 Pokeno / Phase10 * 12:00 Lunch 1:00 Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 1:30 Plants & Blooms ReImagined, Kaifa Anderson-Hall (last class) 3:00 Open Gym 	19 CENTER CLOSED 

22 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Food Demo, Nutrition, Table Thyme w/Tosin 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (returns) 1:00 "Mikkah's Mentality" Barbering & Haircare Tips 3:00 Open Gym 	23 FAMILY & FRIENDS DAY, 1-3pm 9:00 Blood Pressure Readings * 11:00 PRESENTATION- Extreme Weather Workshop, Office of Emergency Preparedness & Resilience (OEPR) 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory (In-person) 2:00 Line Dancing 3:00 Open Gym    	24 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy Class* 11:00 Nutrition, Table Thyme w/Tosin 1-on-1 12:00 Lunch 12:30 Spiritual Studies 1:00 Fit & Strong (returns) 1:00 PRESENTATION- "Lunch with a Doctor" w/HU/Dreaming Out Loud/ W8 Health Council/ AARP: Celebration Session 2:00 Tai Chi for Arthritis 3:00 Open Gym  	25 TRIP-US Botanical Gardens, 9:30am TRIP-Carpool - (Pre-Registered Only) Bowling Practice, JBAB, 9:30AM 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Crocheting/Knitting * 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym   	26 8:45 Enhance Fitness 10:30 Take Action! Techniques 11:00 Nutrition, Table Thyme w/Tosin 11:00 DC Chess Federation (hybrid) 12:00 Lunch 1:00 SOCIAL- Rhythm & Blues Bingo! With Community Grapevines 3:00 Open Gym    
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29 TRIP-The Phillips Museum, Dupont Circle, 10:30 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (returns) 3:00 Open Gym    	30 9:00 Blood Pressure Readings * 11:00 SOCIAL-Ladies' Tell It All 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory (hybrid) 3:00 Open Gym     	NEW CLASSES/CHANGES - Fit & Strong (returns) SOCIALS - BaBa Ras D, Storyteller (12th) - Family & Friends Day (15th, 10am-12pm & 23rd 1-3pm) AWARENESS THIS MONTH - National Park & Recreation Month - Post Traumatic Stress Disorder Month - Cataract Awareness Month - National Cancer Survivors Day (7th) - National Black Family Cancer Awareness Week (13-19th)	"HOT FUN IN THE SUMMERTIME" Happy FATHER'S Day 21st   
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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 :    Tik Tok @The CHSWC CHSWC@heightsseniortv on: Or type in the search/browser box: CHSWC and #CHSWC You Tube @heightsseniortv7481	PRESENTATIONS - Council Talk-Councilman Robert White (4th) "Scam Alert: Protect Yourself from Fraud & Financial Abuse", AARP (8th) "Reading Food Labels" Grubbs (16th) - AARP Meeting Local #4870 (10th) (Men Only Session) Nutrition, Table Thyme w/Tosin & Brothers Receiving & Achieving Healing-BRAH (15th) - CED Meeting, Mustafa Abdul-Salaam, AARP (17th) - Extreme Weather Workshop, (OEPR) "Lunch with a Doctor" w/HU/Dreaming Out Loud/ W8 Health Council/ AARP: Celebration Session (24th)
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