

Monday

Tuesday

Wednesday

Thursday

Friday

**AWARENESS THIS MONTH**

**Older Americans Month - 2026 Theme: "Champion Your Health" (1st)**

The 2026 theme, "Champion Your Health", emphasizes prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in managing their health, accessing preventive care, and making informed decisions. The campaign also focuses on evidence-based approaches, self-management, caregiver support, and community partnerships to empower individuals to lead healthy lives




- National Melanoma/Skin Cancer Detection & Prevention Month
- Cancer Survivors Month
- Bladder Cancer Awareness Month
- Women's Health Week (10-16th)
- Asthma & Allergy Awareness Month
- Better Sleep Month
- World No-Tobacco Day (31st)





**SOCIALS**




- Older Americans Month (1st)
- Mother's Day Celebration (8th)
- "Ladies Tell It All" (11th)
- Bingo (15th)
- CHSWC 24th Anniversary (29th)
- National Senior Health & Fitness Day Health Fair (27th)

- 1 8:45 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 "Champion Your Health" / Day Party 
- 3:00 Open Gym & Game Room

- 4 **TRIP** - Tanger Outlet/National Harbor Shopping, 11am\*
- 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 "Mikkah's Mentality" Barbering & Haircare Tips 
- 3:00 Open Gym

- 5 10:00am-2pm **TABLE**- State Health Insurance Assistance Program (SHIP)
- 12:00 **TABLE**-FSFSC, Food 2 Fuel
- 9:00 Blood Pressure Readings\*
- 10:00 Matter of Balance
- 10:00 Crafty Creations w/ Community Grapevines
- 12:00 Lunch
- 2:00 Line Dancing 
- 3:00 Sibley Club Memory (hybrid)
- 3:00 Open Gym 

- 6 8:45 Enhance Fitness
- 9:00 "Dilo en Espanol" w/ Senora Chelsea (hybrid)
- 9:00 DC Chess Federation (hybrid)
- 10:00 **ASSEMBLY MEETING** (hybrid) Guest Speakers
- 12:00 Lunch
- 12:30 Spiritual Studies
- 12:30 Movie Room Opens \*
- 1:00 Nutrition, Table Thyme w/Tosin 1-on-1
- 2:00 Tai Chi for Arthritis
- 3:00 Open Gym




- 7 9:00 Tight Body 
- 10:00 Line Dancing
- 11:00 Chair Yoga
- 12:30 Pokeno / Phase10 
- 12:00 Lunch
- 1:00 Crocheting/Knitting \*
- 1:00 **PRESENTATION**- Homeownership Preservation, Karen Sierra, Legal Counsel for the Elderly 
- 3:00 Open Gym

- 8 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 **CELEBRATION** - Moms & Mockmosas: The Mystique of Motherhood 
- 3:00 Open Gym






















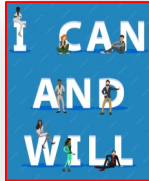
- 11 8:45 Enhance Fitness 
- 9:30 Spiritual Studies
- 10:00 Mini Commission, Guleford BoBo 
- 10:00 Tai Chi for Arthritis
- 10:00 "Ask a Lawyer", Deborah Wright, AARP
- 10:30 **Food Demo**, Nutrition, Table Thyme w/Tosin
- 12:00 Lunch
- 12:30 Pokeno / Phase 10 \*
- 1:00 "Ladies Tell It All" 
- 3:00 Open Gym



- 12 9:00 Blood Pressure Readings\*
- 10:00 Matter of Balance
- 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 

- 13 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
- 10:00 CHSWC Advisory Board
- 11:00 Nutrition, Table Thyme w/ Tosin 1-on-1
- 12:00 Lunch
- 12:30 **PRESENTATION**-AARP Meeting Local #4870 (hybrid)
- 12:30 Spiritual Studies
- 12:30 Movie Room Opens \*
- 2:00 Tai Chi for Arthritis
- 3:00 Open Gym

- 14 **TRIP-CARPOOL**- (Pre-Registered Only) Bowling Practice, JBAB, 9:30AM,
- 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 
- 3:00 Open Gym

- 15 8:45 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 **Bingo!** 
- 3:00 Open Gym

<p>18 8:45 Enhance Fitness 9:30 Spiritual Studies  10:00 Tai Chi for Arthritis</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition, Table Thyme w/ Tosin</p> <p>12:00 Lunch 12:30 Pokeno / Phase 10 *</p> <p>1:00 "Mikkah's Mentality" Barbering &amp; Haircare Tips</p> <p>3:00 Open Gym </p>	<p>19 9:00 Blood Pressure Readings *  10:00 Matter of Balance 11:00 PRESENTATION-Free Screening-Blood Pressure &amp; Blood Sugar, Carla Daniel, Grubbs Pharmacy  12:00 Lunch 1:00 Book Club-"Blood in the Water", Tiffany D. Jackson 2:00 Line Dancing  3:00 Sibley Club Memory (hybrid) 3:00 Open Gym </p>	<p>20 TRIP- DPR Senior Fest, Gateway Pavilion, 9:30 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DCChess Federation (hybrid) 9:30 Technology &amp; 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 12:30 Movie Room Opens * 1:00 PRESENTATION-AARP Committee CED Meeting, Mustafa Abdul-Salaam, AARP 2:00 Tai Chi for Arthritis 3:00 Open Gym</p>	<p>21 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 1:30 Plants &amp; Blooms ReImagined, Kaifa Anderson-Hall 3:00 Open Gym </p>	<p>22 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  3:00 Open Gym </p>
<p>25 <b>CENTER CLOSED</b></p>  <p><b>MEMORIAL DAY</b> Celebrate. Honor. Remember.</p>	<p>26 9:00 Blood Pressure Readings *  10:00 Matter of Balance (last class) 10:30 Food Demo-Nutrition, Table Thyme w/Tosin  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</p>	<p>27 National Senior Health &amp; Fitness Day 9am-12pm 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 9:30 Technology &amp; The Metaverse 10:30 Senior Stretch Therapy 11:00 Nutrition, Table Thyme w/ Tosin 1-on-1  12:00 Lunch 12:30 Spiritual Studies 12:30 Movie Room Opens * 1:00 PRESENTATION- "Lunch with a Doctor" w/HU/Dreaming Out Loud/ W8 Health Council/ AARP: Let's Talk 2:00 Tai Chi for Arthritis 3:00 Open Gym</p>	<p>28 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 Notes from the Universe "A Journaling Experience" 3:00 Open Gym </p>	<p>29 8:45 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 CHSWC 24th ANNIVERSARY "KEEPING IT PROGRESSIVE, DESPITE ALL ODDS"  3:00 Open Gym</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 :

   @The CHSWC

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

 @heightsseniortv7481

**PRESENTATIONS**

- Homeownership Preservation, Legal Counsel for the Elderly, Karen Sierra (7th)
- AARP Meeting Local #4870 (13th)
- Free Screening-Blood Pressure & Blood Sugar, Carla Daniel, Grubbs Pharmacy (19th)
- Community Economic Development (CED) Meeting (20th)
- "Lunch with a Doctor" (27th)

**NEW CLASSES/CHANGES**

CHSWC Advisory Board (change to 13th, this month only)