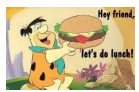


Monday	Tuesday	Wednesday	Thursday	Friday
3 TRIP-Arundel Mills Mall, 10am 8:45 Enhance Fitness 9:30 Spiritual Studies  10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch  12:30 Pokeno / Phase 10 1:00 Fit & Strong 1:00 "Mikkah's Mentality" Barbering & Haircare Tips  3:00 Open Gym 	4 9:00 Blood Pressure Readings 10:00 Matter of Balance 10:00 SOCIAL -Crafty Creations w/Community Grapevines 12:00 TABLE -FSFSC, Food 2 Fuel 12:00 Lunch  2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym 	5 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 10:00 ASSEMBLY MEETING Guest-Marcus Manning, Deputy Director Mayor's Office of Community Affairs  12:00 Lunch 12:30 Spiritual Studies 1:00 Fit & Strong 2:00 Tai Chi for Arthritis  3:00 Open Gym	6 SIDEWALK SALE, 9am 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL - Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym 	7 8:45 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch 1:00 SOCIAL -  3:00 Open Gym
10 8:45 Enhance Fitness  9:30 Spiritual Studies  10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 10:00 Mini Commission, Guleford BoBo 12:00 Lunch  12:30 Pokeno / Phase 10  1:00 Fit & Strong  3:00 Open Gym	11 9:00 Blood Pressure Readings* 10:00 Matter of Balance 11:00 PRESENTATION -Medigap Policies & How to Read Your Medicare Summary Notice, Darnetta Bascomb, AARP  12:00 Lunch 1:30 Sibley Club Memory (in-house) 3:00 Open Gym 	12TRIP-NE Performance Art Group, St. Luke Center, 10:30am 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy 12:00 Lunch 12:30 Spiritual Studies 12:30 PRESENTATION -AARP Meeting Local #4870 (hybrid) 1:00 Fit & Strong 2:00 Tai Chi for Arthritis  3:00 Open Gym	13 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL -Crocheting/Knitting  1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym 	14 8:45 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL -Curtis Blues, Performer & Musician, National Theater Foundation  3:00 Open Gym
17 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Ladies Tell It All  12:00 Lunch 12:30 Pokeno / Phase 10 1:00 Fit & Strong (Last class) 1:00 SOCIAL -Gardening for Senior, Cynthia Miller  3:00 Open Gym	18 9:00 Blood Pressure Readings* 10:00 Matter of Balance 11:00 PRESENTATION - "Physical Activity", Grubbs Pharmacy  12:00 Lunch 1:00 SOCIAL - Book Club- "White Smoke", Tiffany D. Jackson 2:00 Line Dancing  3:00 Sibley Club Memory  3:00 Open Gym	19 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:00 CHSWC Advisory Board 10:30 Senior Stretch Therapy 12:00 Lunch  12:30 Spiritual Studies 1:00 PRESENTATION -AARP Committee CED Meeting, Mustafa Abdul-Salaam, AARP 2:00 Tai Chi 3:00 Open Gym 	20 TRIP-Golden Corral, Largo, 10:30am 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch  12:30 Pokeno / Phase10 1:00 SOCIAL -Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym 	21 8:45 Enhance Fitness 9:30 Food Demo w/Chef Herb 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00  3:00 Open Gym 

24 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 Age-Friendly DC Community Engagement Resource Fair, Hannah Kaufman, DACL 3:00 Open Gym 	25 TRIP-Museum of the Bible, 9am 9:00 Blood Pressure Readings *  10:00 Matter of Balance (last class)  12:00 Lunch 1:30 Sibley Club Memory 2:00 Line Dancing  3:00 Open Gym 	26 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse  10:30 Senior Stretch Therapy 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION- "Lunch with a Doctor" w/HU/Dreaming Out Loud/ W8 Health Council/ AARP 2:00 Tai Chi for Arthritis 3:00 Open Gym 	27 9:00 Tight Body  10:00 Line Dancing 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL- Crocheting/Knitting  1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym	28 8:45 Enhance Fitness  10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line) 1:00 SOCIAL- CHSWC DAY-PARTY, with Community Grapevines  3:00 Open Gym
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31
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 "Mikkah's Mentality" Barbering & Haircare Tips 

3:00 Open Gym & Game Room

AWARENESS THIS MONTH

- DC Senior Games (August-November 2026)
- National Immunization Awareness Month
- Medic Alert Awareness Month
- World Lung Cancer Day (1st)

SOCIAL

- Curtis Blues, National Theater Foundation (14th)
- Gardening for Seniors (17th)
- CHSWC Day Party (28th)



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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 525-442-3945 **OR No video?** Join the Zoom meeting by **dialing (301)715-8592** and enter the Meeting ID code 525-442-3945 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

You Tube @heightsseniortv7481

PRESENTATIONS

- Medigap Policies & How to Read Your Medicare Summary Notice, AARP (11th)
- AARP Meeting Local #4870 (12th)
- "Physical Activity", Grubbs Pharmacy (18th)
- AARP Committee CED Meeting (19th)
- Age-Friendly DC Community Engagement Resource Fair (24th)
- "Lunch with a Doctor" (26th)