



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>AWARENESS THIS MONTH</u></p> <ul style="list-style-type: none"> • UV Safety • Sarcoma Cancer <p><u>NEW CLASS/CHANGES</u></p> <ul style="list-style-type: none"> • No Choir (after 7/3 until August) • “Sewing Seeds” with Ace-Symmetric (2nd & 4th Tuesday) • DC Chess Federation (in-person, 9am for July) • “Dilo en Espanol” (return 10th) • Crafty Creations with Grapevines (8th & 25th) 	<p>1 Recreation/Socialization-8:30am-4pm</p> <p>TRIP - Tanger Outlet/National Harbor Shopping, 11am</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>12:00 Lunch</p> <p>1:30 Nutrition-Patricia’s Peas & Q’s, “Glucose Monitoring System”, Dr. Dominic Hatcher</p> <p>2:00 Line Dancing (open)</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p> 	<p>2 Recreation/Socialization-8:30am-4pm</p> <p>9:00 DC Chess Federation (in-person)</p> <p>10:00 ASSEMBLY MEETING</p>  <p>12:00 Lunch</p> <p>12:30 PRESENTATION-Virtual Lunch and Learn: Fall Recovery and Prevention Educational Workshop</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>3 Recreation/Socialization-8:30am-4pm</p> <p>SIDEWALK SALE, 9am</p> <p>MOBILE MARKET, 10am</p> <p>10:00 Line Dancing (open)</p> <p>10:00 CHSWC Member Check-in, Virtual</p> <p>10:30 CHSWC Choir * (last 1 until August)</p>  <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL- Notes from the Universe “A Journaling Experience”</p> <p>3:00 Open Gym & Game Room</p>	<p>4</p> <p>CENTER CLOSED</p> <p>HAPPY 4th of July</p>  <p><small>www.funimada.com</small></p>
<p>7 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness (return)</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 “Ask a Lawyer”, Deborah Wright, AARP</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-</p>  <p>3:00 Open Gym & Game Room</p>	<p>8 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>10:00 SOCIAL-Crafty Creations w/Community Grapevines</p> <p>12:00 Lunch</p> <p>1:00 “Sewing Seeds” with Ace-Symmetric</p> <p>2:00 Line Dancing (open)</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p> 	<p>9 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness (return)</p> <p>9:00 DC Chess Federation (in-person)</p> <p>10:00 Active Living Everyday</p> <p>12:00 Lunch</p> <p>12:00 PRESENTATION-AARP Meeting Local #4870</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi (last class)</p> <p>3:00 Open Gym & Game Room</p> 	<p>10 Recreation/Socialization-8:30am-4pm</p> <p>9:00 “Dilo en Espanol” with Senora Chelsea (return)</p> <p>10:00 Line Dancing (open)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL- Crocheting/ Knitting</p> <p>1:30 Nutrition-Patricia’s Peas & Q’s (Face-to-Face/1-on-1)</p> <p>3:00 Open Gym & Game Room</p> 	<p>11 Recreation/Socialization-8:30am-4pm</p> <p>9:30 Enhance Fitness (return)</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (online)</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Melanie Edwards, National Theater Performer</p> <p>3:00 Open Gym & Game Room</p> 
<p>14 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness (return)</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini Commission, Guleford BoBo</p> <p>10:00 “Ask a Lawyer”, Deborah Wright, AARP</p> <p>11:00 PRESENTATION-Tenant’s Rights, Deborah Wright, AARP</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym & Game Room</p> 	<p>15 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>12:00 Lunch</p> <p>1:00 CHSWC Member Check-in, Virtual</p> <p>1:00 SOCIAL - Book Club- “All the Colors of Dark”, Chris Walker</p> <p>1:30 PRESENTATION-Dementia and Nutrition, Patricia’s Peas & Q’s & Giovanna Hunt/DACL</p> <p>2:00 Line Dancing (open)</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>	<p>16 Recreation/Socialization-8:30am-4pm</p> <p>TRIP-UPO Petey Green Community Center, 11:55 am</p> <p>8:30 Enhance Fitness (return)</p> <p>9:00 DC Chess Federation (in-person)</p> <p>9:30 Technology & The Metaverse</p> <p>10:00 Active Living Everyday</p> <p>10:00 CHSWC Advisory Board</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p> 	<p>17 Recreation/Socialization-8:30am-4pm</p> <p>MOBILE MARKET, 10am</p> <p>9:00 Tight Body (return)</p> <p>9:00 “Dilo en Espanol” with Senora Chelsea</p> <p>10:00 Line Dancing (open)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”</p> <p>3:00 Open Gym & Game Room</p> 	<p>18 Recreation/Socialization-8:30am-4pm</p> <p>9:30 Enhance Fitness (return)</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (online)</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-</p>  <p>3:00 Open Gym & Game Room</p> 

<p>21 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:30 Spiritual Studies  10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION-Cannabis Creams & More: The Natural Pain Cure, Michael Bobo, National Holistic Healing Center 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-”Ladies Tell It All”  3:00 Open Gym & Game Room</p>	<p>22 Recreation/Socialization-8:30am-4pm 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-house) 2:00 Line Dancing (open)  3:00 Open Gym & Game Room</p>	<p>23 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:00 DC Chess Federation (in-person)  9:30 Technology & The Metaverse 10:00 Active Living Everyday 11:30 Movie Time *  12:00 Lunch 12:30 Spiritual Studies 3:00 Open Gym & Game Room </p>	<p>24 Recreation/Socialization-8:30am-4pm 9:00 Tight Body  9:00 “Dilo en Espanol” with Senora Chelsea  10:00 Line Dancing (open) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Crocheting/Knitting  1:30 Nutrition-Patricia’s Peas & Q’s (Face-to-Face/1-on-1) 3:00 Open Gym & Game Room</p>	<p>25 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (return)  10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line) 12:00 Lunch  1:00 SOCIAL- Crafty Creations with Community Grapevines 3:00 Gym & Game Room</p>
<p>28 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:30 Spiritual Studies 10:00 “Ask a Lawyer”, Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL -  3:00 Open Gym & Game Room</p>	<p>29 Recreation/Socialization-8:30am-4pm TRIP - Bowling Tournament Wellness Centers, AMC Capital Plaza, 9am 9:00 Blood Pressure Readings * 10:00 Matter of Balance (last class) 12:00 Lunch 1:30 Nutrition-Patricia’s Peas & Q’s “Diabetes” (Small Group-10) 2:00 Line Dancing (open) 3:00 Sibley Club Memory  3:00 Open Gym & Game Room</p>	<p>30 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:00 Active Living Everyday 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION- “Lunch with a Doctor”, Ward 8 Health Council & FSFSC 3:00 Open Gym & Game Room</p>	<p>31 Recreation/Socialization-8:30am-4pm 9:00 Tight Body (return) 9:00 “Dilo en Espanol” with Senora Chelsea  10:00 Line Dancing (open) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL- Notes from the Universe “A Journaling Experience” 3:00 Open Gym & Game Room</p>	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> • Journaling (every other Thursday) • Bingo (7th, 18th & 28th) • Crafty Creations w/ Community (8th & 25th) • Crocheting/Knitting (every other Thursday) • Melanie Edwards, National Theater Performer (11th) • Book Club (15th) • Ladies Tell It All (21st) • Community News (23rd)

 **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

You Tube @heightsseniortv7481

PRESENTATIONS

- Nutrition-Patricia’s Peas & Q’s “Glucose Monitoring System”, Dr. Dominic Hatcher (1st)
- Lunch and Learn: Fall Recovery and Prevention Educational Workshop (2nd)
- AARP Meeting Local #4870 (9th)
- Tenant’s Rights, Deborah Wright, AARP (14th)
- Dementia and Nutrition, Patricia’s Peas & Q’s & Giovanna Hunt/DACL (15th)
- Cannabis Creams & More: The Natural Pain Cure, National Holistic Healing Center (21st)
- “Lunch with a Doctor”, Ward 8 Health Council & FSFSC (30th)