























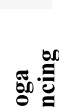








Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 Spiritual Studies </p> <p>10:00 Tai Chi, Title IID *</p> <p>10:00 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>11:00 PRESENTATION-Mental Health, Prestige Healthcare Resources, Helene Moudio </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room </p>	<p>2 TRIP-MGM Shopping, 11am</p> <p>10:30 Fit & Strong, Title IID *</p> <p>11:00 Blood Pressure Readings</p> <p>12:00 Lunch </p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory </p> <p>3:00 Open Gym & Game Room </p>	<p>3 10:30 ASSEMBLY MEETING </p> <p>12:00 Lunch</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title IID *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room </p>	<p>4 CENTER CLOSED</p> <p>Happy 4th of July </p>	<p>5 CENTER CLOSED</p> <p>IN OBSERVANCE OF INDEPENDENCE DAY </p>
<p>8 8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi, Title IID *</p> <p>10:00 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>11:00 PRESENTATION-Navy Federal Credit Union, Kimani Dickerson </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>9 10:30 Fit & Strong, Title IID *</p> <p>11:00 Blood Pressure Readings *</p> <p>11:00 PRESENTATION-"Ask the Doctor" </p> <p>Brain Health </p> <p>12:00 Lunch</p> <p>1:00 Chair Yoga</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory </p> <p>3:00 Open Gym & Game Room</p>	<p>10 TRIP-Bowling Practice, Marlow Heights Lanes, 9:30am</p> <p>8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:00 PRESENTATION-ACC/AARP Meeting, Phillip Pannell</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title IID *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>11 SIDEWALK SALE - 9AM</p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Arts & Crafts </p> <p>12:30 Pokeno / Phase 10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Notes from the Universe-Journaling Experience</p> <p>2:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p>	<p>12 9:30 Enhance Fitness, Title IID (returns) *</p> <p>10:00 Food Demo With Dr. Amy </p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation </p> <p>12:00 Lunch</p> <p>1:00 Fit & Strong, Title IID *</p> <p>3:00 Open Gym & Game Room </p>
<p>15 8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Spiritual Studies </p> <p>10:00 Tai Chi, Title IID *</p> <p>10:00 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 DC Chess Federation</p> <p>1:00 PRESENTATION-"Renter's Rights 101", Office of the Tenants Advocate</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>16 TRIP-SWC Bowling Tournament, AMF Capital Plaza Lanes, Hyattsville, 10:30am</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>10:30 Fit & Strong, Title IID * (last class)</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Book Club "The Vanishing Half" By Brit Bennett</p> <p>1:00 "Sewing Seeds" with Acc-Symmetric </p> <p>1:00 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p> <p>3:00 Open Gym & Game Room</p>	<p>17 8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Technology & The Metaverse </p> <p>10:00 Advisory Board Meeting</p> <p>10:30 Pilates </p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi, Title IID</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>18 9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10</p> <p>1:00 SOCIAL-Crocheting</p> <p>2:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>3:00 Open Gym & Game Room</p>	<p>19 9:30 Enhance Fitness, Title IID (returns) *</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Verbal Gymnas-tics Theater Troupe </p> <p>3:00 Open Gym & Game Room</p>

<p>22 World Brain Day</p> <p>8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Spiritual Studies </p> <p>10:00 Tai Chi, Title IID *</p> <p>10:00 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>11:00 SOCIAL-"Self-Care" </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>23 TRIP-American Legion, Line/Hand Dancing, Cheverly, 11:30am</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch </p> <p>1:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>1:30 Sibley Club Memory (In-house)</p> <p>2:00 Line Dancing </p> <p>3:00 Open Gym & Game Room</p>	<p>24 Int'l Self Care Day</p> <p>8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title IID *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Open Gym & Game Room</p>	<p>25</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir * </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym & Game Room</p>	<p>26</p> <p>9:30 Enhance Fitness, Title IID (returns) *</p> <p>10:30 Take Action! Techniques with Chef Herb </p> <p>11:00 DC Chess Federation</p> <p>12:00 Lunch</p> <p>1:00 PRESENTATION-Vital Management Team</p> <p>3:00 Gym & Game Room </p>
<p>29</p> <p>8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi, Title IID *</p> <p>10:00 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>10:30 PRESENTATION- GIF, Giveland Foundation, Lateasa</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Aqua-Ferebee Hope (returns)</p> <p>3:00 Open Gym & Game Room</p>	<p>30</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch</p> <p>1:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 Line Dancing</p> <p>2:30 Aqua Aerobics/AFAP, Fereee Hope Pool * (returns)</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>31</p> <p>8:30 Enhance Fitness, Title IID (returns) *</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title IID *</p> <p>2:00 Bingocize, Title IID *</p> <p>3:00 Aqua-Ferebee Hope (returns)</p> <p>3:00 Open Gym & Game Room</p>	<p>RECREATION/SOCIALIZATION - Daily 8:30-4pm</p> <p>CHANGES</p> <p>NEW - Pokeno/Phase 10 (Monday & Thursday)</p> <p>NEW - Crocheting (18th)</p> <p>NEW - CHESS - Every Friday & 3rd Monday</p> <p>RETURN - Enhance Fitness (8th-Monday, Wednesday & Friday)</p> <p>RETURN - Aqua-Ferebee Hope Pool (29th - Monday & Wednesday)</p> <p>AWARENESS THIS MONTH</p> <p>Everybody Needs a Massage Week</p> <p>UV Safety Month </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 unmute press *6
- Some classes held in "Break-out Rooms" - Please click "join" to enter

CHSWC SOCIAL MEDIA

CHECK OUT :

   @TheCHSWC

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

YouTube @heightsseniority7481

PRESENTATIONS

- Mental Health, Prestige Healthcare Resources, Moudio (1st)
- Navy Federal Credit Union, Kimani Dickerson (8th)
- "Ask the Doctor", Brain Health (9th)
- ACC/AARP/Pannell (10th)
- "Renter's Rights 101", Office of the Tenants Advocate (15th)
- Vital Management Team (26th)
- GIF, Giveland Foundation, Lateasa (29th)
- SOCIAL**
- Journaling (Thursdays)
- Verbal Gymnastics Theater Troupe (19th)
- Self Care (22nd)

