

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>May all you wonderful Dads enjoy a Happy Father's Day</p> <p>Cataract Awareness Month Alzheimer's & Brain Awareness Month Men's Health Awareness Week (14-20th)</p>	<p>Be Good to You! Be yourself, truthfully. Accept yourself, gratefully. Value yourself, joyfully. Forgive yourself, completely. Treat yourself, generously. Balance yourself, harmoniously. Bless yourself, abundantly. Trust yourself, confidently. Love yourself, wholeheartedly. Empower yourself, immediately. Give yourself, enthusiastically. Express yourself, radiantly.</p> <p><i>1st aid for the Soul</i></p> <p>Deaf-Blind Awareness Week (June 25 - July 1)</p>	 <p>Deaf-Blind Awareness Week (June 25 - July 1)</p>	<p>1 SIDEWALK SALE 9am</p> <p>9:00 Tight Body *</p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Congress Heights Family Success Center</p> <p>Karaoke</p>	<p>2 9:30 Enhance Fitness</p>  <p>11:00 DC State Chess Fed.</p>  <p>11:30 NEW MEMBERS' MOMENTS *</p> 
<p>5 8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno *</p> <p>1:00 PRESENTATION-Solar, Alvin Jones, DOE</p> <p>3:00 Aqua Aerobics/AFAP * Ferebee Hope Pool</p> 	<p>6 Trip-Arundel Mills Mall 10am</p> <p>9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings*</p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>7 8:30 Enhance Fitness</p> <p>10:30 ASSEMBLY MEETING</p>  <p>12:30 Spiritual Studies</p>  <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> 	<p>8 TRIP-Amish Market 10am</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea</p>  <p>10:00 Line Dancing</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>9 9:30 Enhance Fitness</p> <p>10:30 Food Demo Dr. Amy</p>  <p>11:00 DC State Chess Fed.</p>  <p>11:00 DACL PRESENTS-311 Blocks of Summer Initiatives</p> <p>1:00 SOCIAL-Ladies Let's Tell It All</p> 
<p>12 8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno *</p> <p>1:00 COMMUNITY NEWS</p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>	<p>13 9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure *</p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>14 9:30 CHSWC Social Media</p>  <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) *</p>  <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> 	<p>15 TRIP-Father's Day Outing-Pre-Registration Req'd</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>16 11:00 DC State Chess Fed.</p>  <p>1:00 PRESENTATION-Medicaid Renewal & Alzheimer's Disease, Amesha Green, United HealthCare</p> 

<p>19</p> <p>CENTER CLOSED</p> 	<p>20</p> <p>9:00 Take Action! Techniques </p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings * </p> <p>11:00 DC State Chess Fed. </p> <p>12:30 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>21</p> <p>8:30 Enhance Fitness</p> <p>9:30 PRESENTATION-National Safety, Edenbridge</p> <p>10:00 CHSWC Advisory Board Members Meeting * </p> <p>10:30 Pilates </p> <p>11:30 Movie Time (in Cinema Room) BYL * </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi </p>	<p>22</p> <p>9:00 Tight Body * </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 PRESENTATION-Pride Month, Cedric Burgess, Ambassador </p> <p>12:30 Pokeno * </p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>23</p> <p>9:30 Enhance Fitness</p> <p>10:30 Food Demo with Chef Herb </p> <p>11:00 DC State Chess Federation </p> <p>12:00 PRESENTATION-District Chiropractic Rehabilitation, Dr. Dominic Hatcher</p> <p>1:00 * </p>
<p>26</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing * </p> <p>10:30 Clouds & Apps </p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno * </p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (NEW) * </p>	<p>27</p> <p>9:00 Take Action! Techniques </p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings * </p> <p>11:00 DC State Chess Fed. </p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>28 TRIP- Mayor's Annual Senior Symposium, Ballou HS, 8:30am</p> <p>8:30 Enhance Fitness</p> <p>9:30 Virtual Technology</p> <p>10:30 Pilates </p> <p>11:30 Movie Time (in Cinema Room) * </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi </p>	<p>29</p> <p>9:00 Tight Body * </p> <p>12:30 Pokeno * </p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy </p>	<p>30</p> <p>9:30 Enhance Fitness </p> <p>11:00 DC State Chess Federation </p> <p>1:00 </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@heightsseniortv on: Or type in the search/browser box: CHSWC and #CHSWC

PRESENTATIONS

- Solar, Alvin Jones, DOEE (5th)
- **DACL PRESENTS**-311 Blocks of Summer Initiatives (9th)
- Medicaid Renewal & Alzheimer's, Amesha Green, United HealthCare (16th)
- National Safety, Edenbridge Pace Program (21st)
- Pride Month, Cedric Burgess, Ambassador (22nd)
- District Chiropractic Rehabilitation, Dr. Dominic Hatcher (23rd)

