Memory

Ferebee Hope Pool *

Hollins, CHSWC Member

2:00 NUTRITION Atoms

Apple with Dr. Amy

Friday



2:00 Tai Chi

19 CENTER CLOSED



20 9:00 Take Action! Techniques

DITION Aton

10:00 NUTRITION Atoms Apple with Dr. Amy

11:00 Blood Pressure Readings * 11:00 DC State Chess Fed.

12:30 Chair Yoga

1:00 "Sewing Seeds" with Ace-Symmetric

1:30 Sibley Club *
Memory (In-House)

2:00 Line Dancing

21

8:30 Enhance Fitness

9:30 PRESENTATION-

National Safety, Edenbridge 10:00 CHSWC Advisory Board

Members Meeting *

10:30 Pilates

11:30 Movie Time

(in Cinema Room) BYL *12:30 Spiritual Studies

1:00 Zumba

2:00 Tai Chi



22

bassador

12:30 Pokeno *

rience", Pam Bryant-

Apple with Dr. Amy

Hollins, CHSWC Member

2:00 NUTRITION Atoms

9:00 Tight Body *
9:00 Intro to Spanish with Senora Chelsea

10:00 PRESENTATION-Pride

Month, Cedric Burgess, Am-

1:00 **SOCIAL**-Notes from the

Universe "A Journaling Expe-



11:00 DC State Chess Federa-

9:30 Enhance Fitness

10:30 Food Demo

with Chef Herb

12:00 PRESENTATION-

District Chiropractic Rehabilitation, Dr. Dominic Hatcher

1:00

23



26

8:30 Enhance Fitness 9:30 Tai Chi

9:30 Spiritual Studies

10:30 Ole Skool Dancing *

10:30 Clouds & Apps

11:30 Just Rock - Piano

12:30 Pokeno *

3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (NEW) *



27

9:00 Take Action! Techniques

10:00 NUTRITION Atoms Apple with Dr. Amy

11:00 Blood Pressure Readings * 11:00 DC State Chess Fed.

12:30 Chair Yoga 2:00 Line Dancing

3:00 Sibley Club Memory



28 TRIP- Mayor's Annual Senior Symposium, Ballou HS, 8:30am

8:30 Enhance Fitness

9:30 Virtual Technology

10:30 Pilates

11:30 Movie Time

(in Cinema Room) *

12:30 Spiritual Studies

1:00 Zumba

2:00 Tai Chi

29

9:00 Tight Body *

12:30 Pokeno * ***

1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member

2:00 NUTRITION Atoms Apple with Dr. Amy



30

9:30 Enhance Fitness



11:00 DC State Chess Federa-



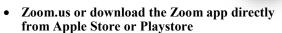
1:00





VIDEO/AUDIO CONFERENCE





- 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

Tik Tok





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)







