

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 Spiritual Studies</p>  <p>10:30 PRESENTATION-Black Women Breast Cancer, Strategic Mgmt Services, Tasha Moses</p> <p>12:00 Lunch</p> <p>12:30 "O.G." Pokeno *</p> <p>1:00 Matter of Balance, Title III D</p> <p>3:00 Open Gym & Game Room</p> 	<p>4 TRIP-Anne Arundel Mills, 10am</p> <p>9:00 PRESENTATION-US Representative Oye Owolewa (DC)</p> <p>10:30 Fit & Strong, Title III D *</p> <p>11:00 Blood Pressure Readings*</p> <p>11:00 PRESENTATION-Medicare Fraud Prevention, Legal Counsel of the Elderly, Lillian McGilvery</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>5 National Start Over Day</p> <p>10:00 ASSEMBLY MEETING</p>  <p>11:15 VIRTUAL TOUR-Cedar Hill Regional Medical Center</p> <p>12:00 Lunch</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p>  	<p>6 SIDEWALK SALE - 9AM</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Arts & Crafts</p> <p>12:00 Lunch</p> <p>12:30 "O.G." Pokeno *</p> <p>1:00 Matter of Balance, Title III D</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym & Game Room</p>  	<p>7 TRIP-The ARC, Mississippi Ave, Donna Jonte, 10:45</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member's Moments*</p> <p>WELCOME!</p> <p>1:00 Fit & Strong, Title III D *</p> <p>3:00 Open Gym & Game Room</p>  
<p>10 National Herbs and Spices Day</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi, Title III D (returns)</p> <p>10:00 Ward 8 Mini-Commission, Guleford BoBo</p> <p>12:00 Lunch</p> <p>12:30 "O.G." Pokeno *</p> <p>1:00 Matter of Balance, Title III D</p> <p>3:00 Open Gym & Game Room</p>    	<p>11</p> <p>10:30 Fit & Strong, Title III D *</p> <p>11:00 Blood Pressure Readings*</p> <p>11:00 PRESENTATION-"Ask the Doctor" - Migraines, Dr. Ahmad Al-Dwairy</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>12 TRIP-VFW, Suitland Line/ Hand Dancing, (\$10) 11:45am</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Pilates</p> <p>10:30 Pokeno (New) *</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title III D (returns)</p> <p>3:00 Open Gym & Game Room</p>   	<p>13</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>12:30 "O.G." Pokeno *</p> <p>12:00 Lunch</p> <p>1:00 Matter of Balance, Title III D</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>14 World Blood Donor Day</p> <p>10:00 Food Demo With Dr. Amy</p> <p>10:30 Take Action! Techniques</p> <p>12:00 Lunch</p> <p>1:00 Fit & Strong, Title III D *</p> <p>1:00 Bingo!</p> <p>3:00 Open Gym & Game Room</p>   
<p>17</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi, Title III D (returns)</p> <p>12:30 "O.G." Pokeno *</p> <p>1:00 DC Chess Federation</p> <p>12:00 Lunch</p> <p>1:00 Matter of Balance, Title III D (last class)</p> <p>2:00 Bingocize (returns) *</p> <p>3:00 Open Gym & Game Room</p>   	<p>18</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>10:30 Fit & Strong, Title III D *</p> <p>11:00 Blood Pressure Readings*</p> <p>1:00 SOCIAL-Book Club "The Vanishing Half" By Brit Bennett</p> <p>12:00 Lunch</p> <p>1:00 "Sewing Seeds" with Ace-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>19</p> <p>CENTER CLOSED</p> <p>JUNETEENTH</p> <p>Celebrate Freedom</p> <p>JUNE 19</p> 	<p>20</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 "O.G." Pokeno *</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>21</p> <p>10:30 Take Action! Techniques</p> <p>12:00 Lunch</p> <p>1:00 Fit & Strong, Title III D *</p> <p>1:00 PRESENTATION-Anacostia Organics, Linda Greene</p> <p>3:00 Open Gym & Game Room</p>   

<p>24 9:30 Spiritual Studies 10:00 Tai Chi, Title IID  11:00 PRESENTATION- "Initiative 83"- Implement ranked choice voting and end voter disenfranchisement, MakeAllVotesCount 12:00 Lunch  12:30 "O.G." Pokeno * 1:00 PRESENTATION- Homeowner Assistance Fund, Legal Counsel for the Elderly 2:00 Bingocize * (returns) 3:00 Open Gym & Game Room</p>	<p>25 TRIP-Mayor Symposium, Ballou High School, 9:30am 10:00 Nutrition-Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings * 10:30 Fit & Strong, Title IID * 12:00 Lunch  1:00 Chair Yoga  1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory (In-house) 2:00 Line Dancing  3:00 Open Gym & Game Room</p>	<p>26 TRIP-Motown DC Senior Mid-Day Motown Party, Anacostia Arts Center, 11:30 9:30 Technology & The Metaverse  10:00 Advisory Board 10:30 Pilates 10:30 Pokeno (New) * 11:30 Movie Time *  12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi, Title IID 2:00 Bingocize * (returns) 3:00 Open Gym & Game</p>	<p>27 National Sunglasses Day 9:00 Tight Body  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing  10:30 CHSWC Choir *  12:00 Lunch 12:30 "O.G." Pokeno * 1:00 PRESENTATION -Ward 8 Community Economic Development Award Ceremony Recognition, Mustafa Abdul Salaam 3:00 Open Gym & Game Room</p>	<p>28 TRIP- Father's Day Fishing, 10:30 10:30 Take Action! Techniques 10:30 Food Demo with Chef Herb  12:00 Lunch 1:00 Fit & Strong, Title IID *  1:00 SOCIAL-  3:00 Gym & Game Room</p>
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NEW & RETURN CLASSES

- Pokeno (NEW) - Wednesday, 10:30am — "O.G." (Original Group) Pokeno, Monday & Thursday, 12:30pm
- Tai Chi (RETURNS) - Monday, 10th, 10am
- Bingocize (RETURNS) - Monday & Wednesday, 2pm (starting 24th)





AWARENESS DATES

- African American Music Appreciation Month
- National Cancer Survivors Day (2nd)
- World Caring Day 7th)
- World Elder Abuse Awareness Day (15th)
- National Eat Your Vegetables Day (17th)

- Pride Month
- National Men's Health Month
- National Migraine and Headache Awareness Month
- National PTSD Awareness Month
- Alzheimer's and Brain Awareness Month



 **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

 @heightsseniortv7481

PRESENTATIONS

- Education Session, Strategic Management Services (3rd)
- US Representative Oye Owolewa, DC (4th)
- Senior Medicare Patrol (4th)
- "Ask the Doctor" - Migraines (11th)
- Anacostia Organics (21st)
- "Initiative 83"- Implement ranked choice voting and end voter disenfranchisement, MakeAllVotesCount (24th)
- Homeowner Assistance Fund, Legal Counsel for the Elderly (24th)
- Ward 8 CED Awards Ceremony Recognition (27th)

