









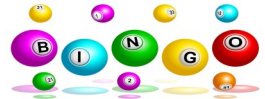








Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30 Enhance Fitness (Return) 9:30 Tai Chi 9:30 Spiritual Studies 10:00 Enhance Wholeness Life-style 10:30 Ole Skool Dancing * 11:30 Just Rock - Piano 12:30 Pokeno * 3:00 Aqua Aerobics/AFAP Ferebee Hope Pool *</p> 	<p>2 TRIP-Tanger Outlet/National Harbor 11am 9:00 Take Action! Techniques  10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Reading* 11:00 DC State Chess Fed. 12:30 PRESENTATION-Ward 8 CED Report, Mustafa Abdul-Salaam 2:00 Line Dancing 3:00 Sibley Club Memory *</p>	<p>3 8:30 Enhance Fitness (Return) 10:30 ASSEMBLY MEETING  12:30 Spiritual Studies  1:00 Zumba  2:00 Tai Chi</p>	<p>4 SIDEWALK SALE 9am 9:00 Tight Body *  10:00 Line Dancing 11:00  12:30 Pokeno * 1:00 SOCIAL-Congress Heights Family Success Center </p>	<p>5 9:30 Enhance Fitness (Return) 11:00 DC State Chess Fed. 11:30 NEW MEMBERS' MOMENTS * 1:00 SOCIAL-"Fling Your Thing For The Spring" CHSWC Fashion Show </p>
<p>8 8:30 Enhance Fitness (Return) 9:30 Tai Chi  9:30 Spiritual Studies 10:00 MEETING-Ward 8 Mini Commission, Guleford BoBo * 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 PRESENTATION— Tips to Protect Your Home, Maurice Marshall 3:00 Aqua Aerobics/AFAP *</p>	<p>9 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm 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 *</p>	<p>10 TRIP-"Night Mother"-Anacostia Playhouse, Fee-\$5, 10am 8:30 Enhance Fitness (Return) 9:30 CHSWC Social Media     10:30 Pilates 11:30 Movie Time (in Cinema Room) * 12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi</p>	<p>11 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea  10:00 PRESENTATION-Congress Heights Library Design, Anna McCorvey 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member </p>	<p>12 9:30 Enhance Fitness (Return) 10:30 Food Demo Dr. Amy  11:00 DC State Chess Fed.  1:00 SOCIAL-Mother's Day Celebration-Tea </p>
<p>15 8:30 Enhance Fitness (Return) 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 * 1:00  3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>	<p>16 9:00 Take Action! Techniques  10:00 NUTRITION Atoms Apple with Dr. Amy  11:00 Blood Pressure *  11:00 DC State Chess Fed. 12:30 Chair Yoga  2:00 Line Dancing 3:00 Sibley Club Memory * </p>	<p>17 8:30 Enhance Fitness (Return) 9:30 PRESENTATION-Mental Health Month, Edenbridge Pace Program 10:00 CHSWC Advisory Board Members Meeting *  10:30 Pilates 11:30 Movie Time (in Cinema Room) * 12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi</p>	<p>18 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00  12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member </p>	<p>19 9:30 Enhance Fitness (Return) 11:00 DC State Chess Fed. 1:00 CHSWC Anniversary Celebration </p>

<p>22 8:30 Enhance Fitness (Return) 9:30 Tai Chi 9:30 Spiritual Studies  10:30 Ole Skool  Dancing * 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 PRESENTATION-DC's Sustainability Plan, DOEE 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (NEW) * </p>	<p>23 TRIP from UPO, Tea Talk at "The Barn" (For previously registered members) 9:00 Take Action! Techniques  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</p>	<p>24 8:30 Enhance Fitness (Return) 9:30 Virtual Technology  10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi</p>	<p>25 CENTER CLOSED FOR STAFF DEVELOPMENT </p>	<p>26 NATIONAL SENIOR HEALTH & FITNESS DAY 9am-12pm 9:30 Enhance Fitness (RETURN) 10:30 Food Demo with Chef Herb  11:00 DC State Chess Federation 1:00 * </p>
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29
CENTER CLOSED
Memorial Day
 Don't forget to remember
Some Gone, None Forgotten

30
 9:00 Take Action! Techniques 
 10:00 **SOCIAL** - Ladies, Let's Tell It All! 
 11:00 Blood Pressure Readings *
 11:00 DC State Chess Fed.
 12:30 Chair Yoga
 2:00 Line Dancing
 3:00 Sibley Club Memory * 

31 **TRIP- ANNUAL SENIOR FEST-Believe the Hype, Gateway Pavilion**
 8:30 Enhance Fitness (RETURN)
 10:30 Pilates
 11:30 Movie Time (in Cinema Room) *
 12:30 Spiritual Studies
 1:00 Zumba 
 2:00 Tai Chi

OLDER AMERICAN MONTH-SOCIALS

- Arts & Craft Water Bottle Creation (4th)
- "Fling Your Thing For The Spring" Fashion Show (5th)
- Mother's Day Celebration-Tea (12th)
- Ladies, Let's Tell It All! (30th)
- "Night Mother", Anacostia Playhouse (10th)

CLASS CHANGES/ADDITIONS

- Enhance Fitness (Returns 5/1)
- Take Action! Techniques (Change-Tuesday -9am)
- Club Memory-In-Center (23rd only)

 **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
 Tik Tok

  YouTube

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

PRESENTATIONS

- Ward 8 Community Economic Development, Mustafa Abdul-Salaam, Maurice Marshall (2nd)
- Tips to Protect Your Home, Maurice Marshall (8th)
- Congress Heights Library Design, Anna McCorvey (11th)
- Mental Health Month, Edenbridge Pace Program (17th)
- DC's Sustainability Plan, DOEE (22nd)

