



































Monday	Tuesday	Wednesday	Thursday	Friday
<p>5th  National Do Something Good for Your Neighbor Day  16th</p> <p>CLASS UPDATES</p> <ul style="list-style-type: none"> • Matter of Balance (returns 20th-4 weeks) - Monday & Thursday, 1pm • Fit and Strong (returns 21st-8 weeks) Tuesday, 10:30am & Friday, 1pm • Nutrition-Tuesdays 10am; NEW for May only - Thursday 1pm starting 9th • Pokeno "2" (New Players) 	<p> 12th</p>	<p>1 8:30 Enhance Fitness Title IID*</p> <p></p> <p>10:30 ASSEMBLY MEETING</p> <p></p> <p>1:00 Zumba </p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>2 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>12:30 Pokeno *</p> <p>12:30 Pokeno 2* (new)</p> <p>2:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool *</p> <p>3:00 Open Gym & Game Room</p>	<p>3 10:30 PRESENTATION-The ARC, Donna Jonte, CHSWC</p> <p>9:30 Enhance Fitness Title IID</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member's Moments*</p> <p>1:00 SOCIAL-Ayanna Gregory (Performer)</p> <p></p> <p>3:00 Open Gym & Game Room</p>
<p>6 8:30 Enhance Fitness, Title IID* </p> <p>9:30 Spiritual Studies </p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>12:30 Pokeno 1* </p> <p>12:30 Pokeno 2* (new)</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>7 TRIP-MGM Shopping, 11am</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings* </p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool *</p> <p></p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>8 8:30 Enhance Fitness Title IID</p> <p>9:30 Technology & The Metaverse</p> <p></p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:00 PRESENTATION-Ward 8 Candidate At-Large Forum, AARP Chapter 4870 & the Anacostia Coordinating Council, Philip Pannell</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>9 9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno * </p> <p>12:30 Pokeno 2* (new)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 SOCIAL-Notes from the Universe-Journaling Experience</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>10 9:30 Enhance Fitness Title IID</p> <p>10:00 Food Demo with Dr. Amy</p> <p>10:30 Take Action! Techniques</p> <p>1:00 SOCIAL -</p> <p><i>Mother's Day Concert</i> </p> <p></p> <p>3:00 Open Gym & Game Room</p>
<p>13 8:30 Enhance Fitness, Title IID* (last class)</p> <p>9:30 Spiritual Studies </p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>11:00 PRESENTATION-Anacostia Organics</p> <p>12:30 Pokeno * </p> <p>12:30 Pokeno 2* (new)</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>14 10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 PRESENTATION-"Ask the Doctor"</p> <p>11:00 Blood Pressure Readings*</p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing</p> <p></p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>15 10:30 Pilates </p> <p>10:00 Advisory Board Meeting</p> <p>11:30 Movie Time * </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>3:00 Open Gym & Game Room</p>	<p>16 TRIP-First Baptist Church Senior Center, 9:45am</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 Pokeno *</p> <p>12:30 Pokeno 2* (new)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool* (last class)</p> <p>3:00 Open Gym & Game Room</p>	<p>17 10:30 Take Action! Techniques </p> <p>1:00 CHSWC 22nd ANNIVERSARY CELEBRATION "UNIQUE & UNFATOMABLE"</p> <p></p> <p>The Sky is not the Limit It's just the Beginning</p> <p>3:00 Open Gym & Game Room</p>

<p>20</p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice *</p> <p>11:00 Clouds & Apps *</p> <p>12:30 Pokeno</p> <p>12:30 Pokeno 2* (new)</p> <p>1:00 DC Chess Federation</p> <p>1:00 Matter Of Balance (returns)</p> <p>3:00 Open Gym & Game Room</p> 	<p>21</p> <p>10:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>10:30 Fit & Strong (returns)</p> <p>1:00 SOCIAL-Book Club-"Escape from Assisted Living, Joyce Hicks</p> <p>1:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p> 	<p>22 TRIP-VFW Suitland, Line/Hand Dancing, (\$10) 11:30am</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p> 	<p>23</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 Pokeno *</p> <p>12:30 Pokeno 2* (new)</p> <p>1:00 Matter Of Balance (returns)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym & Game Room</p> 	<p>24</p> <p>10:30 Take Action! Techniques</p> <p>10:30 Food Demo with Chef Herb</p> <p>1:00 Fit & Strong (returns)</p> <p>1:00 SOCIAL-Older American Month, "What Next?" Guest Speaker, Faenita Dilworth,</p> <p>3:00 Gym & Game Room</p> 
<p>27</p> <p>CENTER CLOSED</p> 	<p>28</p> <p>10:00 NUTRITION-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>10:30 Fit & Strong (returns)</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>29 TRIP - DACL PRESENTS -Senior Fest, UDC, 9am</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p> 	<p>30</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno *</p> <p>12:30 Pokeno 2* (new)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>1:00 Matter Of Balance (returns)</p> <p>2:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym & Game Room</p> 	<p>31</p> <p>10:30 Take Action! Techniques</p> <p>10:30</p> <p>1:00 Fit & Strong (returns)</p> <p>1:00</p> <p>3:00 Gym & Game Room</p> 

VIDEO/AUDIO CONFERENCE

Zoom

- 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

Instagram, TikTok, Facebook, YouTube

@TheCHSWC

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

PRESENTATIONS

- The ARC, at CHSWC, Donna Jonte (3rd)
- Ward 8 Candidate At Large Forum (8th)
- Anacostia Organics (13th)

SOCIALS

- Ayanna Gregory, Performer (3rd)
- Mother's Day Concert (10th)
- CHSWC Anniversary (17th)
- Older American Month (24th)