Congress Heights Senior Wellness Center 8:30am-4pm August 2025 Final r.1"Subject to Change" All classes are Hybrid with the exception that are "asterisk-* which denotes In-Center Only

3500 Martin Luther King Jr. Avenue S.E., Washington, DC 20032, 202-563-7225

NEW CLASS/CHANGES

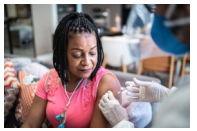
- Nutrition-Patricia's Peas & Q's-(4th&18th–1-on 1 sessions & 25th-Small Group–10 session)
- Fit & Strong (return Monday & Wednesday, 1-2:30pm)
- Chair Yoga (return Tuesday, 10am; added day, Thursday 11am)
- ALED (changed to Thursday, 1pm)
- "Sewing Seeds" with Ace-Symmetric (additional day-28th)
- Chess (continue, 9am)
- Senior Stretch Therapy Class (New-Wednesday 10:30am, except 1st Wednesday)
- Choir * (returns)

SOCIAL

- Bingo (1st, 15th & 29th)
- Community News (5th)
- Crafty Creations (12th & 22nd)
- Playback Theatre Show, Verbal Gymnastics (14th)

AWARENESS MONTH

National Minority Donor Awareness
National Immunization Awareness
Psoriasis Awareness
National Health Center Week (10-16)
Int'l Overdose Awareness Day (31st)



Journaling (every other Thursday)
Crocheting/Knitting (every other Thursday)
Fashion Show Rehearsals (8th Intro, 15, 22 & 29th, 1pm)
"Ladies It All" (26th)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness  10:30 Take Action! Techniques 10:30 Food Demo w/Chef Herb  11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL-  3:00 Open Gym & Game Room
4 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition-Patricia's Peas & Q's "Hypertension-high blood pressure" on-line (1-on1) 11:00 PRESENTATION-Seniors Serving Seniors, Quentin Milne, SERVE DC 12:00 Lunch  12:30 Pokeno / Phase 10 *  1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	5 Recreation/Socialization-8:30am-4pm TRIP-Arundel Mill Shopping, 10am 9:00 Blood Pressure Readings* 10:00 Chair Yoga (return) 12:00 Lunch  1:00 SOCIAL-Teresa Smith  2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	6Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 DC Chess Federation (in-person) 10:00 ASSEMBLY MEETING (Discussion "Big Beautiful Bill" impact on Seniors, by Deborah Wright, AARP)  12:00 Lunch 1:00 Zumba 1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	7Recreation/Socialization-8:30am-4pm SIDEWALK SALE, 9am  MOBILE MARKET, 10am 9:00 Tight Body 9:00 "Dilo en Espanol" with Senora Chelsea 10:00 Line Dancing 10:00 CHSWC Member Check-in, Virtual 10:30 CHSWC Choir * (return) 11:00 Chair Yoga (return) 12:00 Lunch 12:30 Pokeno / Phase10 (join) 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Active Living Everyday 3:00 Open Gym & Game Room	8 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch  1:00 SOCIAL-Fashion Show Rehearsal Intro 3:00 Open Gym & Game Room
11 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:30 Spiritual Studies 10:00 Mini Commission, Guleford BoBo 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 *  1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	12 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Chair Yoga (return) 10:00 SOCIAL-Crafty Creations w/Community Grapevines 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 PRESENTATION– Dementia Overview, Giovanna Hunt, DACL 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	13 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse  10:30 Senior Stretch Therapy Class (NEW) 11:30 Movie Time * 12:00 Lunch 12:00 PRESENTATION-AARP Meeting Local #4870 12:30 Spiritual Studies 1:00 Fit & Strong (return) 1:00 Zumba 3:00 Open Gym & Game Room	14 Recreation/Socialization-8:30am-4pm 9:00 Tight Body (return) 9:00 "Dilo en Espanol" with Senora Chelsea 10:00 Line Dancing 10:30 CHSWC Choir * (return) 11:00 Chair Yoga (return) 12:00 Lunch 12:30 Pokeno / Phase10 * (join) 1:00 SOCIAL- Crocheting/ Knitting 1:00 Active Living Everyday 2:00 SOCIAL– Playback Theatre Show, Verbal Gymnastics 3:00 Open Gym & Game Room	15 Recreation/Socialization-8:30am-4pm TRIP– NE Performing Arts Group 10am (Fee) 9:30 Enhance Fitness (return) 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL-  1:00 SOCIAL-Fashion Show Rehearsal 3:00 Open Gym & Game Room 

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18 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition-Patricia's Peas & Q's "Hypertension-high blood pressure" on-line (1-on-1) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (return) 1:00 PRESENTATION- "Saving Claire", Fall Prevention Screening (On-Line) 3:00 Open Gym & Game Room	**19** Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Chair Yoga (return) 11:00 PRESENTATION-DC's Free Solar for All Program, Warren Edwards, Pure Solar Systems 12:00 Lunch 1:00 SOCIAL-Book Club– Colors of the Dark, Chris Walker 1:00 CHSWC Member Check-in, Virtual 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room	**20** Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy (NEW) 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba 1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	**21** Recreation/Socialization-8:30am-4pm MOBILE MARKET, 10am 9:00 Tight Body 9:00 "Dilo en Espanol" with Senora Chelsea 10:00 Line Dancing 10:30 CHSWC Choir * (return) 11:00 Chair Yoga (return) 12:00 Lunch 12:30 Pokeno / Phase 10 * (join) 1:00 SOCIAL-Crocheting/ Knitting 1:00 Active Living Everyday 3:00 Open Gym & Game Room	**22** Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (return) 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL– Crafty Creations with Community Grapevines 1:00 SOCIAL-Fashion Show Rehearsal 3:00 Open Gym & Game Room
25 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition-Patricia's Peas & Q's "Hypertension-High Blood Pressure" on-line (Small Group-10) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	**26** Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Chair Yoga (return) 11:00 SOCIAL- "Ladies Tell It All" 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory (in-house) 2:00 Line Dancing 3:00 Open Gym & Game Room	**27** Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy Class (NEW) 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	**28** Recreation/Socialization-8:30am-4pm TRIP-Anacostia Community Museum, 10:30am 9:00 Tight Body 9:00 "Dilo en Espanol" with Senora Chelsea 10:00 Line Dancing 10:30 CHSWC Choir * (return) 11:00 Chair Yoga (return) 12:00 Lunch 12:30 Pokeno / Phase 10 * (join) 1:00 "Sewing Seeds" with Ace-Symmetric 1:00 SOCIAL- Notes from the Universe "A Journaling Experience" 1:00 Active Living Everyday 3:00 Open Gym & Game Room	**29**Recreation/Socialization-8:30am-4pm CHSWC HEALTH FAIR 9am-12pm 9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL– Bingo! 1:00 SOCIAL-Fashion Show Rehearsal 3:00 Open Gym & Game Room

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 :

Tik Tok @TheCHSWC

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

YouTube @heightsseniortv7481

PRESENTATIONS

- Seniors Serving Seniors, Serve DC (4th)
- "Big Beautiful Bill" Discussion, Assembly Meeting (6th)
- Dementia Overview, DACL (12th)
- AARP Meeting Local #4870 (13th)
- "Saving Claire", Fall Prevention Screening, On-Line (18th)
- DC's Free Solar for All Program, Pure Solar Systems (19th)