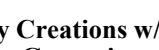


Monday	Tuesday	Wednesday	Thursday	Friday
AWARENESS THIS MONTH • UV Safety • Sarcoma Cancer • National Park & Recreation • Everybody Deserves a Massage Week (19-25th) NEW CLASS/CHANGES • Matter of Balance (returns) • Nutrition, Table Thyme w/Tosin (cancelled) WORKSHOP UDC Food Handlers Course (21st & 22nd) SOCIAL Frank Plummer, National Theater Foundation 6 TRIP - Tanger Outlet/National Harbor, 11am 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 PRESENTATION-SNAP Work Requirements, D.C. Hunger Solutions 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong 1:00 "Mikkah's Mentality" Barbering & Haircare Tips 3:00 Open Gym 13 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 Mini Commission, Guleford BoBo 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 PRESENTATION-Tenant's Rights, Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong 3:00 Open Gym <tr><td> 7 10:00am-2pm TABLE- State Health Insurance Assistance Program (SHIP) 12:00 TABLE-FSFSC, Food 2 Fuel 9:00 Blood Pressure Readings* 10:00 Matter of Balance (returns) 10:00 Crafty Creations w/ Community Grapevines 12:00 Lunch 1:00 PRESENTATION- Understanding the Difference between Medicare & Medicaid, Darnetta Bascomb, AARP 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym 14 9:00 Blood Pressure Readings* 10:00 Matter of Balance (returns) 11:00 PRESENTATION- Hands-on Art Workshop, The Phillips Collection (in-house) 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory * 2:00 Line Dancing 3:00 Open Gym <tr><td> 1 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/ Senora Chelsea (hybrid) 9:00 DC Chess Federation (in-house) 10:00 ASSEMBLY MEETING 12:00 Lunch 12:30 Spiritual Studies (hybrid) 1:00 Fit & Strong 2:00 Tai Chi for Arthritis 3:00 Open Gym 15 8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/ Senora Chelsea (hybrid) 9:00 DC Chess Federation (in-person) 10:00 CHSWC Advisory Board 10:30 Senior Stretch Therapy 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION-AARP Committee CED Meeting, Mustafa Abdul-Salaam, AARP 1:00 Fit & Strong 2:00 Tai Chi 3:00 Open Gym <tr><td> 2 SIDEWALK SALE, 9am 9:00 Tight Body 10:00 Line Dancing 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL- Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym 16 TRIP - Dutch Village/Farmers Market, Upper Marlboro, 9am 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym <tr><td> 3 CENTER CLOSED HAPPY 4th of July 10 8:45 Enhance Fitness 10:30 Take Action! 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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 un-mute press *6
- Some classes held in "Break-out Rooms"- Please click "join" to enter

CHSWC SOCIAL MEDIA

CHECK OUT :

Instagram Facebook TikTok @TheCHSWC

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

YouTube @heightsseniortv7481

PRESENTATIONS

- SNAP Work Requirements, D.C. Hunger Solutions (6th)
- Understanding the Difference between Medicare & Medicaid, AARP (7th)
- AARP Meeting Local #4870 (8th)
- Tenant's Rights, AARP (13th)
- Hands-on Art Workshop, The Phillips Collection (14th)
- AARP Committee CED Meeting (15th)
- "Reading Food Labels", Grubbs Pharmacy (21st)
- "Lunch with a Doctor" (22nd)
- Life Planning, AARP (27th)