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<p><b>June 20th Summer Solstice</b> is the meteorological start of summer and is the longest day of the year. The amount of daylight only goes down from here....for the next six months. <b>Did you know?</b> The sun does not set at the North Pole on this day. There is 24 hours of sunlight.</p> 	<p><b>1</b> 9:00 Active Living Every Day 10:00 Keilia's Karats-Nutrition 11:00 DC State Chess Fed. 11:00 A Sprinkle of Gentle Yoga 12:00 Chair Yoga 1:30 Fit &amp; Strong 3:00 Sibley Club Memory 4:00 Just Rock - <b>Voice</b></p> 	<p><b>2</b> 8:30 Tai Chi for Arthritis 9:30 Pilates 10:30 <b>ASSEMBLY MEETING</b></p>  <p>12:00 Fitness w/Kojak 1:00 Healthy &amp; Powerful 3:00 Zumba on Steroids 4:00 Just Rock - <b>Drums</b></p>	<p><b>3</b> 10:00 Line Dancing 11:00 DC State Chess Fed. 12:00 <b>PRESENTATION-</b>Genealogy with the Robert F. Smith Family History Center 1:30 Fit &amp; Strong 3:00 CHSWC Virtual Mystery Theatre 4:00 Active Living Every Day</p> 	<p><b>4</b> 9:30 Fitness w/Kojak 10:30 <b>PRESENTATION-</b>Nutrition/Cooking Demo, Amy Schweitzer, UDC 11:30 CHSWC at "The Gathering" 1:00 Tai Chi for Arthritis 2:00 Just Rock - <b>Song Writing</b> 3:00 <b>Bingo!</b></p>   
<p><b>7</b> 8:30 Tai Chi for Arthritis 9:30 Spiritual Studies 10:00 Enhanced Wholeness Lifestyle 11:30 Just Rock - <b>Piano</b> 1:00 Healthy &amp; Powerful 2:00 CHSWC Virtual Voyages 3:00 <b>Arts &amp; Crafts</b></p> 	<p><b>8 Best Friend Day</b> 9:00 Active Living Every Day 10:00 Keilia's Karats-Nutrition 11:00 DC State Chess Fed. 11:00 Mind My Mental with Dr. William Lawson 12:00 Chair Yoga 1:30 Fit &amp; Strong 3:00 Sibley Club Memory 4:00 Just Rock - <b>Voice</b> (Last Day)</p>  	<p><b>9</b> 8:30 Tai Chi for Arthritis 9:30 Pilates 10:00 Smart Tech/Social Media 11:30 Fitness w/Kojak 12:30 Spiritual Studies 1:00 Healthy &amp; Powerful 2:00 Hegens Harvest - Plants &amp; Gardening Tips 3:00 Zumba on Steroids 4:00 Just Rock - <b>Drums</b> (Last Day)</p> 	<p><b>10</b> 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 DC State Chess Fed. 12:00 <b>PRESENTATION-</b>My Medicine Cabinet, Providence Hospital/Ascension 1:30 Fit &amp; Strong 2:00 Boxing 101 with Eddie J 3:00 CHSWC Virtual Mystery Theatre 4:00 Active Living Every Day</p> 	<p><b>11</b> 9:30 Fitness w/Kojak 10:30 Keilia's Karats-Nutrition 11:30 CHSWC at "The Gathering" 1:00 Tai Chi for Arthritis 2:00 Just Rock - <b>Song Writing</b> (Last Day) 3:00 Cinema Time <b>BYOP</b></p>  
<p><b>14</b> 8:30 Tai Chi for Arthritis 9:30 Spiritual Studies 10:00 Enhanced Wholeness Lifestyle 11:30 Just Rock - <b>Piano</b> 1:00 Healthy &amp; Powerful 2:00 CHSWC Virtual Voyages 3:00 <b>Arts &amp; Crafts</b> 4:00 <b>DACL PRESENTS-</b>Metro Access / Transport DC</p>	<p><b>15</b> 9:00 Active Living Every Day 10:00 Keilia's Karats-Nutrition 11:00 DC State Chess Fed. 11:00 A Sprinkle of Gentle Yoga 12:00 <b>PRESENTATION-</b> Pay Attention to Politics: Committee of the Whole 12:00 Chair Yoga 1:30 Fit &amp; Strong 3:00 Sibley Club Memory</p>  	<p><b>16</b> 8:30 Tai Chi for Arthritis 9:30 Pilates 10:00 Smart Tech/Social Media 11:30 Fitness w/Kojak 12:30 Spiritual Studies 1:00 Healthy &amp; Powerful 2:00 <b>FATHER'S DAY</b> 3:00 Zumba on Steroids</p>  	<p><b>17</b> 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 DC State Chess Fed. 12:00 <b>DACL PRESENTS-</b>World Senior Abuse Awareness Day, Douglas Klein 1:30 Fit &amp; Strong 3:00 CHSWC Virtual Mystery Theatre 4:00 Active Living Every Day</p>  	<p><b>18</b> 9:30 Fitness w/Kojak 10:30 Keilia's Karats-Nutrition 11:30 CHSWC at "The Gathering" <b>Juneteenth- 19th</b> 1:00 Tai Chi for Arthritis 3:00 <b>Bingo!</b></p>  

<p><b>21 National Selfie Day</b>                  8:30 Tai Chi for Arthritis                  9:30 Spiritual Studies                  10:00 Enhanced Wholeness Life-style                  11:30 Just Rock - <b>Piano</b>                  1:00 Healthy &amp; Powerful                  2:00 CHSWC Virtual Voyages                  3:00 Black History 366                  4:00 </p>	<p>22                  9:00 Active Living Everyday                  10:00 Keilia's Karats-Nutrition                    11:00 DC State Chess Fed.                  11:00 Mind My Mental with Dr. William Lawson                  12:00 Chair Yoga                  1:30 Fit &amp; Strong                  3:00 Sibley Club Memory  </p>	<p>23                  8:30 Tai Chi for Arthritis                  9:30 Pilates                  10:00 Smart Tech/Social Media                  11:30 Fitness w/Kojak                  12:30 Spiritual Studies                  1:00 Healthy &amp; Powerful                  2:00 Hegens Harvest - Plants &amp; Gardening Tips-                  3:00 Zumba on Steroids                  4:00 <b>PRESENTATION</b>-Medicare Jeopardy, Darnetta Bascomb, AARP</p>	<p>24                  9:00 Intro to Spanish with Senora Chelsea                  10:00 Line Dancing                  11:00 DC State Chess Fed.                  1:30 Fit &amp; Strong                  2:00 Boxing 101 with Eddie J                  3:00 CHSWC Virtual Mystery Theatre                  4:00 Active Living Every Day    </p>	<p>25                  9:30 Fitness w/Kojak                    10:30 <b>PRESENTATION</b>-Nutrition/Cooking Demo, Chef Herb, UDC                  11:30 CHSWC "The Gathering"                  1:00 Tai Chi for Arthritis                  3:00 Cinema Time-BYOP Bring Your Own Popcorn</p>
<p>28                  8:30 Tai Chi for Arthritis                  9:30 Spiritual Studies                  10:00 Enhanced Wholeness Life-style                  11:30 Just Rock - <b>Piano</b>                  1:00 Healthy &amp; Powerful                  2:00 CHSWC Virtual Voyages                  3:00 Black History 366  </p>	<p>29                  9:00 Active Living Everyday                  10:00 Keilia's Karats-Nutrition                  11:00 DC State Chess Fed.                    11:00 Mind My Mental with Dr. William Lawson                  12:00 Chair Yoga                  1:30 Fit &amp; Strong                  3:00 Sibley Club Memory  </p>	<p>30                  8:30 Tai Chi for Arthritis                  9:30 Pilates                    10:00 Smart Tech/Social Media                  11:30 Fitness w/Kojak                  12:30 Spiritual Studies                  1:00 Healthy &amp; Powerful                  3:00 Zumba on Steroids  </p>	<ul style="list-style-type: none"> <li>• Caribbean Heritage Month</li> <li>• National Fresh Fruit &amp; Vegetable</li> <li>• National Gardening Week (1st-5th)</li> <li>• Father's Day - 20th  </li> <li>• LGBTQ Pride Month  </li> </ul> <p>Forgiveness Day-26th  </p> 	

**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





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

**PRESENTATIONS**

- Genealogy with the Robert F. Smith Family History Center (3rd)
- Nutrition/Cooking Demo, Amy Schweitzer, UDC (4th)
- My Medicine Cabinet, Providence Hospital/Ascension (10th)
- Metro Access / Transport DC (14th)
- Pay Attention to Politics: Committee of the Whole (15th)
- World Senior Abuse Awareness Day, Douglas Klein (17th)
- Medicare Jeopardy (23rd)
- Cooking Demo, Chef Herb (25th)

