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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>4th of July</td>
<td></td>
<td>Safety and Extreme Heat Preparedness Month</td>
<td>The Kennedy Center Field Trip! Washington, DC</td>
<td>11:00am-12:00pm Hybrid Enhance Fitness w/ Tawana</td>
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<tr>
<td>Christmas in July</td>
<td></td>
<td>Staying Healthy: Heat &amp; Extreme Heat Preparedness Month</td>
<td>Harper Lee’s To Kill a Mocking Bird</td>
<td>11:00am-1:00pm Art SWAG Works DC w/ Lisa Greene-Clarke (Limit 10)</td>
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<td></td>
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<td>It’s National Blueberry Month!</td>
<td>Shopping at Arundel Mills Outlet Hanover, Maryland</td>
<td>GAMES A PLENTY</td>
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<td></td>
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<td>National Peach Month</td>
<td>National Watermelon Month</td>
<td>12:30pm-4:30pm Center Bid Whist &amp; Spades</td>
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<td>Celebration for Christmas in July</td>
<td>1:00pm-4:00pm Center Bingo</td>
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<td>July is…</td>
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<td>National Bake Bean Month</td>
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<td>National Blueberry Month</td>
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<td>National Watermelon Month</td>
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<td>National Extreme Heat Month</td>
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<td>National Ice Cream Month</td>
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<td>National Picnic Month</td>
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<td>Christmas in July – All Month Long</td>
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<td>Independence Day- July 4th</td>
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<td></td>
<td>Civil Rights Act of 1964 signed into Law July 2, 1964</td>
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* Activities subject to change

** Masks and Proof of vaccination required
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<th>Monday</th>
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<tbody>
<tr>
<td><strong>CENTER CLOSED</strong></td>
<td>9:00am - 11:00am Hybrid Kickboxing w/ Vernetta</td>
<td>Community, Health, Nutrition w/ Shymee</td>
<td>9:00am - 9:45am Center Zumba Gold with Michelle</td>
<td>11:00am - 12:00pm Hybrid Enhance Fitness w/ Tawana</td>
</tr>
<tr>
<td>10:00am - 11:00am Hybrid Community, Health, Nutrition w/ Shymee (see event details)</td>
<td>10:00am - 11:00am Center (Appt only) Nutrition Consultation w/ Shymee</td>
<td>10:00am-11:00am Hybr</td>
<td>10:00am-11:00am Hybrid Community, Health, Nutrition w/ Shymee (see event details)</td>
<td><strong>GAMES A PLENTY</strong></td>
</tr>
<tr>
<td>Chair Yoga w/ Gigi</td>
<td>10:00am - 11:00am Center Chair Yoga w/ Gigi</td>
<td>10:00am - 11:00am Hybr</td>
<td>10:00am-1:00pm Center DC Library Resources w/ Margarete</td>
<td><strong>12:30pm-4:30PM Center</strong></td>
</tr>
<tr>
<td>10:30am - 11:30am Legal Counsel for the Elderly Living Well Virtual CDSMP Workshop</td>
<td>10:00am-12:30pm Hybrid Living Well Virtual CDSMP Workshop</td>
<td>10:30am-11:30am Hybr</td>
<td>10:30am - 11:30am Center The Future on Aging DACL</td>
<td><strong>Bid Whist &amp; Spades</strong></td>
</tr>
<tr>
<td>Chair Exercise w/ Linda Grymes</td>
<td>11:00am-12:00pm Hybrid Memebers Assembly Meeting</td>
<td>11:30am - 12:30pm Zoom Active Living w/ Romunda</td>
<td>10:30am - 11:30am Center Chair Exercise w/ Linda Grymes</td>
<td><strong>1:00pm – 4:00pm Center</strong></td>
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<tr>
<td>11:30am - 12:30pm Zoom Active Living w/ Romunda</td>
<td>1:30pm - 2:30pm Zoom Tai Chi w/ Jerry - YMCA</td>
<td>11:00am - 12:30pm Zoom Active Living w/ Romunda</td>
<td>11:30am - 12:30pm Zoom Active Living w/ Romunda</td>
<td><strong>Bingo</strong></td>
</tr>
<tr>
<td>12:30pm-3:30pm Hybrid (Limit 10)</td>
<td>1:30pm - 2:30pm Zoom Spanish Class w/ Gwen</td>
<td>1:00pm-2:00pm Zoom Sibley Club Memory</td>
<td>1:30pm - 3:30pm Field Trip To Kill a Mockingbird @ Kennedy Center</td>
<td><strong>GAMES A PLENTY</strong></td>
</tr>
<tr>
<td>1:30pm - 2:30pm Zoom Spanish Class w/ Gwen</td>
<td>1:00pm - 4:30pm Center (Limit 10) Drawing and Painting Art Class</td>
<td><strong>1:45pm – 2:20pm Zoom</strong> Health Dialogue/ DeLois Botts</td>
<td><strong>GAMES A PLENTY</strong></td>
<td><strong>12:30pm-4:30PM Center</strong></td>
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<tr>
<td>9:00am - 10:00am Hybrid Community, Health, Nutrition w/ Shymee (see event details)</td>
<td><strong>2:30pm-3:30pm Zoom</strong> (see event details)</td>
<td><strong>3:00pm-4:00pm Hybrid</strong> Community, Health, Nutrition w/ Shymee (see event details)</td>
<td><strong>11:30am-12:30PM Center</strong></td>
<td><strong>Bid Whist &amp; Spades</strong></td>
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<tr>
<td>Kickboxing w/ Vernetta</td>
<td>11:00am - 12:30pm Zoom Active Living w/ Romunda</td>
<td>5:00pm-6:30pm Zoom Only Fitness w/ Rodney</td>
<td><strong>GAMES A PLENTY</strong></td>
<td><strong>1:00pm – 4:00pm Center Bingo</strong></td>
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<td>Monday</td>
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<td>9:00am - 10:00am Hybrid</td>
<td>10:00am - 11:00am Hybrid</td>
<td>9:00am - 10:00am Hybrid</td>
<td>9:00am - 9:45am</td>
<td>11:00am - 12:00pm Hybrid</td>
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<tr>
<td>Kickboxing w/ Vernetta</td>
<td>Community, Health, Nutrition w/ Shymee (see event details)</td>
<td>Kickboxing w/ Vernetta</td>
<td>No Zumba Class Today</td>
<td>Enhance Fitness w/ Tawana</td>
</tr>
<tr>
<td>10:00am - 11:00am Center</td>
<td>Chair Yoga w/ Gigi</td>
<td>10:00am - 11:00am Center (Appt Only) Nutrition Consultation w/ Shymee</td>
<td>10:00am - 11:00am Hybrid Community, Health, Nutrition w/ Shymee (see event details)</td>
<td>11:30am - 12:30pm Center Nutrition Education w/ Charmaine Jones</td>
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<tr>
<td>Chair Yoga w/ Gigi</td>
<td>10:00am - 11:00am Center</td>
<td>Chair Yoga w/ Gigi</td>
<td>10:00am - 1:00pm Center</td>
<td>GAMES A PLENTY</td>
</tr>
<tr>
<td>Christmas in July Activities (see event details)</td>
<td>Legal Counsel for the Elderly w/ Bruce Rathbun Center</td>
<td>10:00am - 12:30pm Hybrid</td>
<td>DC Library w/ Ms. Margarete</td>
<td>12:30pm - 4:30pm Center</td>
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<tr>
<td>11:00am - 12:00pm Hybrid</td>
<td>Chair Exercise w/ Linda Grymes</td>
<td>Living Well Virtual CDSMP Workshop</td>
<td>10:30am - 11:30am Center</td>
<td>Bid Whist &amp; Spades</td>
</tr>
<tr>
<td>Enhance Fitness w/ Tawana</td>
<td>Nutrition Education w/ Charmaine Jones</td>
<td>Session 3 (see event details)</td>
<td>Chair Exercise w/ Linda Grymes</td>
<td>1:00pm - 4:00pm Center</td>
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<tr>
<td>11:30am - 12:30pm Zoom</td>
<td>10:30am - 12:30pm Zoom</td>
<td>11:00am - 12:00pm Hybrid</td>
<td>1:00pm - 2:00pm Zoom</td>
<td>Bingo</td>
</tr>
<tr>
<td>Chatting w/ Katherine</td>
<td>Lunch</td>
<td>11:30am - 12:30pm Zoom</td>
<td>Health Dialogue/ DeLois Botts</td>
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<tr>
<td>GAMES A PLENTY</td>
<td>–</td>
<td>Ice cream Social (see event details)</td>
<td>2:30pm - 3:30pm Hybrid</td>
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<tr>
<td>12:30pm-4:30pm Center</td>
<td>1:00pm - 2:30pm Center</td>
<td>Drawing &amp; Painting Art Class (Limit 10)</td>
<td>Nutrition Ed. w/ Shymee &amp; Chef Herb (see event details)</td>
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<tr>
<td>Bid Whist &amp; Spades</td>
<td>1:30pm - 2:30pm Center</td>
<td>2:30pm -3:30 PM Center</td>
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<td>1:00pm – 4:00pm Bingo</td>
<td>5:00pm - 6:30pm Center</td>
<td>5:00pm - 6:30pm Center</td>
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<tr>
<td>Fitness w/ Rodney</td>
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<td>Fitness w/ Rodney</td>
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*National Wear Red Shoes Day

**Tuesday**

10:00am-11:00am Hybrid
Community, Health, Nutrition Sessions w/ Shymee (see event details)

10:00am-1:45pm Center
Legal Counsel for the Elderly w/ Bruce Rathbun

10:30am – 11:30am Center
Chair Exercise w/ Linda Grymes

11:30am-12:30pm Zoom
Active Living w/ Romunda

1:30pm-2:30pm Center
Tai Chi w/ Jerry - YMCA

1:30pm – 2:30pm Zoom
Spanish Class w/ Gwen

10:00am-11:00am Hybrid
Community, Health, Nutrition w/ Shymee (see event details)

10:00am -11:00am Center
Chair Yoga w/ Gigi

10:00am-12:30pm Hybrid
Living Well Virtual CDSMP Workshop

Session 4 (see event details)

11:00am – 12:00pm Hybrid
Enhance Fitness w/ Tawana

11:30am-12:30pm Zoom
Active Living w/ Romunda

1:00 – 2:00pm Zoom
Sibley Club Memory

1:00pm-4:30pm Center (Limit 10)
Drawing and Painting Art Class

2:30am-3:30PM Center
Xmas in July w/ Candice (see event details)

5:00pm-6:30pm Center
Fitness w/ Rodney

**Wednesday**

9:00am-10:00am Hybrid
Kickboxing w/ Vernetta

10:00am-11:00am Center (Appt Only)
Nutrition Consultation w/ Shymee

10:00am -11:00am Center
Chair Yoga w/ Gigi

10:00am-12:30pm Hybrid
Living Well Virtual CDSMP Workshop

Session 4 (see event details)

11:00am – 12:00pm Hybrid
Enhance Fitness w/ Tawana

11:30am-12:30pm Zoom
Active Living w/ Romunda

1:00 – 2:00pm Zoom
Sibley Club Memory

1:00pm-4:30pm Center (Limit 10)
Drawing and Painting Art Class

2:30am-3:30PM Center
Xmas in July w/ Candice (see event details)

5:00pm-6:30pm Center
Fitness w/ Rodney

**Thursday**

9:00am – 9:45am
No Zumba Class Today

10:00am-11:00am Hybrid
Community, Health, Nutrition w/ Shymee (see event details)

10:00am-1:00pm Center
DC Library w/ Ms. Margarete

10:30am-11:30am Center
Chair Exercise w/ Linda Grymes

11:00am – 12:00pm Hybrid
Enhance Fitness w/ Tawana

11:30am-12:30pm Zoom
Active Living w/ Romunda Ings

1:30pm-2:30pm Center
Tai Chi w/ Jerry - YMCA

1:45pm – 2:20pm Zoom
Health Dialogue/ DeLois Botts

2:30pm-3:30pm Hybrid
Nutrition Ed. w/ Shymee & Chef Herb (see event details)

**Friday**

11:00am-12:00pm Hybrid
Enhance Fitness w/ Tawana

11:30am-12:30pm Center
Nutrition Education w/ Charmaine Jones

GAMES A PLENTY

12:30pm-4:30pm Center
Bid Whist & Spades

1:00pm – 4:00pm Center
Bingo

1:00pm-4:00pm Center
Fitness w/ Rodney

11:30am-12:30pm Zoom
WSWC Reading Group

11:30am-12:30pm Center
Nutrition Education w/ Charmaine Jones

GAMES A PLENTY

12:30pm-4:30pm Center
Bid Whist & Spades

1:00pm – 4:00pm Center
Bingo
**WEDNESDAY (Continued)**

**July 13 10:00am-12:30pm Hybrid** Living Well Virtual CDSMP 7-week Workshop. Presenter Vivi Cassella Session 2. Registered participants refer to Homework Session Page for discussion topic **ZOOM #301-715-8592 ID#829-4723-2168.** If you are in the center but not registered, you are welcome to attend.

**July 13 12:30pm-1:30pm Center Hudson Room, Diabetic Footwear.** A discussion around proper footwear for diabetics as well as actual fitting and opportunity to purchase shoes. Presenter: Susan, The Diabetic Shoe Lady.

**July 20 10:00am-12:30pm Hybrid** Living Well Virtual CDSMP 7-week Workshop. Presenter Vivi Cassella Session 3. Registered participants refer to Homework Session Page for discussion topic **Zoom #301-715-8592 ID#829-4723-2168.** If you are in the center but not registered, you are welcome to attend.

**July 20 10:30am-2:00pm Center** Deanwood Library with Melissa Davis, Virgil Armstrong, Tiffany Smith is facilitating Computer Bingo; LOTS OF FUN

**July 20 1:00pm-3:00pm, Center** Ice Cream social/ house party (we are serving up a variety of ice cream treats and moving and grooving to a DJ, so put on your dancing shoes and come join the fun.

**July 27 10:00am-12:30pm Hybrid** Living Well Virtual CDSMP 7-week Workshop. Presenter Vivi Cassella Session 4. Registered participants refer to Homework Session Page for discussion topic **Zoom #301-715-8592 ID#829-4723-2168.** If you are in the center but not registered, you are welcome to attend.

**July 27 2:30pm-3:30pm Center** Christmas in July activity with Candace Napper

Make a Christmas Terrarium while listening to Sounds of Christmas Music (supplies provided)

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**MONDAY**

**July 11 10:00am-11:00am In Center** Christmas in July Kick Off. Create your very own Christmas Card with Deyanne Nicholas while listening to the Sounds of Soulful Christmas Music. (Supplies provided)

**July 18 10:30am-11:30am In Center** Christmas in July Activity: How to make Frozen Hot Chocolate demo w/Shymee

**July 18 10:30am-12:30pm In Center** Christmas in July Activities

Christmas Word Search, Christmas Bingo, Christmas Scramble (Winners will receive a prize)

**July 25 10:30am-1:00pm in Center** Christmas in July Activity: Christmas Movie shown: “The Christmas Story”. Play Movie Trivia will be played focusing on scenes from that movie.

**July 25 1:30pm-2:30pm Christmas in July** Activity: wear your ugly tea shirt and enjoy some Watermelon on us.

**July 25 ALL DAY** Wear your red shoes in recognition of National Red Shoe Day

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**TUESDAY**

**July 5 10:00am-11:00am Hybrid** Giant Food w/ Alexandra Brown, Topic: In recognition of National Blueberry Month discuss Health & Nutrition Benefits with Demo of a Blueberry Yogurt Parfait.

**July 12 10:00am-11:00am Hybrid Dr. Bertram, Podiatrist Med Star Washington Hospital Center Topic: Basic Foot Care.

**July 19 10:00am-11:00am Hybrid** Summer Sunshine w/Audrey Drake Black Nurses Ass. Topic: Protecting your skin during summer months

**July 26 10:00am-11:00am Hybrid** Medstar Wash. Hospital Ctr. Topic and Presenter to be announced.

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**WEDNESDAY**

**July 6 10:00am-12:30pm Hybrid** Living Well Virtual CDSMP 7-week Workshop.

Presenter Vivi Cassella Session 1. Registered participants refer to Homework Session Page for discussion topic **Zoom #301-715-8592 ID#829-4723-2168.** If you are in the center but not registered, you are welcome to attend.

**July 7 10:30am-11:30am Center** Discussion with DACL Topic: The Future on aging

**July 13 11:00am-1:00pm Center** Housing Fair with DACL Representative Ms. Sharon Wise. Everything Housing; Resource Popup expo. Learn about affordable housing in DC

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**THURSDAY**

**July 7 10:00am-11:00am Hybrid** Weis Market w/ Christina Pelletier Topic: National Peach Month (Health & Nutrition Benefits) with a demo of cook peaches.

**July 7 3:00pm-4:00pm Hybrid** DC Dept. of securities, Insurance & Banking. Presenter Idriys Abdullah. Topic Reverse Mortgages.

**July 14 10:30am-11:30am Center** Ms. Ida Marie Smith, Life Coach and WSWC Member Topic: Live Life to Love it (Leave your Worries Behind)

**July 14 11:30am-1:00pm Center** Tech talk with Adrian. If you need assistance with texts, picture taking, emailing etc. bring your iPhones, Laptops, IPads and Adrian is in Center to assist.

**July 14 2:30pm-3:30pm Hybrid** Nutrition Session w/Shymee and Chef Herb Topic: Health & Nutrition Benefits of Grilled Corn. Demo Grilled Corn black Bean Tacos

**July 21 10:00am-11:00am Hybrid** Alzheimer Association, Michael Wade Presenter: Topic 10 Warning signs of Alzheimer, healthy living for your Brain and Body tips from the latest research.

**July 21 2:30pm-3:30pm Hybrid** Nutrition Session w/Shymee and Chef Herb Topic: Health & Nutrition Benefits of Cherries. Demo Cherry Chicken Salad

**July 28 10:00am-11:00am Hybrid** National Extreme Heat Month. Ask the Doctor Series Dr. Chetram, Medstar Washington Hospital Center Topic: Heat Stroke

**July 28 2:30pm-3:30pm Hybrid** Nutrition Session w/Shymee and Chef Herb Topic: The Health & Nutrition Benefits of Beans. In recognition of National Bake Bean Month Chef will prepare a Bake Bean Casserole.