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<p>DON'T FORGET TO PATRONIZE OUR BLACK BUSINESSES</p>  <p>BLACK BUSINESS MONTH OPEN</p>	<p>1 TRIP-Anne Arundel Mills – 10am 9:00 Take Action! Techniques 10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings* 11:00 DC State Chess Fed. 12:15 DACL PRESENTS: Overview of Disability & Aging Services in DC 12:30 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>	<p>2 8:30 Enhance Fitness 10:30 ASSEMBLY MEETING  12:30 Spiritual Studies 1:00 SOCIAL  2:00 Tai Chi </p>	<p>3 SIDEWALK SALE 9am 9:00 Tight Body 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno * 1:00 Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins 2:00 SOCIAL- </p>	<p>4 9:30 Enhance Fitness  11:00 DC State Chess Fed.  11:30 NEW MEMBERS' MOMENTS *  1:00 Fit & Strong </p>
<p>7 8:30 Enhance Fitness  9:30 Tai Chi 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice 9:30 Spiritual Studies 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong </p>	<p>8 TRIP-Party HQ, Bowie, MD 12:15pm 9:00 Take Action! Techniques 10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure  Readings* 11:00 DC State Chess Fed. 12:15 DACL PRESENTS: Financial Concerns in Planning for the future 12:30 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>	<p>9 8:30 Enhance Fitness (Last Day) 9:30 CHSWC Social Media  10:30 Pilates  11:30 Movie Time * (in Cinema Room) 12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi</p>	<p>10 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 12:30 Pokeno * 1:00 Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins 2:00 PRESENTATION- Making Sure You are Not Under-Insured, Maurice Marshall, Public Adjustor</p>	<p>11 TRIP- Dutch Village Farmers Market, 10am 10:30 Food Demo Dr. Amy  11:00 DC State Chess Fed.  1:00 Fit & Strong  2:30 COMMUNITY NEWS</p>
<p>14 9:30 Tai Chi  9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice 11:30 Just Rock - Piano 12:30 Pokeno *  1:00 Fit & Strong 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool * </p>	<p>15 9:00 Take Action! Techniques  11:00 Blood Pressure *  11:00 DC State Chess Fed. 12:15 DACL PRESENTS: Legal Decision-making Concerns in Planning for the future 12:30 Chair Yoga 1:00 SOCIAL- Book Club 2:00 Line Dancing 3:00 Sibley Club Memory </p>	<p>16 9:30 PRESENTATION-"Lets Celebrate Our Sophisticated Seniors", Edenbridge 10:30 Pilates  11:30 Movie Time (in Cinema Room) * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi </p>	<p>17 TRIP-The NE Performing Arts at UDC Theater, 10am 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno * 1:00 SOCIAL- Ladies, Let's Tell It All </p>	<p>18 TRIP-Seniors Day in the Park, Anacostia Park, 10am 11:00 DC State Chess Fed.  1:00 PRESENTATION - Minority Mental Health Amesha Green, UHC 1:00 Fit & Strong </p>



<p>21 9:30 Tai Chi  9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice 10:30 Clouds & Apps  11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool * </p>	<p>22 9:00 Take Action! Techniques  11:00 Blood Pressure Readings * 11:00 DC State Chess Fed. 12:30 Chair Yoga 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club *  Memory (In-House) 2:00 Line Dancing </p>	<p>23 9:30 Virtual Technology  10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi </p>	<p>24 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea  10:00 SOCIAL-CHSWC Black Business Showcase 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins 2:00 </p>	<p>25 10:30 Food Demo with Chef Herb  11:00 DC State Chess Federation  1:00 Fit & Strong </p>
<p>28 9:30 Tai Chi  9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool * </p>	<p>29 9:00 Take Action! Techniques  10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings * 11:00 DC State Chess Fed. 12:30 Chair Yoga 2:00 Line Dancing  3:00 Sibley Club Memory * </p>	<p>30 10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies  1:00 Zumba 2:00 Tai Chi </p>	<p>31 9:00 Tight Body *  12:30 Pokeno *  1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins </p>	<p><u>OBSERVANCES</u> World Lung Cancer Day (August 1) National Minority Donor Awareness Week (August 1-7) Medic Alert Awareness Month National Immunization Awareness Month</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

  @TheCHSWC
Tik Tok

  YouTube

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

PRESENTATIONS

- DACL PRESENTS:** Overview of disability & Aging Services in DC (1st)
- DACL PRESENTS:** Financial Concerns in Planning for the future (8th)
- Making Sure You are Not Under-Insured, Maurice Marshall, Public Adjustor (10th)
- DACL PRESENTS:** Legal Decision-making Concerns in Planning for the future (15th)
- "Lets Celebrate Our Sophisticated Seniors", Edenbridge (16th)
- Minority Mental Health, Amesha Green, UHC (18th)

