













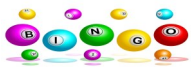

























Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies </p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p>  <p>12:30 Pokeno * </p> <p>1:00 Fit & Strong (RETURNS)</p>	<p>4</p> <p>CENTER CLOSED</p> <p>HAPPY</p> <p><i>Fourth of July</i></p> 	<p>5</p> <p>10:30 ASSEMBLY MEETING</p>  <p>12:30 Spiritual Studies </p> <p>1:00 Zumba </p> <p>2:00 Tai Chi</p>	<p>6 SIDEWALK SALE 9am</p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Congress Heights Family Success Center</p> 	<p>7</p> <p>9:30 Enhance Fitness </p> <p>11:00 DC State Chess Fed. </p> <p>11:30 NEW MEMBERS' MOMENT *</p> <p>1:00 PRESENTATION-Flood, Victor Ukpolo, DOEE</p> <p>1:00 Fit & Strong (RETURNS) </p>
<p>10</p> <p>8:30 Enhance Fitness </p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly, 1-on-1 Advice</p> <p>10:30 Ole Skool Dancing </p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno *</p> <p>1:00 Fit & Strong (RETURNS)</p> <p>1:00 SOCIAL - </p>	<p>11 TRIP-Party HQ, Bowie, MD 12:15pm</p> <p>9:00 Take Action! Techniques </p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings* </p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>12</p> <p>8:30 Enhance Fitness</p> <p>9:30 CHSWC Social Media </p> <p>10:30 PRESENTATION-Home Ownership Preservation, Maya Sheppard, Legal Counsel for the Elderly</p> <p>11:30 Movie Time (in Cinema Room) *</p> <p>12:30 Spiritual Studies </p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p>	<p>13 TRIP- National Harbor ONLY, 11am</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>11:00 PRESENTATION-Making Sure You are Not Under-Insured, Maurice Marshall, Public Adjustor</p> <p>12:30 Pokeno *</p> <p>1:00 Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>14</p> <p>9:30 Enhance Fitness</p> <p>10:30 Food Demo Dr. Amy </p> <p>11:00 DC State Chess Fed. </p> <p>11:00 PRESENTATION-, Bone/Skin Cancer, Andrea Miranda, MedStar</p> <p>1:00 Fit & Strong (RETURNS)</p> <p>2:30 COMMUNITY NEWS </p>
<p>17</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly, 1-on-1-Advice</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno * </p> <p>1:00 Fit & Strong (RETURNS)</p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>	<p>18</p> <p>9:00 Take Action! Techniques </p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure * </p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga </p> <p>1:00 SOCIAL-Book Club (NEW)</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p>	<p>19</p> <p>8:30 Enhance Fitness</p> <p>9:30 PRESENTATION-National Therapeutic Rec Month, Edenbridge</p> <p>10:00 CHSWC Advisory Board Meeting *</p> <p>10:30 Pilates </p> <p>11:30 Movie Time (in Cinema Room) *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi</p>	<p>20 TRIP-Super Walmart, Alexandria, VA 10am</p> <p>9:00 Tight Body * </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member</p>	<p>21</p> <p>9:30 Enhance Fitness </p> <p>11:00 DC State Chess Fed. </p> <p>1:00 PRESENTATION - Minority Mental Health, Amesha Green, UHC</p> <p>1:00 Fit & Strong (RETURNS) </p> <p>2:30 SOCIAL-Ladies, Let's Tell It All </p>

<p>24 8:30 Enhance Fitness 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing * 10:30 Clouds & Apps 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong (RETURNS) 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>  	<p>25 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 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club * Memory (In-House) 2:00 Line Dancing</p>  	<p>26 8:30 Enhance Fitness 9:30 Virtual Technology & Tzedekdc Free Credit Reports, - Bring your device 10:30 Pilates 11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi</p>   	<p>27 9:00 Tight Body * 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dance 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, 2:00 NUTRITION Atoms Apple with Dr. Amy</p>   	<p>28 9:30 Enhance Fitness 10:30 Food Demo with Chef Herb 11:00 DC State Chess Federation 1:00 Fit & Strong (RETURNS)</p>    
<p>31 8:30 Enhance Fitness 9:30 Tai Chi 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly-1-on-1 Advice 10:30 Ole Skool Dancing * 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong (RETURNS) 1:00 SOCIAL - BINGO 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (last class) *</p> 	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> • Congress Heights Family Success Center (6th) • Bingo (10th & 31st) • Book Club (18th) NEW • Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins (2nd-4th Thursday) • Ladies, Lets Tell It All (21st)    <p><u>OBSERVATIONS</u></p> <ul style="list-style-type: none"> • International Women with Alopecia Month • National Minority Mental Health Awareness Month • Sarcoma Awareness Month 			



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

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

PRESENTATIONS

- Flood, Victor Ukpolo, DOEE (7th)
- Home Ownership Preservation, Legal Counsel for the Elderly (12th)
- Making Sure You are Not Under-Insured, Maurice Marshall, Public Adjustor (13th)
- Bone/Skin Cancer, MedStar (14th)
- National Therapeutic Rec Month, Edenbridge (19th)
- Minority Mental Health, Amesha Green, UHC (21st)
- Virtual Technology & Tzedekdc, Free Credit Reports, -Bring your device (26th)

