


























Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cataract Awareness Month</b>  <b>Fresh Fruit &amp; Vegetable Month</b>  <b>Dairy Month</b>  <b>Gardening &amp; Exercise Day (6th)</b>  <b>Men's Health Week (10th-16th)</b>  <b>Elder Abuse Day (15th)</b>  <b>Juneteenth Day (19th)</b> - Celebrates and symbolizes the end of slavery in the United States. President Abraham Lincoln issued the Emancipation Proclamation on September 22, 1862. It was not until June 19, 1865 that all slaves were finally freed.  <b>Summer Begins (21st)</b></p>				<p><b>1</b>  <b>8:30 Enhance Fitness</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Fitness w/Kojak</b>  <b>10:00 Crochet</b>  <b>10:45 Kinesiology Klub</b>  <b>12:30 Chat w/Nat-Lunch &amp; Learn – Candy Month</b>  <b>1:00 PROGRAM-Howard University-At Risk</b>  <b>1:00</b>   <b>1:15 Tai Chi 3-D</b></p>
<p><b>4</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:00 Therapeutic Treatments (Chair Massage)</b>  <b>9:30 Senior Tabata Boot Camp</b>  <b>10:00 Enhance Wholeness Lifestyle</b>  <b>10:30 Pilates</b>  <b>11:30 Therapeutic Treatment (Chair Massage)</b>  <b>1:00 Enhance Fitness</b>  <b>1:15 Phase 10/Pokeno</b>  <b>2:00 Tai Chi 3D</b></p>  	<p><b>5</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:00 Blood Pressure</b>  <b>9:30 Chair Fitness</b>  <b>10:30 Sunshine Club</b>  <b>10:45 Chat w/Nat – Focus on Eye Health</b>  <b>1:30 Sewing</b>  <b>2:00 Yoga</b>  <b>3:00 Hand Dancing</b></p>  	<p><b>6</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Ole Skool Dancing</b>  <b>10:30 ASSEMBLY MEETING</b>  <b>1:00 Bid Whist Tournament</b>  <b>1:00 Arts &amp; Crafts</b>  <b>1:00 Spiritual Studies</b>  <b>1:45 Tai Chi 3D</b>  <b>2:30 Enhance Fitness</b></p>  	<p><b>7</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 SIDEWALK SALE</b>  <b>9:00 Meditation/Inspiration</b>  <b>10:00 Mobile Market</b>  <b>10:00 Choir</b>  <b>10:00 Stick Around/Line Dancing</b>  <b>12:30 Smart Technology</b>  <b>12:30 African Drums</b>  <b>1:00 Metro Area CHESS, M.A.C. @CHSWC (NEW CLASS)</b>  <b>1:30 Phase 10/Pokeno</b>  <b>1:30 Chair Yoga</b>  <b>2:30 Breathe, Release &amp; Relax: Meditation</b>  <b>2:30 Chat w/Nat - Heads Up</b></p>	<p><b>8</b>  <b>8:30 Enhance Fitness</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Fitness w/Kojak</b>  <b>10:00 TRIP-Amish Market</b>  <b>10:00 Crochet</b>  <b>10:00 Senior Medicare Patrol</b>  <b>12:30 Chat w/Nat Lunch &amp; Learn - Papaya Month</b>  <b>1:00</b>   <b>1:15 Tai Chi 3-D</b></p> 
<p><b>11</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Senior Tabata</b>  <b>10:00 Social Worker</b>  <b>10:00 Ward 8 Mini Commission</b>  <b>10:00 Enhance Wholeness Lifestyle</b>  <b>10:30 Pilates</b>  <b>1:00 Enhance Fitness</b>  <b>1:15 Phase 10/Pokeno</b>  <b>2:00 Tai Chi 3D</b></p>   	<p><b>12</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:00 Blood Pressure</b>  <b>9:30 Chair Fitness</b>  <b>10:45 Chat w/Nat - Nutrition Wheel– Men's Health Tool Kit</b>  <b>1:15 Bokwa</b>  <b>1:30 Sewing</b>  <b>2:00 Yoga</b>  <b>2:30 Club Memory</b>  <b>3:00 Hand Dancing</b></p>   	<p><b>13</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Ole Skool Dancing</b>  <b>10:30 Behavioral Health Education w/Brenda</b>  <b>10:30 Pilates</b>  <b>1:00 Arts &amp; Crafts</b>  <b>1:00 Spiritual Studies</b>  <b>1:45 Tai Chi 3D</b>  <b>2:30 Enhance Fitness</b></p>    	<p><b>14</b>  <b>8:45 90-Day Challenge (Chest/Back)</b>  <b>9:00 Meditation/Inspiration</b>  <b>10:00 Mobile Market</b>  <b>10:00 Choir</b>  <b>10:00 Stick Around/Line Dancing</b>  <b>12:30 Smart Technology</b>  <b>1:00 Metro Area CHESS, M.A.C. @CHSWC (NEW CLASS)</b>  <b>1:30 Phase 10/Pokeno</b>  <b>1:30 Chair Yoga</b>  <b>2:30 Breathe, Release &amp; Relax: Meditation</b>  <b>2:30 Chat w/Nat-Diabetes Support Group</b></p> 	<p><b>15</b>  <b>8:30 Enhance Fitness</b>  <b>9:00 Meditation/Inspiration</b>  <b>9:30 Fitness w/Kojak</b>  <b>10:00 The Senior Zone Spa Day @ CHSWC</b>  <b>10:00 Crochet</b>  <b>10:45 Kinesiology Klub</b>  <b>12:30 Chat w/Nat Lunch &amp; Learn – Ice Tea Month</b>  <b>1:00</b>   <b>1:15 Tai Chi 3D</b></p>  

<p>18 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 Senior Tabata  Where fitness BECOMES reality</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:00 PRESENTATION-Senior 72 &amp; CPR</p> <p>10:00 TRIP-Father's Day Luncheon @ Golden Corral</p> <p>10:30 Pilates  1:00 Enhance Fitness 1:15 Phase 10/Pokeno  2:00 Tai Chi 3D </p>	<p>19 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 Chair Fitness 10:45 Chat w/Nat - Fruits &amp; Veggies-More Matters  11:00 Blood Pressure </p> <p>1:00 Men's Locker Room - Discussion "Men Ain't Boys" Movie</p> <p>1:00 PRESENTATION-Brain Health </p> <p>1:30 Sewing  2:00 Yoga  3:00 Hand Dancing </p>	<p>20 8:00 TRIP-Mayor's 6th Annual Senior Symposium</p> <p>8:45 90-Day Challenge (Chest/Back)</p> <p>9:00 Meditation/Inspiration 9:30 Ole Skool Dancing</p> <p>10:00 Advisory Board Meeting</p> <p>10:30 Pilates </p> <p>10:30 Behavioral Health Education w/Brenda </p> <p>1:00 Arts &amp; Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D</p>	<p>21 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 TRIP-CreativiTEA, Phillips @ The ARC</p> <p>10:00 Mobile Market 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 African Drums 12:30 Smart Technology</p> <p>1:00 Metro Area CHESS, M.A.C. @CHSWC (NEW CLASS)</p> <p>1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release &amp; Relax: Meditation 2:30-Chat w/Nat - Cooking Demo</p>	<p>22 8:30 Enhance Fitness</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak </p> <p>10:00 Crochet</p> <p>12:30 Chat w/Nat- Lunch &amp; Learn - Lettuce</p> <p>1:00 Birthday Party </p> <p>1:15 Tai Chi 3D </p>
<p>25 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 Senior Tabata  Where fitness BECOMES reality</p> <p>10:00 PRESENTATION-Transportation Option Discount</p> <p>10:00 Enhance Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno  2:00 Tai Chi 3D </p>	<p>26 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 Chair Fitness 10:45 Chat w/Nat- Nutrition Ball Toss  11:00 Blood Pressure </p> <p>1:15 Bokwa </p> <p>1:30 Sewing  2:00 Yoga  2:30 Club Memory 3:00 Hand Dancing </p>	<p>27 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>10:30 Pilates </p> <p>1:00 Arts &amp; Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>	<p>28 8:45 90-Day Challenge (Chest/Back) 9:00 Meditation/Inspiration</p> <p>10:00 Mobile Market 10:00 Choir 10:00 Stick Around/Line Dancing 12:30 Smart Technology</p> <p>1:00 Metro Area CHESS, M.A.C. @CHSWC (NEW CLASS)</p> <p>1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release &amp; Relax: Meditation 2:30 Chat w/Nat-My Bingo Plate</p>	<p>29 8:30 Enhance Fitness 9:00 Meditation/Inspiration</p> <p>9:30 INTRO to Enhance Fitness</p> <p>9:30 TRIP -SeniorFest @ Oxon Run </p> <p>Fun for Seniors</p> <p>10:00 Crochet 12:30 Chat w/Nat- Lunch &amp; Learn - Dairy Month 1:15 Tai Chi 3D</p>

**TRIPS**

- Amish Market (8th)
- Father's Day Luncheon @ Golden Corral (18th)
- Mayor 6th Annual Senior Symposium (20th)
- CreativiTEA, The Phillips Collection @ The ARC (21st)
- SeniorFest @ Oxon Run (29th)

**PRESENTATIONS**

- The Senior Zone Spa Day @ CHSWC (15th)
- Senior 72 & Basic CPR (18th)
- Brain Health (19th)
- Transportation Option Discussion (25th)

