

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Recreation/Socialization-8:30am-4pm</b> <b>World AIDS Day</b> 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 Nutrition-Patricia’s Peas &amp; Q’s <b>on-line</b> (1-on-1)  12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit &amp; Strong (<b>return</b>) 3:00 Open Gym &amp; Game Room </p>	<p><b>2 Recreation/Socialization-8:30am-4pm</b> <b>TRIP</b>– Arundel Mall, 10am 9:00 Blood Pressure Readings* 10:00 Matter of Balance (<b>last day</b>) 12:00 Lunch 1:00  2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym &amp; Game Room </p>	<p><b>3 Recreation/Socialization-8:30am-4pm</b> <b>International</b> Day of Persons With Disabilities 8:30 Enhance Fitness 9:00 “Dilo en Espanol” with Senora Chelsea* 9:00 DC Chess Federation (<b>in-person</b>) 10:00 ASSEMBLY MEETING  12:00 Lunch 1:00 <b>SOCIAL-Book Club Special Film</b>, “Devil in Blue Dress” 1:00 Fit &amp; Strong (<b>return</b>) 1:00 Zumba 2:00 Tai Chi 3:00 Open Gym &amp; Game Room</p>	<p><b>4 Recreation/Socialization-8:30am-4pm</b> 9:00 Tight Body 10:00 Line Dancing 10:00 CHSWC Member Check-in, <b>Virtual</b> 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 <b>SOCIAL</b>-Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym &amp; Game Room </p>	<p><b>5 Recreation/Socialization-8:30am-4pm</b> 9:30 Enhance Fitness 10:00 Food Demo with Chef Herb  11:00 DC Chess Federation (<b>on-line</b>) 12:00 Lunch  1:00 <b>SOCIAL</b>– Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts &amp; Humanities 3:00 Open Gym &amp; Game room </p>
<p><b>8 Recreation/Socialization-8:30am-4pm</b> 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 10:00 Mini Commission, G. BoBo 11:00 <b>PRESENTATION</b>– DACL Presents: Grief &amp; Self-Care, Giovanni Hunt 11:00 Nutrition-Patricia’s Peas &amp; Q’s <b>on-line</b> (small group) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit &amp; Strong (<b>return</b>) 3:00 Open Gym &amp; Game Room</p>	<p><b>9 Recreation/Socialization-8:30am-4pm</b> <b>CHESS MATCH</b> with Ballou Students, Ballou Senior High School, 1-2pm 9:00 Blood Pressure Readings* 10:00 <b>SOCIAL</b>–Crafty Creations w/Community Grapevines 12:00 Lunch 1:00 “Sewing Seeds” with Ace-Symmetric 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym &amp; Game Room</p>	<p><b>10 Recreation/Socialization-8:30am-4pm</b> 8:30 Enhance Fitness 9:00 “Dilo en Espanol” w/Senora Chelsea* 9:00 DC Chess Federation (<b>in-person</b>) 10:30 Senior Stretch Therapy Class 12:00 Lunch 12:00 <b>PRESENTATION</b>-AARP Meeting Local #4870, Accomplishments &amp; Membership Drive, Charles Hunter, AARP 1:00 Fit &amp; Strong (<b>return</b>) 1:00 Zumba 2:00 Tai Chi 3:00 Open Gym &amp; Game Room</p>	<p><b>11 Recreation/Socialization-8:30am-4pm</b> <b>TRIP</b>-Air &amp; Space Museum, 9:30am 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 <b>SOCIAL</b>- Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym &amp; Game Room </p>	<p><b>12 Recreation/Socialization-8:30am-4pm</b> 9:30 Enhance Fitness 11:00 DC Chess Federation (<b>on-line</b>) 12:00 Lunch 1:00 <b>SOCIAL</b>– Happenstance Theatre, National Theatre Foundation 3:00 Open Gym &amp; Game Room </p>
<p><b>15 Recreation/Socialization-8:30am-4pm</b> 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 <b>PRESENTATION</b>-Food Allergies, Tawny Bush, Food Allergy.org 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit &amp; Strong (<b>return</b>) 3:00 Open Gym &amp; Game Room </p>	<p><b>16 Recreation/Socialization-8:30am-4pm</b> 9:00 Blood Pressure Readings* 11:00 <b>SOCIAL</b>-Ladies’ Tell It All 12:00 Lunch 1:00 <b>SOCIAL</b>-Book Club– “Within the Fire, I Found my Voice”, Ruth Redmond 1:00 CHSWC Member Check-in, <b>Virtual</b> 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym &amp; Game Room</p>	<p><b>17 Recreation/Socialization-8:30am-4pm</b> <b>TRIP</b>-Mayor’s Holiday Celebration, SE Tennis &amp; Learning Center, 9:30am 8:30 Enhance Fitness 9:00 “Dilo en Espanol” w/Senora Chelsea * 9:00 DC Chess Federation (<b>in-person</b>) 9:30 Technology &amp; The Metaverse 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Fit &amp; Strong (<b>return</b>) 1:00 Zumba 2:00 Tai Chi 3:00 Open Gym &amp; Game Room </p>	<p><b>18 Recreation/Socialization-8:30am-4pm</b> 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 * 1:00 <b>SOCIAL</b>-Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy 1:30 <b>SOCIAL</b>-Plants &amp; Blooms ReImagined, Kaifa Anderson-Hall 3:00 Open Gym &amp; Game Room </p>	<p><b>19 Recreation/Socialization-8:30am-4pm</b> 9:30 Enhance Fitness 10:00 Food Demo with Chef Herb 11:00 DC Chess Federation (<b>on-line</b>) 12:00 Lunch 1:00 <b>SOCIAL</b>-  3:00 Open Gym &amp; Game Room </p>

**22 Recreation/Socialization-8:30am-4pm**


8:30 Enhance Fitness  
9:30 Spiritual Studies  
10:00 Tai Chi  
10:00 “Ask a Lawyer”, Deborah Wright, AARP  
11:00 Nutrition-Patricia’s Peas & Q’s “Diabetes during the Holiday” **on-line** (Small Group)

11:00 **PRESENTATION**-Show & Tell Workshop, Adrian Sutton, OCTO

12:00 Lunch  
12:30 Pokeno / Phase 10 \*  
1:00 Fit & Strong (**return**)  
3:00 Open Gym & Game Room



**23 Recreation/Socialization-8:30am-4pm**

9:00 Blood Pressure Readings \*   
10:00 **SOCIAL**-Substance Abuse & Medication Bingo Holiday Themed “Paint & Sip” DCNG Counterdrug

12:00 Lunch




1:00 “Sewing Seeds” with Ace-Symmetric

1:30 Sibley Club Memory (**in-person**)

2:00 Line Dancing 

3:00 Open Gym & Game Room

**24 Recreation/Socialization-8:30am-4pm**

8:30 Enhance Fitness  
9:00 “Dilo en Espanol” with Senora Chelsea \* 

9:00 DC Chess Federation (**in-person**)

9:30 Technology & The Metaverse

10:30 Senior Stretch Therapy

11:30 Movie Time \*

12:00 Lunch



12:30 Spiritual Studies

1:00 Fit & Strong (**return**)

2:00 Tai Chi

3:00 Open Gym & Game Room

**25**

**CENTER  
CLOSED**



**MERRY CHRISTMAS**

**26 Recreation/Socialization-8:30am-4pm**

9:30 Enhance Fitness



10:30 Take Action! Techniques

11:00 DC Chess Federation (**on-line**)

12:00 Lunch

1:00 **SOCIAL**-Crafty Creations w/Community Grapevines

3:00 Open Gym & Game Room



**29 Recreation/Socialization-8:30am-4pm**

8:30 Enhance Fitness  
9:30 Spiritual Studies

10:00 Tai Chi

10:00 “Ask a Lawyer”, Deborah Wright, AARP

11:00 Nutrition-Patricia’s Peas & Q’s “Vegetarian Awareness” **on-line** (1-on-1)

12:00 Lunch

12:30 Pokeno / Phase 10 \*

1:00 Fit & Strong (**return**)

3:00 Open Gym & Game Room

**30 Recreation/Socialization-8:30am-4pm**

9:00 Blood Pressure Readings \* 

12:00 **SOCIAL**-NEW YEAR’S EVE CELEBRATION-A BLACK#“HEIGHTS” AFFAIR



2:00 Line Dancing

3:00 Open Gym & Game Room

**31 Recreation/Socialization-8:30am-4pm Quit Smoking Resolution Day**

8:30 Enhance Fitness  
9:00 “Dilo en Espanol” with Senora Chelsea \*

9:00 DC Chess Federation (**in-person**)

9:30 Technology & The Metaverse

10:30 Senior Stretch Therapy

11:30 Movie Time \*

12:00 Lunch

12:30 Spiritual Studies

1:00 Fit & Strong (**return**)

2:00 Tai Chi

3:00 Open Gym & Game Room

**NEW CLASS/CHANGES**

- Fit & Strong, Monday & Wednesday (**return**)
- **SOCIAL**
- Bingo (2nd & 19th)
- Book Club Special Film, “Devil in Blue Dress” (3rd)
- Food Demo w/Chef Herb (5th & 19th)
- Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities (5th)
- Happenstance Theatre, National Theatre Foundation (12th)
- Plants & Blooms ReImagined, Kaifa Anderson-Hall (18th)
- Substance Abuse & Medication Bingo Holiday “Paint & Sip” (23rd)
- New Year’s Eve Celebration-A Black#“Heights” Affair (30th)



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

**You Tube** @heightsseniortv7481

**PRESENTATIONS**

- Grief & Self Care, Giovanni Hunt, DACL(8th)
- AARP Meeting Local #4870 (10th)
- Food Allergies, Tawny Bush, Food Allergy.org (15th)
- Show & Tell Workshop, Adrian Sutton, OCTO (22nd)
- **AWARENESS MONTH**
- Universal Human Rights Month
- KWANZAA-Dec 16-Jan 2nd (**Unity, Self-Determination, Collective Work & Responsibility**, Cooperative Economics, Purpose, **Creativity, Faith**)
- National Influenza Vaccination Week (1-5th)
- Crohn’s and Colitis Awareness Week (1-7th)
- National Handwashing Awareness Week (1-7th)