

Monday	Tuesday	Wednesday	Thursday	Friday
<u>AWARENESS THIS MONTH</u> - DC Senior Games (August-November 2026) - Fall Prevention Awareness Week (22-26) - Healthy Aging - Food Safety Education - Cholesterol Education - National Recovery substance use & mental health disorders - Atrial Fibrillation Awareness: AFib, the heart arrhythmia, & its risks.	1 10:00am-2pm TABLE – State Health Insurance Assistance Program (SHIP) 12:00 TABLE -FSFSC, Food 2 Fuel 9:00 Blood Pressure Readings* 11:00 PRESENTATION –Fall Prevention Overview of Event-Eliza Waugh, Safe at Home 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym	2 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 10:00 ASSEMBLY MEETING - Guest-Melissa Daley, FSFSC  12:30 Spiritual Studies 2:00 Tai Chi for Arthritis 3:00 Open Gym	3 SIDEWALK SALE, 9am 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL - Notes from the Universe "A Journaling Experience" 1:00 SOCIAL - Gardening for Seniors BINGO 3:00 Open Gym	4 9:30 Enhance Fitness 9:30 Food Demo w/ Chef Herb, UDC 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 Bingo! 1:00 "Mikkah's Mentality" Barbering & Haircare Tips
7 CENTER CLOSED 	8 9:00 Blood Pressure Readings* 11:00 PRESENTATION -Senior Burn Prevention Workshop, Angela White, Medstar  12:00 Lunch 1:00 PRESENTATION –Free Opioid Awareness Training, Adrian Vaughan, DBH 1:30 Sibley Club Memory 3:00 Open Gym	9 8:30 Enhance Fitness 9:00 DC Chess Federation (in-person)  9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy 12:00 Lunch 12:30 Spiritual Studies 12:30 PRESENTATION -AARP Meeting Local #4870 2:00 Tai Chi for Arthritis	10 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL - Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym	11 9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch  1:00 SOCIAL -Michael Chamberlain, National Theater Foundation 3:00 Open Gym
14 TRIP -Tanger Outlet, 11am 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym	15 9:00 Blood Pressure Readings*  10:00 PRESENTATION -Care Coordinator, Shavon Hill, ERFSC 12:00 Lunch 1:00 SOCIAL - Book Club- "White Smoke", Tiffany D. Jackson 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym	16 8:30 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:00 CHSWC Advisory Board 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION -AARP Committee CED Meeting, Mustafa Abdul-Salaam, AARP 2:00 Tai Chi for Arthritis 3:00 Open Gym	17 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL -Notes from the Universe "A Journaling Experience"  3:00 Open Gym	18 9:30 Enhance Fitness 9:30 Food Demo w/Chef Herb 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL -MEDICARE, Darnetta Bascomb, AARP  3:00 Open Gym

21 TRIP- Fall Prevention Awareness, 899 N. Cap. St NE WDC, Elexa Waugh, 9am 8:45 Enhance Fitness  9:30 Spiritual Studies 10:00 Tai Chi for Arthritis 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch  12:30 Pokeno / Phase 10 * 1:00 PRESENTATION-Earcoustic, Headsets, Justin Lee, Quantum Senses 3:00 Open Gym 	22 1st DAY OF AUTUMN Food Handlers Course 9am-12pm 9:00 Blood Pressure Readings *  11:00 SOCIAL-Ladies' Tell It All  12:00 Lunch  1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory  2:00 Line Dancing  3:00 Open Gym	23 Food Handlers Course 9am-12pm 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse  12:00 Lunch  12:30 Spiritual Studies 1:00 PRESENTATION-Recovery Substance Use & Mental Health Disorders, Jessica Fleming, DBH 3:00 Open Gym 	24 9:00 Tight Body  10:00 Line Dancing 11:00 PRESENTATION-Lenny Lowe, US Attorney General Office 12:00 Lunch  12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Crocheting/ Knitting  1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym 	25 Wear Your Favorite Sports Jersey Day 8:45 Enhance Fitness  10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch  1:00 END OF SUMMER CONCERT w/Food Demo, Clayton Bourges, UHC, Side-by-Side Band, MPD, & "Mikkah's Mentality" Barbering & Haircare Tips  3:00 Open Gym 
28 8:45 Enhance Fitness  9:30 Spiritual Studies 10:00 Tai Chi for Arthritis  10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 COMMUNITY NEWS 12:00 Lunch  12:30 Pokeno / Phase 10 * 3:00 Open Gym 	29 World Heart Day 9:00 Blood Pressure Readings *  10:00 PRESENTATION-Fall/ Winter Dementia Programming, Giovanni Hunt/DACL 11:00 12:00 Lunch  2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym 	30 TRIP-9th Annual Brain Games, MLK Library 10am-12pm (Wear Your Red & White) 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 12:00 Lunch  12:30 Spiritual Studies 1:00 PRESENTATION- "Lunch with a Doctor" w/HU/Dreaming Out Loud/ W8 Health Council/ AARP 3:00 Open Gym 	<u>SOCIALS</u> • Notes from the Universe "A Journaling Experience"(3rd & 17th) • Gardening for Seniors BINGO (3rd) • BINGO (4th) • Michael Chamberlain, National Theater Foundation (11th) • Crocheting & Knitting (10th & 24th) • "White Smoke"-Book Club (15th) • Medicare BINGO, Darnetta Bascomb, AARP (18th) • Ladies' Tell It All (22nd) • End of Summer Concert (25th) • 9th Annual Brain Games (30th)	

VIDEO/AUDIO CONFERENCE

 Zoom

- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on "Join A Meeting"
- Enter Meeting ID 525-442-3945 **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

 @heightsseniortv7481

PRESENTATIONS

- Fall Prevention Overview of Event-Safe at Home (1st)
- Senior Burn Prevention Workshop, Medstar (8th)
- Free Opioid Awareness Training, DBH (8th)
- AARP Meeting Local #4870 (9th)
- Care Coordinator, Shavon Hill, ERFSC (15th)
- AARP Committee CED Meeting (19th)
- Earcoustic, Headsets, Justin Lee, Quantum Senses (21st)
- Food Handlers Course, UDC (22nd & 23rd)
- Recovery Substance Use & Mental Health Disorders, DBH (23rd)
- Lenny Lowe, US Attorney General Office (24th)
- Dementia Programming, Giovanni Hunt/DACL (29th)