


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>10:00 Tai Chi (returns)</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym & Game Room</p>	<p>3 TRIP-Arundel Mills Mall, 10am</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>12:00 Lunch</p> <p>1:00 Active Living Everyday</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>4 8:30 Enhance Fitness</p> <p>10:00 ASSEMBLY MEETING</p> <p></p> <p>12:00 Lunch </p> <p>2:00 Tai Chi (returns)</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>5 International Volunteer Day</p> <p>9:00 Tight Body (returns)</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional"</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>1:00 Matter of Balance (NEW)</p> <p>3:00 Open Gym & Game Room</p>	<p>6 TRIP-The Phillips Museum, Dupont Circle, Donna Jonte, 10am</p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00 MEETING- ANC Ward 8 Meeting, Salim Adolfo</p> <p>3:00 Open Gym & Game Room</p>
<p>9 8:30 Enhance Fitness</p> <p>9:00 Ward 8 Mini Commission Meeting</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi (returns)</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>10:30 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym & Game Room</p>	<p>10</p> <p>9:00 Blood Pressure Readings* </p> <p>10:00 Matter of Balance </p> <p>12:00 Lunch</p> <p>1:00 Active Living Everyday </p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory * </p> <p>3:00 Open Gym & Game Room</p>	<p>11 TRIP - Mayor's 26th Annual Senior Holiday Celebration, 9:15am</p> <p>8:30 Enhance Fitness</p> <p></p> <p>9:30 Technology & The Metaverse </p> <p>12:00 Lunch</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi (returns)</p> <p>3:00 Open Gym & Game Room</p>	<p>12</p> <p>9:00 Tight Body (returns)</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional"</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Crocheting/Knitting</p> <p>1:00 Matter of Balance (NEW)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p>	<p>13</p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation (on-line) </p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Holiday Celebration, Julia's Heart</p> <p>3:00 Open Gym & Game Room</p> <p></p>
<p>16 8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi (returns)</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>10:30 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>17</p> <p>9:00 Blood Pressure Readings* </p> <p>10:00 Matter of Balance </p> <p>12:00 Lunch </p> <p>1:00 Active Living Everyday</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>1:00 Sibley Club Memory *(In-house)</p> <p>2:00 Line Dancing</p> <p>3:00 Open Gym & Game Room</p>	<p>18 TRIP-Walmart, Laurel, MD, 9am</p> <p>8:30 Enhance Fitness</p> <p>9:30 Technology & The Metaverse</p> <p>10:00 CHSWC Advisory Board</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:00 Ward 8 AARP Local #4870 Meeting, Phillip Pannell</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi (returns)</p> <p>3:00 Open Gym & Game Room</p>	<p>19</p> <p>CENTER CLOSED DISCRETIONARY DAY</p> <p></p>	<p>20</p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch </p> <p>1:00 </p> <p>3:00 Open Gym & Game Room</p> <p></p>

<p>23 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 “Ask a Lawyer”, Sczerina Perot, AARP 10:00 Tai Chi (returns) 11:00 DC Chess Federation (in-person) 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room</p> 	<p>24 9:00 Blood Pressure Readings * 10:00 Matter of Balance 12:00 Lunch 1:00 Book Club-"The Good Lord Bird by James McBride". 1:00 Active Living Everyday 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p> 	<p>25 CENTER CLOSED A VERY MERRY CHRISTMAS and Happy New Year!</p>	<p>26 9:00 Tight Body (returns) 10:00 Line Dancing 10:30 CHSWC Choir * 11:00 “Ask a Health Professional”, MedStar 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Crocheting Knitting 1:00 Matter of Balance (NEW) 3:00 Open Gym & Game Room</p> 	<p>27 9:30 Enhance Fitness 10:30 Take Action! Techniques 10:30 Food Demo with Chef Herb 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 Bingo! 3:00 Gym & Game Room</p> 
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<p>30 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 “Ask a Lawyer”, Sczerina Perot, AARP 10:00 Tai Chi (returns) 11:00 DC Chess Federation (in-person) 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room</p> 	<p>31 9:00 Blood Pressure Readings * 10:00 Matter of Balance (Last Class) 12:00 Lunch 1:00 Active Living Everyday 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p> 	<p><u>RECREATION/SOCIALIZATION—Daily 8:30am -4pm</u> <u>CLASS CHANGES</u> Tai Chi (returns Monday 10am & Wednesday 2pm) Matter of Balance (2x/week Tuesday 10am and Thursday 1pm) Tight Body (returns Thursday 9am) <u>AWARENESS THIS MONTH</u> Glaucoma Awareness Month Blood Donation Month</p> <div style="text-align: right;"> <p>This is the season This is the reason</p>  </div>		
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<p> <u>VIDEO/AUDIO CONFERENCE</u></p> <ul style="list-style-type: none"> 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 un-mute press *6 Some classes held in “Break-out Rooms”- Please click “join” to enter 	<p><u>CHSWC SOCIAL MEDIA</u></p> <p>CHECK OUT :</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div> <p>@TheCHSWC</p> <p>CHSWC@heightsseniortv on: Or type in the search/browser box: CHSWC and #CHSWC</p> <p>You Tube @heightsseniortv7481</p>	<p><u>PRESENTATIONS</u></p> <ul style="list-style-type: none"> ANC Ward 8 Meeting, Salim Adolfo (6th) <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> Holiday Celebration, Julia’s Heart (13th) Bingo (27th) Journaling (1st, 3rd & 5th Thursday) Crochet & Knitting (2nd & 4th Thursday)
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