

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:45 Enhance Fitness </p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi </p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION-DC 2050, Elina Bravve, DC Office of Planning</p> <p>3:00 Open Gym </p>	<p>3 TRIP- Tanger Outlet/National Harbor Shopping, 11am *</p> <p>9:00 Blood Pressure Readings</p> <p>10:00 Crafty Creations w/ Community Grapevines</p> <p>10:00-11:15 ZOOM Workshop- Federal tax filing, IRS</p> <p>10am-2pm TABLE-State Health Insurance Assistance Program (SHIP)</p> <p>12:00 TABLE-FSFSC, Food 2 Fuel</p> <p>12:00 Lunch </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory (hybrid)</p> <p>3:00 Open Gym </p>	<p>4 "WEAR YOUR CRAZY HAT DAY"</p> <p>8:45 Enhance Fitness</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>10:00 ASSEMBLY MEETING (hybrid)</p> <p></p> <p>12:00 Lunch </p> <p>12:30 Spiritual Studies</p> <p>2:00 Tai Chi </p> <p>3:00 Open Gym</p>	<p>5 9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>11:00 Chair Yoga </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10*</p> <p>1:00 Crocheting/Knitting* </p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>3:00 Open Gym </p>	<p>6 8:45 Enhance Fitness</p> <p>10:00 Food Demo w/Chef Herb </p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid)</p> <p>12:00 Lunch </p> <p>1:00 ZOOM Workshop - "Recovery & How to Decrease Your Risk of Falls", GWU & Safe at Home</p> <p>3:00 Open Gym </p>
<p>9 8:45 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer" Deborah Wright, AARP </p> <p>10:00 Mini Commission, Gulford BoBo</p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym </p>	<p>10 9:00 Blood Pressure Readings</p> <p>12:00 Lunch </p> <p>1:00 "Sewing Seeds" with Ace-Symmetric </p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory (hybrid) </p> <p>3:00 Open Gym </p>	<p>11 8:45 Enhance Fitness </p> <p>9:00 "Dilo en Espanol" with Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Senior Stretch Therapy Class </p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>12:30 PRESENTATION-AARP Meeting Local #4870 (hybrid)</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym </p>	<p>12 TRIP-Dutch Market , Upper Marlboro, 9am *</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>10:00 Advisory Board</p> <p>11:00 Chair Yoga </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym </p>	<p>13 8:45 Enhance Fitness</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid) </p> <p>12:00 Lunch </p> <p>1:00 * </p> <p>3:00 Open Gym</p>
<p>16 8:45 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi </p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>11:00 Ladies Tell It All </p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym </p>	<p>17 9:00 Blood Pressure Readings</p> <p>10:00 PRESENTATION- Emergency Preparedness, Homeland Security & Emergency Management Agency (HSEMA), Kristina Washington</p> <p>12:00 Lunch</p> <p>1:00 Book Club- Blanche on the Lam: Blanche White Series, Book 1, by Blanche White</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory (hybrid)</p> <p>3:00 Open Gym </p>	<p>18 8:45 Enhance Fitness </p> <p>9:00 "Dilo en Espanol" w/Senora Chelsea (hybrid)</p> <p>9:00 DC Chess Federation (hybrid)</p> <p>9:30 Technology & The Metaverse</p> <p>10:00 Advisory Board</p> <p>10:30 Senior Stretch Therapy</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch </p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-CED Meeting, Mustafa Abdul-Salaam, AARP</p> <p>2:00 Tai Chi </p> <p>3:00 Open Gym</p>	<p>19 TRIP-Natural Museum of American Indian, 10am *</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>11:00 Chair Yoga </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 Crocheting/Knitting* </p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>1:30 Plants & Blooms ReImagined, Kaifa Anderson-Hall</p> <p>3:00 Open Gym </p>	<p>20 8:45 Enhance Fitness</p> <p>10:00 Food Demo w/Chef Herb </p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (hybrid) </p> <p>12:00 Lunch</p> <p>1:00 PRESENTATION-Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities *</p> <p>3:00 Open Gym </p>

<p>23 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 PRESENTATION-Medicare Fraud Presentation, Lillian McGilvery, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00CHSWC "SPELLING BEE" * 3:00 Open Gym</p>  	<p>24 9:00 Blood Pressure Readings 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory 2:00 Line Dancing 3:00 Open Gym</p>     	<p>25 8:45 Enhance Fitness 9:00 "Dilo en Espanol" with Senora Chelsea (hybrid) 9:00 DC Chess Federation (hybrid) 9:30 Technology&The Metaverse 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 PRESENTATION- "Ask a Doctor" Medication, Metabolism & Maintaining a Healthy Lifestyle, Howard Univ. /Ward 8 Health Council/FSFS 2:00 Tai Chi 3:00 Open Gym</p> 	<p>26 9:00 Tight Body 10:00 Line Dancing 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 * 1:00 Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym</p>    	<p>27 8:45 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (hybrid) 12:00 Lunch 1:00 Crafty Creations w/ Community Grapevines 1:00 * Bingo! 3:00 Open Gym</p>    
<p>30 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Women's History Month-Viewing some Amazing Women * 3:00 Open Gym</p>   	<p>31 9:00 Blood Pressure Readings 12:00 Lunch 1:00 PRESENTATION- "Vision Health for Seniors", Jon Lombardi, Prevention of Blindness Society 2:00 Line Dancing 3:00 Sibley Club Memory (hybrid) 3:00 Open Gym</p>    	<p>AWARENESS MONTH</p> <ul style="list-style-type: none"> - Women's History Month - National Nutrition Month - National Colorectal Cancer Awareness Month - Brain Injury Awareness Month - Save Your Vision Month - International Women Day (8th) - National Developmental Disability Awareness <p>ZOOM</p> <ul style="list-style-type: none"> - Federal Tax Filing, (3rd) - "Recovery & How to Decrease Your Risk of Falls", GWU & Safe at Home (6th) - Women's History Month-Viewing Some Amazing Women (30th) 	<p>What to expect-Zoom-Federal Tax Filing (3rd)</p> <ul style="list-style-type: none"> • How to obtain IRS assistance • Options for return preparation • Online tools for taxpayers • Refundable tax credits • Refund and payment options • How to stay connected with the IRS 	<p>"SPELLING BEE" (23rd) (Member Sponsored Prize for the Winner)</p> 

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 un-mute press *6
- Some classes held in "Break-out Rooms"- Please click "join" to enter



CHSWC SOCIAL MEDIA

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

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PRESENTATIONS

- DC 2050, Elina Bravve, DC Office of Planning (2nd)
- AARP Meeting Local #4870 (11th)
- Emergency Preparedness, HSEMA (17th)
- Community Economic Development (CED) Meeting , AARP (18th)
- Medicare Fraud Presentation, AARP (23rd)
- "Ask a Doctor", Ward 8 Health Council & FSFSC (25th)
- "Vision Health for Seniors", Prevention of Blindness Society (31st) **TABLE**
- State Health Insurance Assistance Program (3rd)
- Food 2 Fuel (3rd)