


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CENTER CLOSED</p> 	<p>2 Recreation/Socialization-8:30am-4pm</p> <p>TRIP-Tanger/National Harbor Shopping, 11am</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Chair Yoga</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Teresa Smith</p>  <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>	<p>3 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:00 DC Chess Federation (in-person)</p> <p>10:00 ASSEMBLY MEETING-</p> <ul style="list-style-type: none"> "FY26 Budget/Program Discussion" MOCRS/MPD-Trump Takeover  <p>12:00 Lunch</p> <p>1:00 Fit & Strong</p> <p>3:00 Open Gym & Game Room</p>	<p>4 Recreation/Socialization-8:30am-4pm</p> <p>SIDEWALK SALE, 9am</p> <p>MOBILE MARKET, 10am</p> <p>9:00 Tight Body</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea</p>  <p>10:00 Line Dancing</p> <p>10:00 CHSWC Member Check-in, Virtual</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Chair Yoga</p>  <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>1:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>	<p>5 Recreation/Socialization-8:30am-4pm</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 - Baba Ras D, creator of Harambee, Learning thru movement & song, National Theatre</p>  <p>3:00 Open Gym & Game Room</p>
<p>8 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>11:00 Nutrition-Patricia's Peas & Q's on-line (1-on1)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 Fit & Strong (last day)</p> <p>3:00 Open Gym & Game Room</p>   	<p>9 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Chair Yoga</p> <p>10:00 SOCIAL-Crafty Creations w/Community Grapevines</p> <p>12:00 Lunch</p> <p>1:00 Bingo!</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>	<p>10 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:00 DC Chess Federation (in-person)</p> <p>9:30 Technology & The Metaverse</p>  <p>10:30 Senior Stretch Therapy Class</p>  <p>12:00 Lunch</p> <p>12:00 PRESENTATION-AARP Meeting Local #4870</p> <p>1:00 Zumba</p>  <p>3:00 Open Gym & Game Room</p>	<p>11 Recreation/Socialization-8:30am-4pm</p> <p>TRIP-Great Falls Park, 9:30am</p> <p>9:00 Tight Body</p>  <p>9:00 "Dilo en Espanol" with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Chair Yoga</p>  <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL- Crocheting/ Knitting</p>  <p>1:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>	<p>12 Recreation/Socialization-8:30am-4pm</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-Fashion Show Rehearsal</p> <p>3:00 Open Gym & Game Room</p>  
<p>15 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini Commission, Guleford BoBo</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>11:00 Nutrition-Patricia's Peas & Q's Hypertension on-line (small group)</p>  <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 Fit & Strong</p> <p>3:00 Open Gym & Game Room</p>	<p>16 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Chair Yoga</p>  <p>12:00 Lunch</p> <p>1:00 CHSWC Member Check-in, Virtual</p>  <p>2:00 Line Dancing</p>  <p>3:00 Sibley Club Memory *</p>  <p>3:00 Open Gym & Game Room</p>  	<p>17 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:00 DC Chess Federation (in-person)</p> <p>9:30 Technology & The Metaverse</p>  <p>10:00 CHSWC Advisory Board</p> <p>10:30 Senior Stretch Therapy Class</p> <p>11:30 Movie Time *</p>  <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Fit & Strong</p>  <p>1:00 Zumba</p>  <p>3:00 Open Gym & Game Room</p>  	<p>18 Recreation/Socialization-8:30am-4pm</p> <p>MOBILE MARKET, 10am</p> <p>9:00 Tight Body</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea</p>  <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Chair Yoga</p>  <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>1:00 Active Living Everyday</p> <p>1:30 SOCIAL-Plants & Blooms ReImagined, Kaifa Anderson-Hall</p> <p>3:00 Open Gym & Game Room</p>	<p>19 Recreation/Socialization-8:30am-4pm</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- Bingo!</p>  <p>1:00 SOCIAL-Fashion Show Rehearsal</p> <p>3:00 Open Gym & Game Room</p>  

<p>22 Recreation/Socialization-8:30am-4pm TRIP-Fall Prevention, Trinity Washington University, 8am 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition-Patricia's Peas & Q's on-line (1-on-1) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong 1:00 PRESENTATION-Emergency Preparedness Information Session, Kristina Washington, HSEMA 3:00 Open Gym & Game Room</p>	<p>23 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Chair Yoga (return) 12:00 Lunch  1:00 SOCIAL-Book Club 1:30 Sibley Club Memory (in-house) 2:00 Line Dancing 3:00 Open Gym & Game Room</p>	<p>24 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 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 Zumba 1:00 Fit & Strong 1:00 PRESENTATION- "Lunch with a Doctor", Ward 8 Health Council & FSFSC 3:00 Open Gym & Game Room</p>	<p>25 Recreation/Socialization-8:30am-4pm 9:00 Tight Body 9:00 "Dilo en Espanol" with Senora Chelsea 10:00 Line Dancing 10:30 CHSWC Choir * 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Crocheting/ Knitting 1:00 "Sewing Seeds" with Ace-Symmetric 3:00 Open Gym & Game Room</p>	<p>26 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 Active Living Everyday 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL-United Healthcare Social Harvest/ CHSWC End of Summer Social 3:00 Open Gym & Game Room</p>
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<p>29 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (last class) 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Deborah Wright, AARP 10:30 PRESENTATION-Emergency Preparedness Workshop for Seniors (Extreme Weather), Lavenia Attaway, doh 11:00 Nutrition-Patricia's Peas & Q's "Weight Management Tips" on-line (Small Group-10) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (last class) 3:00 Open Gym & Game Room</p>	<p>30 Recreation/Socialization-8:30am-4pm TRIP- Brain Games, Martin Luther King Library, 8am 9:00 Blood Pressure Readings * 10:00 Chair Yoga 12:00 Lunch 1:00 SOCIAL- "Ladies Tell It All" 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p>	<p>NEW CLASS/CHANGES</p> <ul style="list-style-type: none"> Fit & Strong (last day 8th) Enhance Fitness (last day 29th) "Sewing Seeds" with Ace-Symmetric (change 23rd to 25th) Active Living Everyday (change 25th to 26th) <p>SOCIAL</p> <ul style="list-style-type: none"> Community News (2nd) Baba Ras D, creator of Harambee, National Theatre (5th) Plants & Blooms ReImagined, Kaifa Anderson-Hall (18th) BINGO (9th & 19th) United Healthcare Social Harvest/ CHSWC End of Summer Social (26th) "Ladies Tell It All" (30th) Brain Games (30th) 	<p>7th Happy Grandparents Day</p> <p>AWARENESS MONTH</p> <ul style="list-style-type: none"> Fall Prevention Month National Sickle Cell Month National Preparedness Month Prostrate Cancer Month
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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

CHECK OUT :

   @TheCHSWC

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

You Tube @heightsseniortv7481

PRESENTATIONS

- MOCRS- "Trump Takeover", Assembly Meeting (3rd)
- AARP Meeting Local #4870 (10th)
- Emergency Preparedness Information Session, Kristina Washington, HSEMA (22nd)
- "Lunch with a Doctor", Ward 8 Health Council & FSFSC (24th)
- Emergency Preparedness Workshop for Seniors, Extreme Weather (29th)