

Monday	Tuesday	Wednesday	Thursday	Friday
3 Recreation/Socialization-8:30am-4pm Give Someone a Dollar Day 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 11:00 SOCIAL- COMMUNITY NEWS 11:00 Nutrition-Patricia's Peas & Q's on-line (small grp) “Reading and understanding food labels” 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION -Stress Awareness and Bladder Health , David Preston, UHC 3:00 Open Gym & Game Room	4 Recreation/Socialization-8:30am-4pm TRIP- National Harbor Shopping 11am 9:00 Blood Pressure Readings* 10:00 Matter of Balance 10:00 SOCIAL -Crafty Creations w/Community Grapevines 11:00 TABLE --Medicare Open Enrollment, Tommy Ballard, SHIP 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	5 Recreation/Socialization-8:30am-4pm National Stress Awareness Day 8:30 Enhance Fitness 9:00 “Dilo en Espanol” with Senora Chelsea* 9:00 DC Chess Federation (in-person) 10:00 ASSEMBLY MEETING  12:00 Lunch 2:00 Tai Chi 3:00 Open Gym & Game Room	6 Recreation/Socialization-8:30am-4pm MOBILE MARKET, 10am 9:00 Tight Body 10:00 Line Dancing 10:00 CHSWC Member Check-in, Virtual 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL -Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	7 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-  3:00 Open Gym & Game Room
10 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies 10:00 Mini Commission, G. BoBo 10:00 Tai Chi 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION - Dementia, Focus on Holidays, Giovanni Hunt, DACL 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION - “On the Right Track: Map Navigation Challenge”, Trinity DC Univ. 3:00 Open Gym & Game Room	11 CENTER CLOSED  VETERANS DAY HONORING ALL WHO SERVED	12 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 “Dilo en Espanol” with Senora Chelsea* 9:00 DC Chess Federation (in-person) 10:30 Senior Stretch Therapy Class 12:00 Lunch 12:00 PRESENTATION -AARP Meeting Local #4870 1:00 Zumba 2:00 Tai Chi 3:00 Open Gym & Game Room	13 Recreation/Socialization-8:30am-4pm Sadie Hawkins Day (ask someone for a date) 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 1:30 SOCIAL -Plants & Blooms ReImagined, Kaifa Anderson-Hall 3:00 Open Gym & Game Room	14 Recreation/Socialization-8:30am-4pm National Family PJ Day (wear your pajamas or loungewear) 9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL - Lisa Sherman Improv, National Theatre Foundation 3:00 Open Gym & Game Room
17 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 SOCIAL - “Ladies’ Tell It All” 11:00 Nutrition-Patricia's Peas & Q's on-line (small grp) “Tips on how not blowing your diet during the holidays” 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL -BRAH-Brothers Receiving & Achieving Healing 3:00 Open Gym & Game Room	18 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Matter of Balance 11:00 PRESENTATION - Medicare Open Enrollment, Lillian McGilvey & MPD 12:00 Lunch 1:00 SOCIAL -Book Club- “Devil in a Blue Dress” by Walter Mosley 1:00 “Sewing Seeds” with Ace-Symmetric 1:00 CHSWC Member Check-in, Virtual 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	19 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 “Dilo en Espanol” w/Senora Chelsea * 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:00 CHSWC Advisory Board 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba 1:00 PRESENTATION - “Lunch with a Doctor”, Diabetes & Hypertension, Howard Uni & FSFSC 2:00 Tai Chi 3:00 Open Gym & Game Room	20 Recreation/Socialization-8:30am-4pm MOBILE MARKET, 10am 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 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room 	21 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-  3:00 Open Gym & Game Room 

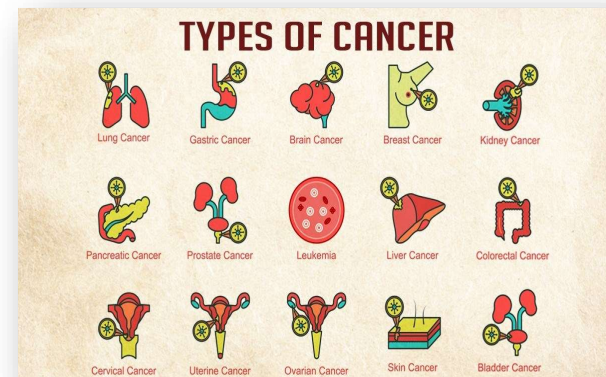
<p>24 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>11:00 Nutrition-Patricia's Peas & Q's on-line (1:1)</p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL- "Friendsgiving Fall Festival" Julia's Heart</p> <p>3:00 Open Gym & Game Room</p>	<p>25 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings * </p> <p>10:00 Matter of Balance (last day)</p> <p>12:00 Lunch </p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>1:30 Sibley Club Memory (In-house)</p> <p>2:00 Line Dancing </p> <p>3:00 Open Gym & Game Room</p>	<p>26 Recreation/Socialization-8:30am-4pm Anti-Obesity Day</p> <p>8:30 Enhance Fitness (return)</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea *</p> <p>9:00 DC Chess Federation (in-person)</p> <p>9:30 Technology & The Metaverse </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 SOCIAL-Crafty Creations w/Community Grapevines</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>27</p> <p>CENTER CLOSED</p> <p>HAPPY THANKSGIVING</p> 	<p>28 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- </p> <p>3:00 Open Gym & Game Room </p>
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SOCIAL

- Bingo (7th & 21st)
- Lisa Sherman Improv, National Theatre Foundation (14th)
- BRAH-Brothers Receiving & Achieving Healing (17th)
- "Ladies' Tell It All" (17th)
- Plants & Blooms ReImagined (20th)
- "Friendsgiving Fall Festival" Julia's Heart (24th)

AWARENESS MONTH

- **Month** - Epilepsy Awareness Month; Bladder Health Month; National Alzheimer's' Disease Awareness Month
- **Week** - National Hunger & Homeless Awareness Week (16-20th); Kindness Week (10-16th)
- **Day** - World Vegan Day (1st); National Cancer Awareness Day (7th); World Diabetes Day (14th); World COPD Day (19th)



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

- Stress & Awareness & Bladder Health (3rd)
- Medicare Open Enrollment, Tommy Ballard, SHIP (4th)
- Dementia, Giovanni Hunt, DACL (10th)
- On The Right Track, Trinity College (10th)
- AARP Meeting Local #4870 (12th)
- Medicare Open Enrollment, AARP & MPD (18th)
- "Lunch with a Doctor", Diabetes & Hypertension (19th)

NEW CLASS/CHANGES

- Crafty Creations, (4th & 26th)
- Choir-Cancelled until further notice