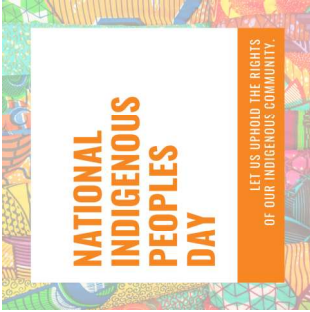


Monday		Tuesday	Wednesday	Thursday	Friday
<u>NEW CLASSES/CHANGES</u> - Chair Yoga (weekly Thursday only) - Nutrition-Atoms Apple with Dr. Amy (return 2nd) - Tai Chi (returns 6th) - Matter of Balance (return 7th) - Enhance Fitness (return 15th) “Dilo en Espanol” with Senora Chelsea (Change to Wednesday 9am) <u>AWARENESS MONTH</u> - National Breast Cancer Awareness Month - National Bullying Prevention Month - National Dental Hygiene Month - National Depression & Mental Health Screening Month - Vegetarian Awareness Month - Substance Abuse Prevention Month					
6 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Tai Chi (return) 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION – Active Shooter Training, Lenny Lowe, DOJ 11:00 Nutrition-Patricia’s Peas & Q’s on-line (1-on-1) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION -Substance Abuse & Medication Bingo, Belita Lynum, DCNG 3:00 Open Gym & Game Room		7 Recreation/Socialization-8:30am-4pm TRIP – Arundel Mall, 10am 9:00 Blood Pressure Readings* 10:00 Matter of Balance (return) 11:00 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	1 Recreation/Socialization-8:30am-4pm 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 (return) 3:00 Open Gym & Game Room	2 Recreation/Socialization-8:30am-4pm SIDEWALK SALE, 9am MOBILE MARKET, 10am 9:00 Tight Body 10:00 Line Dancing 10:00 CHSWC Member Check-in, Virtual 10:30 CHSWC Choir * 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase 10 1:00 SOCIAL -Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy (return) 3:00 Open Gym & Game Room	3 Recreation/Socialization-8:30am-4pm 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL -Fashion Show “Kickn’ It Up the Runway 2025” (Intergenerational) 3:00 Open Gym & Game Room
6 Recreation/Socialization-8:30am-4pm 9:30 Spiritual Studies 10:00 Tai Chi (return) 10:00 “Ask a Lawyer”, Deborah Wright, AARP 11:00 PRESENTATION – Active Shooter Training, Lenny Lowe, DOJ 11:00 Nutrition-Patricia’s Peas & Q’s on-line (1-on-1) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 PRESENTATION -Substance Abuse & Medication Bingo, Belita Lynum, DCNG 3:00 Open Gym & Game Room		7 Recreation/Socialization-8:30am-4pm TRIP – Arundel Mall, 10am 9:00 Blood Pressure Readings* 10:00 Matter of Balance (return) 11:00 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	8 Recreation/Socialization-8:30am-4pm 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 (return) 3:00 Open Gym & Game Room	9 Recreation/Socialization-8:30am-4pm 9:00 Tight Body 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 Nutrition-Atoms Apple with Dr. Amy (return) 3:00 Open Gym & Game Room	10 Recreation/Socialization-8:30am-4pm 10:00 PRESENTATION – “Upcoming Healthcare Changes”; DC Healthcare Finance, Tax & Revenue, Legal Counsel for the Elderly & Senior Assisted & Independent Living 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL - Bingo! 3:00 Open Gym & Game Room
13 CENTER CLOSED 		14 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Matter of Balance (return) 10:00 SOCIAL -Crafty Creations w/Community Grapevines 12:00 Lunch 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	15 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 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 2:00 Tai Chi (returns) 3:00 Open Gym & Game Room	16 Recreation/Socialization-8:30am-4pm MOBILE MARKET, 10am 9:00 Tight Body 10:00 Line Dancing 10:30 CHSWC Choir * 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL -Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy (return) 1:30 SOCIAL – Plant arranging, Kaifa Anderson-Hall, Plants & Blooms ReImagined 3:00 Open Gym & Game Room	17 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (return) 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL - Bingo! 3:00 Open Gym & Game Room

20 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:30 Spiritual Studies 10:00 Tai Chi (returns) 10:00 "Ask a Lawyer", Deborah Wright, AARP 11:00 Nutrition-Patricia's Peas & Q's "Vegetarian Awareness" on-line (Small Group) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Introduction, From the Scroll Senior Games, Deborah Chandler 3:00 Open Gym & Game Room	21 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Matter of Balance (return) 12:00 Lunch 1:00 SOCIAL-Book Club 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room	22 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:00 "Dilo en Espanol" with Senora Chelsea * 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 PRESENTATION-Domestic Violence, Cynthia Miller, Tamar 2:00 Tai Chi (returns) 3:00 Open Gym & Game Room	23 Recreation/Socialization-8:30am-4pm TRIP- Dutch Village, Farmer's Market, 9am 9:00 Tight Body 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 Nutrition-Atoms Apple with Dr. Amy (return) 3:00 Open Gym & Game Room	24 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (return) 10:00 Food Demo with Chef Herb 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL-Michael Chamberlin, Magician, National Theatre 3:00 Open Gym & Game Room
27 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:30 Spiritual Studies 10:00 Tai Chi (returns) 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 SOCIAL-Ladies Tell It All" 3:00 Open Gym & Game Room	28 Recreation/Socialization-8:30am-4pm TRIP-Smithsonian, Air & Space Museum, 10:30am 9:00 Blood Pressure Readings * 10:00 Matter of Balance (return) 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory (in-house) 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym & Game Room	29 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness (return) 9:00 "Dilo en Espanol" with Senora Chelsea * 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 PRESENTATION- "Lunch with a Doctor", Ward 8 Health Council & FSFSC 2:00 Tai Chi (returns) 3:00 Open Gym & Game Room	30 Recreation/Socialization-8:30am-4pm 9:00 Tight Body 10:00 Line Dancing 10:30 CHSWC Choir * 11:00 Chair Yoga 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy (return) 3:00 Open Gym & Game Room	31 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness (return) 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 SOCIAL- Crafty Creations with Community Grapes 3:00 Open Gym & Game Room

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

CHSWC SOCIAL MEDIA

CHECK OUT :



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



PRESENTATIONS

- Active Shooter Training, DOJ (6th)
- Substance Abuse & Medication Bingo, DCNG (6th)
- "Upcoming Healthcare Changes", Diverse groups (10th)
- Domestic Violence, Tamar (22nd)
- AARP Meeting Local #4870 (15th)
- Lunch with a Doctor, Ward 8 Health Council & FSFSC (29th)
- SOCIAL**
- Fashion Show "Kickn' It Up the Runway 2025" (3rd)
- Bingo (10th & 17th)
- Plant arranging, Plants & Blooms ReImagined (16th)
- Introduction, From the Scroll Senior Games (20th)
- Michael Chamberlin, Magician, National Theatre (24th)

