
















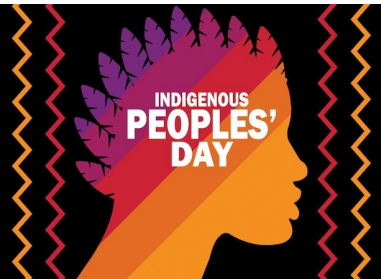












Monday	Tuesday	Wednesday	Thursday	Friday
<u>RECREATION/SOCIALIZATION</u> <u>Daily 8:30am -4pm</u> <u>CLASS CHANGES</u> - Matter of Balance - Tuesday-1st, 10am -12pm (return) - Fit & Strong - Thursday-3rd & Monday 7th, 1pm (return) - Active Living Everyday (ALED), Tuesday starting 8th, 1pm (return) - "Ask a Lawyer", Sczerina Perot, AARP, Monday, 10am (return) - DC Chess Federation - Monday, 11am (in-person) & Friday 11am (on-line)	1 TRIP -Arundel Mills Mall Shopping, 10am 10:00 Matter of Balance (return)  11:00 Blood Pressure Readings* 12:00 Lunch 1:00 Chair Yoga (last day) 2:00 Line Dancing  3:00 Sibley Club Memory * 3:00 Gym & Game Room	2 10:30 ASSEMBLY MEETING  12:00 Lunch  1:00 Zumba  3:00 Open Gym & Game Room 	3 SIDEWALK SALE - 9am 9:00 Tight Body  10:00 Line Dancing 10:30 CHSWC Choir * 11:00 "Ask a Health Professional", MedStar 11:00 Arts & Crafts  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL -Notes from the Universe-Journaling Experience 1:00 Fit & Strong (return) 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	4 10:00 PRESENTATION -The ARC, Donna Jonte @ CHSWC 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 DACL PRESENTS Don't Be a Bullie, Be a Bestie, Sharon Wise 3:00 Open Gym & Game Room 
7 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Sczerina Perot, AARP 10:30 Nutrition-Atoms Apple with Dr. Amy 11:00 DC Chess Federation (in-person) 12:00 Lunch  12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (return) 3:00 Open Gym & Game Room	8 10:00 Matter of Balance (return) 10:00 DACL PRESENTS Fall Wellness & Prevention Clinic, Sharon Wise 11:00 Blood Pressure Readings* 12:00 Lunch 1:00 Active Living Everyday (return) 2:00 Line Dancing  3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	9 TRIP -AMF Marlow Heights Lanes, 9am-12:30pm 9:30 Technology & The Metaverse  11:00 PRESENTATION -Medicare Open Enrollment, Lillian McGilvery 12:00 Lunch 12:00 PRESENTATION -AARP Meeting Local #4870, Phillip Pannell 1:00 Zumba  3:00 Open Gym & Game Room 	10 WHAT'S YOUR NAME DAY 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 10:30 CHSWC Choir * 11:00 "Ask a Health Professional", MedStar 12:30 Pokeno / Phase10 12:00 Lunch 1:00 SOCIAL -Crocheting/Knitting  1:00 Fit & Strong (return) 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	11 9:30 PRESENTATION -Fall & Winter Respiratory Illnesses, Covid-19, Flu & RSV, Amy Kea, DC Health 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 Bingo!  3:00 Open Gym & Game Room
14 CENTER CLOSED 	15 TRIP -National Art Gallery, 10am 10:00 Matter of Balance (return) 11:00 Blood Pressure Readings* 12:00 Lunch 1:00 SOCIAL -Book Club-"Some Love, Some Pain, Sometime" 1:00 Active Living Everyday (return) 1:00 "Sewing Seeds" with Ace-Symmetric 2:00 Line Dancing 2:00 PRESENTATION -Wills & Power of Attorney & Taxpayer Advocate, Trisha Kondabala, LCE AARP 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room	16 9:30 Technology & The Metaverse  10:00 CHSWC Advisory Board 10:30 PRESENTATION -Burn Blaz, Angela White, MedStar 11:30 Movie Time *  12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba  3:00 Open Gym & Game Room 	17 9:00 Intro to Spanish with Senora Chelsea  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 -Notes from the Universe "A Journaling Experience" 1:00 Fit & Strong (return)  1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	18 9:30 HOLD - Cancer, Dr. Tee, HU 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>21 Walk About -UDC Workforce Dev. & Lifelong Learning (3100 MLK Jr. Ave) 10am</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP, Monday, 10am (return)</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>1:00 PRESENTATION-Fire Safety, Pat Evertte, DC Fire Dept.</p> <p>1:00 Fit & Strong (return)</p> <p>3:00 Open Gym & Game Room</p>	<p>22</p> <p>10:00 Matter of Balance (return)</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch</p> <p>1:00 Active Living Everyday (return)</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>23</p> <p>9:30 Technology & The Metaverse </p> <p>11:00 "Ask a Health Professional", Massage Therapy, MedStar</p> <p>11:30 Movie Time * </p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-Medicaid Info, David Kennedy, Healthcare Ombudsman</p> <p>2:00 PRESENTATION-Clear Captions, Rupali Dewan</p> <p>3:00 Open Gym & Game Room</p>	<p>24 TRIP-Amish Market, 9am</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing </p> <p>10:30 CHSWC Choir *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-Crocheting/ Knitting</p> <p>1:00 Fit & Strong (return)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room </p>	<p>25</p> <p>10:30 Take Action! Techniques </p> <p>10:30 Food Demo with Chef Herb </p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00 </p> <p>3:00 Gym & Game Room </p>
<p>28</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP, Monday, 10am (return)</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>1:00 Fit & Strong (return)</p> <p>3:00 Open Gym & Game Room</p>	<p>29</p> <p>10:00 Matter of Balance (return)</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch </p> <p>1:00 Active Living Everyday (return)</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room </p>	<p>30</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 PRESENTATION-Seniors Voter Registration, Janice Ferebee, DC DEMS</p> <p>11:30 Movie Time * </p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies </p> <p>3:00 Open Gym & Game Room</p>	<p>31</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional", MedStar</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-Crocheting/ Knitting</p> <p>1:00 Fit & Strong (return)</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>3:00 Open Gym & Game Room</p>	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> • Journaling (1st, 3rd & 5th Thursday) • Crochet & Knitting (2nd & 4th Thursday) • Bingo (25th) <p><u>AWARENESS THIS MONTH</u></p> <ul style="list-style-type: none"> • National Massage Therapy Week (20-26th) • Breast Cancer Day (13th) • National Domestic Violence Month • Fire Prevention Month

 **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

 @heightsseniortv7481

PRESENTATIONS

- The ARC, Donna Jonte @ CHSWC (4th)
- Don't Be a Bullie, Be a Bestie, Sharon Wise (4th)
- Fall Wellness & Prevention Clinic, Sharon Wise (8th)
- Medicare Open Enrollment, Lillian McGilvery (9th)
- AARP Meeting Local #4870, Phillip Pannell (9th)
- Fall & Winter Respiratory Illnesses, Covid-19, Flu & RSV, Amy Kea, DC Health (11th)
- Wills & Power of Attorney, Trisha, LCE AARP (15th)
- Burn Blaz, Angela White, MedStar (16th)
- Fire Safety, Pat Evertte, DC Fire Dept (21st)
- Medicaid Info, David Kennedy, Healthcare Ombudsman (23rd)
- Clear Captions, Rupali Dewan (23rd)
- Seniors Voter Registration (30th)