

















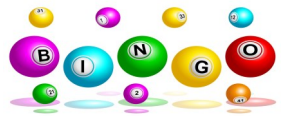


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:00 PRESENTATION- Department of Aging and Community Living (DACL) Budget Oversight Hearing (In Center & On-line) 9:30 Tai Chi 9:30 Spiritual Studies 10:00 Enhance Wholeness Lifestyle 10:30 Ole Skool Dancing 12:30 Pokeno 3:00 Aqua Aerobics/AFAP Ferebee Hope Pool (NEW)</p> 	<p>4 TRIP-Arundel Mills Mall 10am 10:00 PRESENTATION- Tips to Protect Your Home, Maurice Marshall 11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>   	<p>5 10:30 ASSEMBLY MEETING (incl. tour of new building) 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi</p>   	<p>6 9:00 Tight Body 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno 1:00 SOCIAL- Congress Heights Family Success Center Karaoke</p> 	<p>7 Good Friday 9:30 Take Action! Techniques 11:00 DC State Chess Fed. 12:30 NEW MEMBERS' MOMENTS WELCOME</p>   
<p>10 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 12:30 Pokeno 3:00 Aqua Aerobics/AFAP Ferebee Hope Pool (NEW)</p>   	<p>11 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm 10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>   	<p>12 9:30 CHSWC Social Media 10:30 Pilates 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi</p>  	<p>13 TRIP-Amish Market, Upper Marlboro, MD -10am 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 12:30 Pokeno 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins, CHSWC Member 2:00 NUTRITION - Atoms Apple with Dr. Amy</p>   	<p>14 CENTER CLOSED TODAY IS EMANCIPATION DAY CELEBRATE Freedom, Strength + Resilience</p>  
<p>17 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 10:30 Clouds & Apps 11:30 Just Rock - Piano 12:30 Pokeno 1:00 COMMUNITY NEWS 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (NEW)</p>   	<p>18 9:00 PRESENTATION- Smoking Cessation, Michael Dickerson, Howard University 10:00 NUTRITION -Atoms Apple with Dr. Amy 11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory</p>   	<p>19 9:30 DACL PRESENTS-DHCF Medicaid Benefit Information, Sharon Wise 10:00 CHSWC Advisory Board Members Meeting 10:30 Pilates 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi</p>  	<p>20 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno 1:00 PRESENTATION- Improv Comedy with Topher Bellavia 2:00 NUTRITION Atoms Apple with Dr. Amy (virtual)</p>  	<p>21 9:30 Take Action! Techniques 10:30 PRESENTATION- Burn and Trauma Education Angela White, MedStar Washington Hospital Center 11:00 DC State Chess Fed. 1:00 ACTIVITY- National Garden Month-setting-up CHSWC's garden-volunteers needed</p>  

<p>24 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 12:30 Pokeno 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool (NEW)</p>     	<p>25 TRIP-Tuesday Tea Talk @ "The Barn", UPO (quality time with the horses) 9am 10:00 SOCIAL – Ladies, Let's Tell It All! 11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 1:30 Sibley Club Memory (In-Center/Virtual) 2:00 Line Dancing</p>  	<p>26 Administrative Professional Day 9:30 Virtual Technology 10:30 Pilates 11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 2:00 Tai Chi</p>   	<p>27 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 12:30 Pokeno 1:00 PRESENTATION- Preparing Wills & Power of Attorney Pro Bono, Drexille Alle, Legal Counsel for the Elderly 2:00 PRESENTATION- NARCAN, Michael Pryor, Dept of Behavioral Health</p>      	<p>28 9:30 Take Action! Techniques 10:30 Food Demo with Chef Herb 11:00 DC State Chess Federation 1:00</p>   
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NEW CLASS

- Aqua Aerobics/AFAP, Ferebee Hope Pool, 3999-8th St. SE (Monday 3rd –6-weeks)
- BINGO is Back (28th)

SOCIAL

- Karaoke Time, Congress Heights Family Success Center (6th)
- Ladies Tell It All (25th)
- Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins (13th)

DATES TO REMEMBER



- Palm Sunday (2nd)
- Resurrection Day (9th)
- Earth Day (22nd)
- National Garden Month
- National Occupational Therapy Month



Did you know your body is 60% Water?





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 *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

PRESENTATIONS

- Tips to Protect Your Home, Maurice Marshall (4th)
- Smoking Cessation, Michael Dickerson, Howard University (18th)
- DHCF Medicaid Benefit Information, Sharon Wise (19th)
- Improv Comedy with Topher Bellavia (20th)
- Burn and Trauma Education Angela White, Med-Star (21st)
- Preparing Wills & Power of Attorney Pro Bono, Drexille Alle, Legal Counsel for the Elderly (27th)
- NARCAN, Michael Pryor, Dept of Behavioral Health (27th)

