



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 APRIL FOOLS' DAY 8:30 Enhance Fitness, Title IID * 9:30 Spiritual Studies  9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice * 10:00 Tai Chi Title IID  12:30 Pokeno * 1:00 Matter of Balance, Title IID  3:00 Open Gym & Game Room</p>	<p>2 TRIP-Anne Arundel Mills, 10:00am 10:00 Nutrition-Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings*  1:00 Chair Yoga 2:00 Line Dancing 2:30 Aqua Aerobics/AFAP, Ferebee Hope Pool * 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p>	<p>3 8:30 Enhance Fitness Title IID* 10:30 ASSEMBLY MEETING  12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi, Title IID  3:00 Open Gym & Game Room</p>	<p>4 9:00 Tight Body  10:00 Line Dancing 10:30 CHSWC Choir * 11:00 Arts & Crafts * 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy 2:30 Aqua Aerobics/AFAP, Ferebee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>5 TRIP- The Phillips Museum, Dupont Circle, Donna Jonte, 10:30am (Bring your Lunch) 9:30 Enhance Fitness Title IID  10:30 Take Action! Techniques 11:00 DC Chess Federation 11:30 New Member's Moments*  3:00 Open Gym & Game Room</p>
<p>8 8:30 Enhance Fitness, Title IID *  9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice * 10:00 Tai Chi Title IID 10:30 DACL PRESENTS-Voters Registration/Equipment Demo 12:30 Pokeno * 1:00 Matter of Balance, Title IID  3:00 Open Gym & Game Room</p>	<p>9 10:00 Nutrition-Atoms Apple with Dr. Amy 11:00 PRESENTATION-"Ask the Doctor"-Stress Management, Dr. Jain, MedStar 11:00 Blood Pressure Readings*  1:00 Chair Yoga  2:00 Line Dancing 2:30 Aqua Aerobics/AFAP, Ferebee Hope Pool * 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p>	<p>10 8:30 Enhance Fitness Title IID 9:30 Technology & The Metaverse  10:30 Pilates 11:30 Movie Time * 12:00 PRESENTATION-Ward 8 Council Candidate Forum 2:00 Tai Chi, Title IID 3:00 Open Gym & Game Room </p>	<p>11 TRIP-African American Museum, 10:30am 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 10:30 CHSWC Choir * 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe-Journaling Experience 2:30 Aqua Aerobics/AFAP, Ferebee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>12 9:30 Enhance Fitness Title IID 10:00 Food Demo with Dr. Amy  10:30 Take Action! Techniques  1:00 SOCIAL - 1st Rehearsal  3:00 Open Gym & Game Room</p>
<p>15 8:30 Enhance Fitness, Title IID * 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice * 10:00 Tai Chi Title IID 11:00 Clouds & Apps *  12:30 Pokeno * 1:00 DC Chess Federation  1:00 Matter of Balance, Title IID 3:00 Open Gym & Game Room</p>	<p>16 CENTER CLOSED  #EMANCIPATION</p>	<p>17 TRIP-VFW Suitland, Line/Hand Dancing, (\$10) 11:30am 8:30 Enhance Fitness Title IID 10:30 Pilates 10:00 Advisory Board Meeting 11:00 PRESENTATION-LCE Life Planning & Schedule H Outreaches in 2024, AARP 11:30 Movie Time * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi IID 3:00 Open Gym & Game Room</p>	<p>18 9:00 Tight Body * 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 10:30 CHSWC Choir * 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 2:00 Nutrition-Atoms Apple with Dr. Amy 2:30 Aqua Aerobics/AFAP, Ferebee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>19 9:30 Enhance Fitness Title IID  10:30 Take Action! Techniques  1:00 PRESENTATION-Cameo Club, Tina Wiggins 3:00 Open Gym & Game Room </p>

<p>22 EARTH DAY 8:30 Enhance Fitness, Title IIID 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice * 10:00 Tai Chi Title IIID 11:00 SOCIAL - VOLUNTEER DAY  12:30 Pokeno 1:00 Matter of Balance, Title IIID 3:00 Open Gym & Game Room </p>	<p>23 10:00 Nutrition-Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings * 1:00 Chair Yoga 1:00 "Sewing Seeds" with Ace-Symmetric 1:30 Sibley Club Memory (In-House) * 2:00 Line Dancing  2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>24 8:30 Enhance Fitness, Title IIID 9:30 Technology & The Metaverse  10:30 Pilates  11:30 Movie Time * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi Title IIID  3:00 Open Gym & Game Room</p>	<p>25 9:00 Tight Body  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing  10:30 CHSWC Choir * 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 2:00 Nutrition-Atoms Apple with Dr. Amy 2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>26 CHSWC 9AM-12PM  9:30 Enhance Fitness, Title IIID  10:30 Take Action! Techniques 10:30 Food Demo with Chef Herb  1:00  3:00 Gym & Game Room</p>	
<p>29 8:30 Enhance Fitness, Title IIID 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice * 10:00 Tai Chi Title IIID (Ends) 11:00 SOCIAL-Intergenerational, Let's Play African Drums, Kuumba Learning Center 12:30 Pokeno 1:00 Matter of Balance, Title IIID 3:00 Open Gym & Game Room</p>	<p>30 10:00 NUTRITION-Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings * 1:00 "Sewing Seeds" with Ace-Symmetric 2:00 Line Dancing 3:00 Sibley Club Memory 2:30 Aqua Aerobics/AFAP, Fere-bee Hope Pool * 3:00 Open Gym & Game Room</p>	<p>Volunteer Week - 21-27th  National Alcohol Awareness Month Stress Awareness Month National Humor Month National Minority Cancer Awareness Month World Autism Awareness Day (2nd) World Health Day (7th)</p>			<p>Symptoms and Effects of Alcoholism  Brain • Memory loss • Mood swing • Dementia Heart • Irregular heart rate • strokes • High blood pressure Esophageal • Bleeding esophageal varices Lungs • Breathing difficulties • Lower level of nitric oxide Muscular • Weakness • Muscle wasting Pancreas • Pancreatitis Liver • Swollen • Cirrhosis • Hepatitis Stomach • Stomach ulcers • Chronic gastritis • Vomiting</p>

 **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

- Phillips Collection Museum, Dupont Circle WDC, Donna Jonte (5th)
- Voters Registration/Equipment Demo (8th)
- Ask the Doctor, Stress Management, MedStar (9th)
- Ward 8 Council Candidate Forum (10th)
- LCE Life Planning & Schedule H Outreaches in 2024, AARP (17th)
- Cameo Club, Tina Wiggins (19th)

