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<p style="text-align: center;"><i>Merry Christmas and Happy New Year</i></p> 			<p>1 United Healthcare Resource Table 9am-1pm</p> <p>10:00 Line Dancing</p> <p>12:30 </p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day</p> <p>2:00 PRESENTATION-OCTO Focus Group/DACL Mobile App</p> 	<p>2 United Healthcare Resource Table 9am-1pm</p> <p>9:30 Enhance Fitness</p> <p>10:30 PRESENTATION-Social Media Posting</p>  <p>11:00 DC State Chess Fed.</p> <p>1:00 PRESENTATION - DC Public Library-Adult Learning, Ben Merrion</p>
<p>5 8:30 Enhance Fitness</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Ole Skool Dancing </p> <p>11:30 Just Rock - Piano </p> <p>12:30 Pokeno</p>	<p>6 24th Annual Mayor Bowse Senior Holiday Celebration - 9am</p> <p>9:00 Active Living EveryDay</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>7 8:30 Enhance Fitness</p> <p>9:30 PRESENTATION-Social Media Posting</p> <p>10:30 ASSEMBLY MEETING </p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi </p>	<p>8 9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day </p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>9 9:30 Enhance Fitness </p> <p>12:30 NEW MEMBERS' MOMENTS </p> <p>1:30 PRESENTATION-Importance of Protecting your Assets, I. Abdullah, District of Columbia Department of Insurance, Securities, and Banking</p>
<p>12 8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano </p> <p>12:30 Pokeno</p> <p>1:00 PRESENTATION-Depression, Brenda Woodland</p> <p>2:00 </p>	<p>13 9:00 Active Living Every Day</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 Chair Yoga</p> <p>1:00 PRESENTATION-Ice Cream Social, Councilmember Anita Bonds</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>14 8:30 Enhance Fitness</p> <p>9:30 CHSWC Social Media </p> <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi </p>	<p>15 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm</p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno</p> <p>12:30 </p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>16 9:30 Enhance Fitness</p> <p>11:00 DC State Chess Fed. </p> <p>1:00 SOCIAL-Karaoke - Time (bring your voice with you), Congress Heights Family Success Center</p> 



<p>19 8:30 Enhance Fitness</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing </p> <p>12:00 Clouds & Apps </p> <p>12:30 Pokeno </p>	<p>20 Game Room Holiday Celebration 1pm</p> <p>9:00 Active Living Every Day</p> <p>10:00 Nutrition - Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>21 8:30 Enhance Fitness</p> <p>10:30 Pilates </p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba Dance </p> <p>2:00 Tai Chi</p>	<p>22 9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno </p> <p>1:00 Active Living Every Day </p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy </p>	<p>23 8:30 Enhance Fitness</p> <p></p> <p>11:00 DC State Chess Fed.</p> <p><i>have yourself a merry Christmas</i></p> <p><small>DELLA DESIGN</small></p>
<p>26 CENTER CLOSED</p> <p>IT'S Christmas in the HEART THAT PUTS CHRISTMAS IN THE air</p>	<p>27 9:00 Active Living Every Day</p> <p>10:00 Nutrition Atoms Apple with Dr. Amy </p> <p>11:00 DC State Chess Fed.</p> <p>12:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>28 8:30 Enhance Fitness </p> <p>9:30 Virtual Technology </p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba Dance </p> <p>2:00 Tai Chi</p>	<p>29 9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day </p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy </p>	<p>30 DMV Seniors' Pre New Year's Eve Luncheon 10:30</p> <p></p> <p>8:30 Enhance Fitness</p> <p>11:00 DC State Chess Fed.</p>

VIDEO/AUDIO CONFERENCE

 zoom

- 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
Tik Tok

  YouTube

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

PRESENTATIONS

- OCTO Focus Group/DACL Mobile App (1st)
- Social Media Posting, Matthew Maybin (2nd)
- DC Public Library, Ben Merrion (2nd)
- Social Media Posting, Matthew Maybin (7th)
- Importance of Protecting your Assets, I. Abdullah, District of Columbia Department of Insurance, Securities, and Banking (9th)
- Depression, Brenda Woodland (12th)
- Ice Cream Social, Councilmember Anita Bonds (13th)
- Social-Karaoke Time, FSFSC/Congress Heights Family Success Center, Kim Bookard (16th)

