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 <p><b><u>CLASS CHANGES</u></b>                  Chair Yoga - Time change to 1pm</p>	<p>World AIDS Day (1st)</p> <p>National Influenza Immunization Week (4-8th)</p> <p>Universal Human Rights Month</p>    <p><b><u>NEW CLASSES/CHANGES</u></b>                  Bingocize - Title IID Class -Twice weekly (Mon &amp; Wed, 2pm, Starting, 18th)</p>			<p><b>1TRIP</b>-The ARC, Donna Jonte, 10am</p> <p>9:30 Enhance Fitness</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 <b>PRESENTATION</b>-Fall Prevention Follow-up, Richard Osborne, Trinity College</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member's Moments*</p> <p>1:00 <b>KARAOKE</b> </p> <p>2:00 <b>PRESENTATION</b>-Fire Safety, Pat Everett</p> <p>3:00 Open Gym &amp; Game Room</p>
<p>4</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice *</p> <p>10:00 Tai Chi-Title IID </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>11:00 <b>WORKSHOP</b>- Let's Play African Drums, Kuumba Learning Center</p> <p>12:30 Pokeno *</p> <p>1:00 DC Chess Federation</p> <p>2:00 <b>PRESENTATION</b>-DC Relay, Jenny Pearson</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>5 <b>TRIP</b>-Arundel Mills Mall, 10am</p> <p>9:00 Take Action! Techniques</p> <p>10:00 <b>NUTRITION</b> Atoms Apple with Dr. Amy</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>11:00 Blood Pressure Readings* </p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p> <p>3:00 Open Gym &amp; Game Room</p>	<p>6 <b>TABLE</b>-Medicare Open Enrollment</p> <p>8:30 Enhance Fitness</p> <p>10:30 <b>ASSEMBLY MEETING</b></p>  <p>1:00 Zumba </p> <p>2:00 Tai Chi-Title IID</p> <p>3:00 Open Gym &amp; Game Room </p>	<p>7 <b>TRIP</b>-Cracker Barrel/Walmart, Waldorf, MD, 9am</p> <p><b>TABLE</b>-Medicare Open Enrollment</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea * </p> <p>10:00 Line Dancing</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 <b>CHSWC</b> Choir *</p> <p>11:00 <b>Arts &amp; Crafts</b></p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>8</p> <p>9:30 Enhance Fitness</p> <p>10:00 <b>DHH PRESENTS</b> *</p> <p>1:00 <b>CHSWC HOLIDAY CELEBRATION</b></p>  <p>3:00 Open Gym &amp; Game Room</p>
<p>11</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice *</p> <p>10:00 Tai Chi-Title IID </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>12:30 Pokeno *</p> <p>1:00 <b>COMMUNITY NEWS</b> </p> <p>3:00 Open Gym &amp; Game Room</p>	<p>12</p> <p>9:00 Take Action! Techniques</p> <p>10:00 <b>NUTRITION</b> Atoms Apple with Dr. Amy</p> <p>10:00 Advisory Board</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>11:00 Blood Pressure Reading*</p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p> <p>3:00 Open Gym &amp; Game Room</p>	<p>13 <b>TRIP</b>-Mayor's Holiday Celebration, DC Armory, 9am</p> <p>8:30 Enhance Fitness</p> <p>9:30 <b>CHSWC</b> Social Media </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 Pilates </p> <p>11:30 Movie Time (in Cinema Room) *</p> <p>12:30 Spiritual Studies </p> <p>1:00 Zumba</p> <p>2:00 Tai Chi-Title IID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>14</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea * </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:00 Line Dancing </p> <p>10:30 <b>CHSWC</b> Choir *</p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>15</p> <p>9:30 Enhance Fitness </p> <p>10:00 <b>DHH PRESENTS</b></p>  <p>1:00</p> <p>3:00 Open Gym &amp; Game Room</p>

<p><b>18 Mayor's Intergenerational Holiday Celebration, CHSWC, 11am</b></p> <p>8:30 Enhance Fitness </p> <p>9:30 Spiritual Studies</p> <p>9:30 <b>"Ask a Lawyer"</b>, Legal Counsel for the Elderly 1on1 Advice *</p> <p>10:00 Tai Chi-Title IID</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>12:30 Pokeno *</p> <p>2:00 BINGOCIZE (NEW)</p>  <p>3:00 Open Gym &amp; Game Room</p>	<p><b>19 TRIP</b>-American Legion, Party, 11am</p> <p><b>CHESST</b> Tournament, Ballou HS, 12:30-2pm</p> <p>9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>11:00 Blood Pressure Readings *</p> <p>1:00 Chair Yoga</p> <p>1:00 <b>SOCIAL</b>- Book Club "On Juneteenth" by Annette Gordon-Reed</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>20</p> <p>8:30 Enhance Fitness</p> <p>9:30 Virtual Technology </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 Pilates </p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi-Title IID</p> <p>2:00 BINGOCIZE (NEW)</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>21</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea *</p> <p>10:00 Line Dancing</p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 CHSWC Choir </p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>3:00 Gym &amp; Game Room </p>	<p>22</p> <p>9:30 Enhance Fitness </p> <p>10:00 <b>DHH PRESENTS</b></p> <p>10:30 Food Demo with Chef Herb </p> <p>3:00 Gym &amp; Game Room </p>
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**CENTER CLOSED CHRISTMAS HOLIDAY**

This is the season  This is the reason

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9:00 Take Action! Techniques

10:00 **DHH PRESENTS**

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

3:00 Open Gym & Game Room

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8:30 Enhance Fitness

10:00 **DHH PRESENTS**

10:30 Pilates 

11:30 Movie Time \*

12:30 Spiritual Studies


1:00 Zumba

2:00 Tai Chi-Title IID (Last Class)

2:00 BINGOCIZE (NEW)

3:00 Open Gym & Game Room

28

9:00 Tight Body 

9:00 Intro to Spanish with Senora Chelsea \*

10:00 Line Dancing

10:00 **DHH PRESENTS**

10:30 CHSWC Choir

12:30 Pokeno \*

1:00 **SOCIAL**-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins

3:00 Gym & Game Room



**29 TRIP-DMV SENIOR NEW YEAR'S EVE LUNCHEON CRUISE ON THE NATIONAL ELITE YACHT**



9:30 Enhance Fitness

10:00 **DHH PRESENTS**

3:00 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 \*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**

- Deaf & Hard of Hearing Program, DHH (Monday-Friday, 10am)
- Fall Prevention Follow-up, Richard Osborne, Trinity College (1st)
- Fire Safety, Pat Evertt, FEMA (1st)
- DC Relay, Jenny Pearson (4th)
- African Drums, Kuumba (4th)