Congress Heights Senior Wellness Center 8:30am-4pm November 2022 final "Subject to Change" 3500 Martin Luther King Jr. Avenue S.E., Washington, DC 20032, 202-563-7225

Monday	Tuesday	Wednesday	Thursday	Friday
Hey, Daylight Saving Time Ends today!	1 World Vegan Day All Saints Day	2 Stress Awareness Day 8:30 Enhance Fitness	3 United Healthcare Re- source Table 9am-1pm	4 United Healthcare Re- source Table 9am-1pm
	Trip -Tanger Outlets/National Harbor-Choose Your Activity 11am	10:30 CHSWC Assembly Meeting	DACL/Washington Hospital Center Flu Clinic & Covid-	9:30 Enhance Fitness 11:00 DC State Chess Fed.
Hey, Daying it saving Time Ends today:	9:00 Active Living Every Day	incerning	19 Booster 10am-12pm 9:00 Tight Body	12:30 NEW MEMBERS'
	11:00 DC State Chess Fed.		10:00 Line Dancing	
	12:00 Chair Yoga	12:30 Spiritual Studies	12:30 Crafts 12:30 Pokeno	1:00 PRESENTATION- Medicare Open Enrollment, Darnetta Bascomb, Legal
Enjoy the fall back And have fun catching An extra hour of snoozel	2:00 Line Dancing	1:00 Zumba 🕇 😧	1:00 Active Living Every Day	Counsel for the Elderly
	3:00 Sibley Club Memory	2:00 Tai Chi	2:00 NUTRITION Atoms	2:00 PRESENTATION- OCTO Focus Group- DACL Mobile App
7 World Kindness Week 8:30 Enhance Fitness	8 Election Day	9 World Freedom Day	10 United Healthcare Re- source Table 9am-1pm	11 CENTED CLOSED
9:30 Tai Chi 9:30 Spiritual Studies	9:00 Active Living Every Day	8:30 Enhance Fitness	9:00 Tight Body	CENTER CLOSED VETERANS DAY
10:00 Enhance Wholeness Life-	10:00 NUTRITION Atoms Apple with Dr. Amy	9:30 CHSWC Social Media	9:00 Intro to Spanish with	
style 10:30 Ole Skool	11:00 DC State Chess Fed.		Senora Chelsea	
Dancing 11:30 Just Rock - Piano	12:00 Chair Yoga 1:00 PRESENTATION -Side-by	10:30 Pilates 11:30 Movie Time (in Cinema	10:00 Line Dancing 12:30 Pokeno	
12:30 Pokeno	-Side Band Concert	Room) BYL-Bring your lunch	1:00 Active Living	
1:00 PRESENTATION- Metro Public Adjustment, Maurice	2:00 Line Dancing 3:00 Sibley Club	12:30 Spiritual Studies	Every Day	
Marshall 2:00 Virtual Voyages	Memory	1:00 Zumba 2:00 Tai Chi	2:00 NUTRITION Atoms Apple with Dr. Amy	Never Forget Their Service * * * *
14 9:30 Spiritual Studies	15 Trip–Senior Party/Game-On, District 6 NE WDC 11:30am	16 9:30 PRESENTATION-	17 United Healthcare Re- source Table 9am-1pm	18 United Healthcare Re- source Table 9am-1pm
10:30 Ole Skool Dancing	9:00 Active Living Every Day	Chronic Obstructive Pul- monary Disease COPD,	Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm	9:30 Enhance Fitness
11:30 Just Rock - Piano	10:00 NUTRITION Atoms Apple with Dr. Amy	Bourges & Desta Johnson, United Healthcare	9:00 Tight Body	11:00 DC State Chess Fed. 12:00 PRESENTATION-
	11:00 DC State Chess Fed.	10:30 Pilates	9:00 Intro to Spanish with Senora Chelsea	Energy Reduction/ Weatherization, Alvin Jones,
12:30 Pokeno	ÅÅ Å23.	11:30 Movie Time (in Cinema Room) BYL-Bring your	10:00 Line Dancing 12:30 Pokeno	DOEE 1:00 PRESENTATION-
1:00 PRESENTATION -Fire Safety & Prevention, Pat Everett,	12:00 Chair Yoga	lunch	12:30 I okeno 12:30 Arts & Crafts	Romance Scams, I. Abdul- lah, Dept of Insurance, Secu-
FEMS	2:00 Line Dancing	12:30 Spiritual Studies 1:00 Zumba	1:00 Active Living Every Day	rities& Banking 2:00 Food Demo
	3:00 Sibley Club	2:00 Tai Chi	2:00 NUTRITION Atoms Apple with Dr. Amy	with Chef Herb, UDC

21 8:30 Enhance Fitness	22 2 0 0 1 (i 1 i i E D		23 8-30 Enhance Eitness	CENTER CLOSED	
	9:00 Active Living		8:30 Enhance Fitness	24th & 25th	
9:30 Tai Chi 🦌	10:00 Nutrition - A		9:30 Virtual Technology		
9:30 Spiritual Studies	Apple with Dr. Am	ly		Hannu	
10:30 Ole Skool Dancing		<u>بر 1</u>	-		
11:30 Just Rock - Piano			10:30 Pilates	- Ihank Saivina	
12:00 Clouds	11:00 DC State Ch	ess Fed.	11:30 Movie Time (in Cinema		
& Apps	12:00 Chair Yoga		Room) BYL-Bring your lunch		
12:30 Pokeno	1:00 "Sewing Seeds" with Ace-		12:30 Spiritual Studies		
	Symmetric		1:00 Zumba Dance		
2:00 VV: Peculiar Palate Pleasures & People	2:00 Line Dancing				
	3:00 Sibley Club M	lemory	2:00 Tai Chi		
28 Cyber Monday	29 National Day of Giving 9:00 Active Living Every Day		30 8:30 Enhance Fitness 10:00 PRESENTATION - Hospice & Palliative Care, Dr.	Lung, Pancreatic, & Stomach Cancer Month National Family Caregivers Month National Hospice & Palliative Care Month	
8:30 Enhance Fitness					
9:30 Tai Chi	10:00 Nutrition - Atoms				
9:30 Spiritual Studies	Apple with Dr. Amy		Bindu Joseph, Ascension		
10:30 Ole Skool	11:00 DC State Ch	ess Fed.	11:30 Movie Time (in Cinema	National Family Literacy Day (1st) World Vegan Day (1st)	
Dancing F	12:00 Chair Yoga		Room) BYL-Bring your lunch	Great American Smokeout Day-	
11:30 Just Rock -Piano	1:00 "Sewing Seeds	s" with Ace-	12:30 Spiritual Studies	Stopping Tobacco Use (17th)	
12:30 Pokeno	Symmetric		1:00 Zumba Dance	National Hunger &	
- the second	2:00 Line Dancing		2:00 Tai Chi	Helpless Awareness Week (13-18th)	
3:00 Black History 366 -	3:00 Sibley Club M	lemory	A & A	Anti-Bullying Week (13-18th)	
Deborah Brown, CHSWC		1	A 🚱 🕺 🦻	Allowed Allowed	
VIDEO/AUDIO CONFERENCE VIDEO/AUDIO		CHSWC SOCIAL MEDIA		- <u>PRESENTATIONS</u>	
				 Medicare Enrollment, Legal Counsel for the Elderly(4th) DACL Focus Group- Mobile App (4th) 	
from Apple Store or Playstore			Tik Tok	• Side-by-Side Band Concert (8th)	
Once download, click on "Join A Meeting"				• Fire Safety & Prevention, Pat Everett, FEMS (14th)	
• Enter Meeting ID 298-827-6610 <i>OR</i> No video?				 COPD, Bourges & Johnson, United Healthcare (16th) Energy Reduction/Weatherization, Alvin Jones, DOEE 18th 	
Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610			You Tube	 Romance Scams, I. Abdullah, DC Dept of Insurance, Housing 	
press #, for participant code press #. Note: mute				Security (18th)	
or unmute press *6		CHSWC@heightsseniortv on:		• Food Demo with Chef Herb, UDC (18th)	
• Some classes held in "Break-out Rooms"- Please click "join" to enter		Or type in the search/browser box:		 Hospice & Palliative Care, Dr. Bindu Joseph, Dir. of Geriatric of Medicine, Ascension (30th). Concepts: effective communication, 	
		CHSWC and #CHSWC		group function, ability to promote, manage & change	
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