

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 World Vegan Day All Saints Day</p> <p>Trip -Tanger Outlets/National Harbor-Choose Your Activity 11am</p> <p>9:00 Active Living Every Day</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>2 Stress Awareness Day</p> <p>8:30 Enhance Fitness</p> <p>10:30 CHSWC Assembly Meeting</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p>	<p>3 United Healthcare Resource Table 9am-1pm</p> <p>DACL/Washington Hospital Center Flu Clinic & Covid-19 Booster 10am-12pm</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>12:30 Arts & Crafts</p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms</p>	<p>4 United Healthcare Resource Table 9am-1pm</p> <p>9:30 Enhance Fitness</p> <p>11:00 DC State Chess Fed.</p> <p>12:30 NEW MEMBERS' MOMENTS</p> <p>1:00 PRESENTATION- Medicare Open Enrollment, Darnetta Bascomb, Legal Counsel for the Elderly</p> <p>2:00 PRESENTATION- OCTO Focus Group- DACL Mobile App</p>
<p>7 World Kindness Week</p> <p>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>1:00 PRESENTATION- Metro Public Adjustment, Maurice Marshall</p> <p>2:00 Virtual Voyages</p>	<p>8 Election Day</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 PRESENTATION -Side-by-Side Band Concert</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>9 World Freedom Day</p> <p>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>10 United Healthcare Resource Table 9am-1pm</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>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>11 CENTER CLOSED VETERANS DAY</p> <p>Never Forget Their Service</p>
<p>14</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-Fire Safety & Prevention, Pat Everett, FEMS</p> <p>2:00 COMMUNITY NEWS</p>	<p>15 Trip-Senior Party/Game-On, District 6 NE WDC 11:30am</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>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>16</p> <p>9:30 PRESENTATION-Chronic Obstructive Pulmonary Disease COPD, Bourges & Desta Johnson, United Healthcare</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>17 United Healthcare Resource Table 9am-1pm</p> <p>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 Arts & Crafts</p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>18 United Healthcare Resource Table 9am-1pm</p> <p>9:30 Enhance Fitness</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 PRESENTATION-Energy Reduction/Weatherization, Alvin Jones, DOEE</p> <p>1:00 PRESENTATION-Romance Scams, I. Abdullah, Dept of Insurance, Securities & Banking</p> <p>2:00 Food Demo with Chef Herb, UDC</p>

21
8:30 Enhance Fitness
9:30 Tai Chi
9:30 Spiritual Studies
10:30 Ole Skool Dancing
11:30 Just Rock - Piano
12:00 Clouds & Apps
12:30 Pokeno
2:00 VV: Peculiar Palate Pleasures & People



22
9:00 Active Living Every Day
10:00 Nutrition - Atoms Apple with Dr. Amy
11:00 DC State Chess Fed.
12:00 Chair Yoga
1:00 "Sewing Seeds" with Ace-Symmetric
2:00 Line Dancing
3:00 Sibley Club Memory



23
8:30 Enhance Fitness
9:30 Virtual Technology
10:30 Pilates
11:30 Movie Time (in Cinema Room) BYL-Bring your lunch
12:30 Spiritual Studies
1:00 Zumba Dance
2:00 Tai Chi



CENTER CLOSED 24th & 25th



28 **Cyber Monday**
8:30 Enhance Fitness
9:30 Tai Chi
9:30 Spiritual Studies
10:30 Ole Skool Dancing
11:30 Just Rock -Piano
12:30 Pokeno
3:00 Black History 366 - Deborah Brown, CHSWC



29 **National Day of Giving**
9:00 Active Living Every Day
10:00 Nutrition - Atoms Apple with Dr. Amy
11:00 DC State Chess Fed.
12:00 Chair Yoga
1:00 "Sewing Seeds" with Ace-Symmetric
2:00 Line Dancing
3:00 Sibley Club Memory

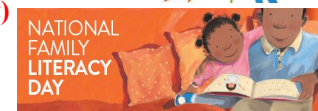
30
8:30 Enhance Fitness
10:00 **PRESENTATION** - Hospice & Palliative Care, Dr. Bindu Joseph, Ascension
11:30 Movie Time (in Cinema Room) BYL-Bring your lunch
12:30 Spiritual Studies
1:00 Zumba Dance
2:00 Tai Chi



Lung, Pancreatic, & Stomach Cancer Month
National Family Caregivers Month
National Hospice & Palliative Care Month



National Family Literacy Day (1st)
World Vegan Day (1st)
Great American Smokeout Day- Stopping Tobacco Use (17th)





National Hunger & Helpless Awareness Week (13-18th)



Anti-Bullying Week (13-18th)

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
Tik Tok




YouTube

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

PRESENTATIONS

- Medicare Enrollment, Legal Counsel for the Elderly(4th)
- DACL Focus Group- Mobile App (4th)
- Metro Public Adjustment, Maurice Marshall (7th)
- Side-by-Side Band Concert (8th)
- Fire Safety & Prevention, Pat Everett, FEMS (14th)
- COPD, Bourges & Johnson, United Healthcare (16th)
- Energy Reduction/Weatherization, Alvin Jones, DOEE 18th
- Romance Scams, I. Abdullah, DC Dept of Insurance, Housing Security (18th)
- Food Demo with Chef Herb, UDC (18th)
- Hospice & Palliative Care, Dr. Bindu Joseph, Dir. of Geriatric of Medicine, Ascension (30th). Concepts: effective communication, group function, ability to promote, manage & change

