












Monday	Tuesday	Wednesday	Thursday	Friday
<p>Deaf & Hard of Hearing, DHH (New Program)</p> <p>National American Diabetes Month</p> <p>National Family Caregivers Month</p> <p>National Marrow Awareness Month</p> <p>National Pancreatic Cancer Month</p> <p>National Stomach Cancer Month</p> <p>Great American Smokeout Day (16th) (Stop Tobacco)</p> <p>American Education Week (13-19th)</p>	 	<p>1 8:30 Enhance Fitness</p>  <p>10:30 ASSEMBLY MEETING</p>  <p>1:00 Zumba</p> <p>2:00 Tai Chi-Title IID</p> <p>3:00 Open Gym & Game Room</p> 	<p>2 9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:00 DHH PRESENTS-What Does an Audiologist do?</p> <p>10:30 CHSWC Choir (Returns)</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p>	<p>3 9:30 Enhance Fitness</p> <p>10:00 DHH PRESENTS-How to Protect Your Hearing</p> <p>10:30 PRESENTATION-Painting w/watercolor or acrylic, Donna Jonte, The ARC</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member's Moments *</p> <p>1:00 KARAOKE</p> <p>2:00 PRESENTATION-Trauma Transformation, Dr. LaVerne Adams</p> <p>3:00 Open Gym & Game Room</p> 
<p>6 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 DHH PRESENTS-What is Deaf Etiquette</p> <p>12:30 Pokeno *</p> <p>1:00 DC Chess Federation</p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p> <p>3:00 Open Gym & Game Room</p>	<p>7 TRIP-National Harbor, 11am</p> <p>9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>10:00 DHH PRESENTS-Learn About Hearing Loss</p> <p>11:00 Blood Pressure Readings*</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>8 TRIP-Party, VFW, Suitland, MD 11am (\$10)</p> <p>8:30 Enhance Fitness</p> <p>9:30 CHSWC Social Media</p>  <p>10:00 DHH PRESENTS-Different Ways to Communicate with the Deaf Community</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>3:00 Open Gym & Game Room</p>	<p>9 CELEBRATING OUR VETERANS-WATCH MILITARY FLIXS</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 DHH PRESENTS-How to Finger Spell Your Name in ASL & Learn About Nicknames...</p> <p>10:30 CHSWC Choir (Returns)</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>3:00 Open Gym & Game Room</p>	<p>10</p> <p>CENTER CLOSED</p> 
<p>13 WORLD KINDNESS DAY</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 DHH PRESENTS-Learn About the History of ASL</p> <p>11:00 WORKSHOP-Let's Play African Drums, Kuumba Learning Center</p> <p>12:30 Pokeno *</p> <p>1:00 COMMUNITY NEWS</p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>	<p>14</p> <p>9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>10:00 DHH PRESENTS-How to Sign Numbers</p> <p>11:00 PRESENTATION-Navy Federal Credit Union, Kimani Dickerson</p> <p>11:00 Blood Pressure Reading*</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>15 AMERICAN RECYCLES DAY</p> <p>8:30 Enhance Fitness</p> <p>10:00 Advisory Board</p> <p>10:00 DHH PRESENTS-Deaf Customs</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 & Game Room</p>	<p>16 TRIP-Amish Market, 10am</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea *</p> <p>10:00 DHH PRESENTS-ASL Education Learning Family and Friends</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir (Returns)</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p>	<p>17</p> <p>9:30 Enhance Fitness</p> <p>10:30 Food Demo, with Dr. Amy</p> <p>11:00 DC Chess Federation</p> <p>1:00</p>  <p>3:00 Open Gym & Game Room</p>


20
 8:30 Enhance Fitness 
 9:30 Spiritual Studies
 9:30 **"Ask a Lawyer"**, Legal Counsel for the Elderly 1on1 Advice *
 10:00 Tai Chi-Title IID
 10:00 **DHH PRESENTS**-All About Hearing Aid
 11:00 Clouds & Apps * 
 12:30 Pokeno 
 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *
 3:00 Open Gym & Game Room



21
 9:00 Take Action! Techniques
 10:00 NUTRITION Atoms Apple with Dr. Amy
 10:00 **DHH PRESENTS**-Learn About What a CODA is
 11:00 Blood Pressure Readings *
 12:30 Chair Yoga
 1:00 **SOCIAL**- Book Club "On Juneteenth" by Annette Gordon-Reed
 1:00 "Sewing Seeds" with Ace-Symmetric 
 2:00 Line Dancing
 3:00 Sibley Club Memory
 3:00 Open Gym & Game Room


22
 8:30 Enhance Fitness
 9:30 Virtual Technology 
 10:00 **DHH PRESENTS**-Cochlear Implant 
 10:30 Pilates
 10:30 CHSWC Choir (Returns)
 11:30 Movie Time *
 12:30 Spiritual Studies
 1:00 Zumba
 2:00 Tai Chi-Title IID 
 3:00 Open Gym & Game Room



27
 8:30 Enhance Fitness
 9:30 Spiritual Studies
 9:30 **"Ask a Lawyer"**, Legal Counsel for the Elderly 1on1 Advice *
 10:00 Tai Chi-Title IID
 10:00 **DHH PRESENTS**-Deaf and Hard of Hearing Q & A
 12:30 Pokeno *
 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool * 
 3:00 Open Gym & Game Room

28
 9:00 Take Action! Techniques
 10:00 NUTRITION Atoms Apple with Dr. Amy
 10:00 **DHH PRESENTS**-Learning About Deaf Standard Time
 11:00 Blood Pressure Readings *
 12:30 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

29
 8:30 Enhance Fitness
 10:00 **DHH PRESENTS**-A Day in the Life of a Deaf Blind Person
 10:30 Pilates 
 11:30 Movie Time *
 12:30 Spiritual Studies
 1:00 Zumba
 2:00 Tai Chi-Title IID 
 3:00 Open Gym & Game Room

30
 9:00 Tight Body 
 9:00 Intro to Spanish with Senora Chelsea *
 10:00 Line Dancing
 10:00 **DHH PRESENTS**-ASL Education Fall Season Signs
 10:30 CHSWC Choir (Returns)
 12:30 Pokeno *
 1:00 **SOCIAL**-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins
 2:00 NUTRITION Atoms Apple with Dr. Amy
 3:00 Gym & Game Room

TIME CHANGE-FALL BACK 5th

WORKSHOP
 Let's Play African Drums, Kuumba Learning Center (13th)

CLASS CHANGES

- Arts & Craft (1st Thursday Only)
- Sewing Seeds (3rd & 4th Tuesday)

NEW PRESENTATION
 Deaf & Hard of Hearing Program, DHH (Monday-Friday, 10am) 

 **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)
- Painting w/watercolor or acrylic, Donna Jonte, The ARC (3rd)
- Trauma Transformation, Dr. LaVerne Adams (3rd)
- Navy Federal Credit Union, Kimani Dickerson (14th)

