












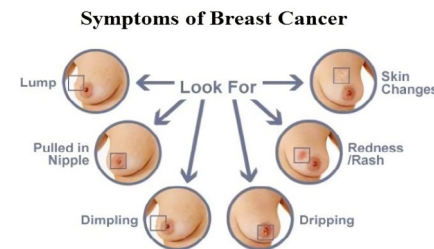


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:00 Enhance Wholeness Life-style</p> <p>10:30 A Sprinkle of Gentle Yoga</p> <p>10:30 Ole Skool Dancing</p>  <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p> <p>2:00 </p>	<p>4</p> <p>9:00 Active 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>5</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>3:00 DACL PRESENTS- Devices for Resident participants with OCTO</p>	<p>6 SIDEWALK SALE</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 NUTRITION Atoms Apple with Dr. Amy</p>	<p>7</p> <p>11:00 DC State Chess Fed.</p>  <p>12:30 NEW MEMBERS' MOMENTS</p>  <p>1:00 PRESENTATION-My Medicine Cabinet-Ascension/Providence "Mental Health"</p>
<p>10 World Mental Health Day</p> <p>CENTER CLOSED</p> <p>Happy Indigenous People's Day!</p> 	<p>11</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>12</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>3:00 DACL PRESENTS- Devices for Resident participants with OCTO</p>	<p>13 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>14 United Healthcare Resource Table (9am-1pm)</p> <p>DACL Visit-Jessica Smith, Interim Director (11:00am)</p> <p>10:30 PRESENTATION-Nutrition Dr. Amy Food Demo</p> <p>11:00 DC State Chess Fed.</p> <p>11:30 CHSWC at "The Gathering"</p> <p>1:00 DACL Presents: DC Water-"Something in the Water"</p>
<p>17</p> <p>8:30 Enhance Fitness (new session)</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 A Sprinkle of Gentle Yoga</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:00 Clouds & Apps </p> <p>12:30 Pokeno</p> <p>1:00 Club Memory Health Fair & Memory Assessment</p>	<p>18 Trip-Arundel Mills Mall 10am</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>19</p> <p>8:30 Enhance Fitness (new session)</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>3:00 PRESENTATION-Romance Scams, I. Abdullah, Dept of Insurance, Securities & Banking</p>	<p>20</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>21 National Mammography Day</p> <p>9:30 Enhance Fitness (new session)</p>  <p>11:00 DC State Chess Fed.</p>  <p>12:00 PRESENTATION-Breast Cancer, United Healthcare, Clayton Bourges & Desta Johnson</p>

<p>24 8:30 Enhance Fitness (new session) 9:30 Tai Chi 9:30 Spiritual Studies 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 12:30 Pokeno 2:00 VV: Peculiar Palate Pleasures & People 3:00 Black History 366</p>  	<p>25 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 Club Memory</p>   	<p>26 8:30 Enhance Fitness (new session) 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</p>   	<p>27 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm United Healthcare Resource (9am-1pm) 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 12:30 Pokeno 1:00 Active Living Every Day 2:00 NUTRITION - Atoms Apple with Dr. Amy</p>  	<p>28 United Healthcare Resource (9am-1pm) 9:30 Enhance Fitness (new session) 10:30 Food Demo with Chef Herb, UDC 11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 SOCIAL-Ladies, Let's Tell It All</p>   
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CLASS CHANGES

- **New Name:** Smart Tech/Social Media name change to: CHSWC Social Media & Virtual Technology (same date & time) Goggle Universe to Clouds & Apps 3rd Monday—new time
- **Community News** - Changed to 1st, 2pm
- **ALED** - Time change on Thursday to 1pm
- **Enhance Fitness** - New Session Begins 17th





National Breast Cancer Awareness Month

Aids Awareness Month

World Vegetarian Day—1st (Can you go 1 day without meat? Let's try)

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**
- My Medicine Cabinet-Ascension/Providence "Mental Health" (7th)
 - Nutrition Dr. Amy Food Demo (14th)
 - DACL Presents: DC Water—"Something in the Water"(14th)
 - Club Memory Health Fair & Memory Assessment (17th)
 - Romance Scams, Idriys Abdullah, DC Dept of Insurance, Housing Security (19th)
 - Breast Cancer, United Healthcare, Clayton Bourges & Desta Johnson (21st)
 - Food Demo - Chef Herb (28th)

