Monday Tuesday Wednesday **Thursday** Friday **6 SIDEWALK SALE** 3 9:00 Active Living Every Day 9:30 Tai Chi 10:30 CHSWC Assembly 10:00 Line Dancing 11:00 DC State Chess Fed. Meeting 9:30 Spiritual Studies 10:00 NUTRITION Atoms Ap-12:30 Arts ÄÄA23A ple with Dr. Amy 10:00 Enhance Wholeness Life-12:30 NEW MEMBERS' 10:30 A Sprinkle of Gentle Yoga **MOMENTS** 12:30 Pokeno 12:30 Spiritual Studies 10:30 Ole Skool Dancing 11:00 DC State Chess Fed. 1:00 Active Living Every Day 1:00 Zumba 12:00 Chair Yoga 2:00 Tai Chi 11:30 Just Rock - Piano 1:00 PRESENTATION-My **Medicine Cabinet-**2:00 Line Dancing 12:30 Pokeno 3:00 DACL PRESENTS-Ascension/Providence 2:00 NUTRITION Atoms Ap-3:00 Siblev Club **Devices for Resident partici-**COMMUNITY "Mental Health" 2:00 ple with Dr. Amy Memory pants with OCTO 11 **10 World Mental Health Day** 12 13 United Healthcare Resource 14 United Healthcare Re-9:30 CHSWC Social Media Table (9am-1pm) source Table (9am-1pm) 9:00 Active Living Every Day CENTER 9:00 Tight Body **DACL Visit-Jessica Smith,** You Tube 10:00 NUTRITION Atoms Ap-Interim Director (11:00am) **CLOSED** 9:00 Intro to Spanish ple with Dr. Amy with Senora Chelsea 10:30 PRESENTATION-10:30 Pilates **Happy Indigenous People's Day! Nutrition Dr. Amy Food** 11:00 DC State Chess Fed. 11:30 Movie Time (in Cinema 10:00 Line Dancing Demo Room) BYL-Bring your lunch <u>Ā</u>ĀA244 12:30 Pokeno 11:00 DC State Chess Fed. 12:30 Spiritual Studies 1:00 Active Living Every Day 11:30 CHSWC at "The 1:00 Zumba 12:00 Chair Yoga Gathering" 2:00 Tai Chi 2:00 Line Dancing 1:00 DACL Presents: DC 3:00 DACL PRESENTS-Water-"Something in the **Devices for Resident partici-**2:00 NUTRITION Atoms Ap-3:00 Siblev Club Water" pants with OCTO ple with Dr. Amy Memory 17 18 Trip-Arundel Mills Mall 19 21 National Mammogra-8:30 Enhance Fitness (new 9:00 Tight Body 10am phy Day 8:30 Enhance Fitness (new session) session) 9:30 Tai Chi 9:00 Active Living Every Day 9:00 Intro to Spanish 9:30 Enhance Fitness (new 10:30 Pilates with Senora Chelsea 9:30 Spiritual Studies session) 10:00 NUTRITION Atoms Ap-11:30 Movie Time 10:00 Line Dancing 10:30 A Sprinkle of Gentle Yoga ple with Dr. Amy TXXT (in Cinema Room) 10:30 Ole Skool Dancing 12:30 Pokeno 11:00 DC State Chess Fed. **BYL-Bring** 11:30 Just Rock - Piano your lunch & Crafts 11:00 DC State Chess Fed. 12:30 12:30 Spiritual Studies 12:00 Clouds 1:00 **Zumba** & Apps 1:00 Active Living Every Day 12:00 Chair Yoga 2:00 Tai Chi 12:30 Pokeno 3:00 PRESENTATION-12:00 PRESENTATION-2:00 Line Dancing 2:00 NUTRITION Atoms Ap-1:00 Club Memory Health Fair & Romance Scams, I. Abdullah, **Breast Cancer**, United ple with Dr. Amy

Dept of Insurance, Securities

& Banking

Memory Assessment

3:00 Siblev Club

Memory

Healthcare, Clayton

Bourges & Desta Johnson

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8:30 Enhance Fitness (new session)

9:30 Tai Chi

9:30 Spiritual Studies

10:30 Ole Skool Dancing

11:30 Just Rock - Piano



2:00 VV: Peculiar Palate Pleasures & People 3:00 Black History 366 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

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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



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 28 United Healthcare Resource (9am-1pm)

9:30 Enhance Fitness (new session)

10:30 Food Demowith Chef Herb, UDC

11:00 DC State Chess Fed.

11:30 CHSWC at "The Gathering"

1:00 SOCIAL-Ladies, Let's Tell It All



31 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





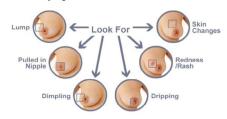
- New Name: Smart Tech/Social Media name change to: CHSWC Social Media & Virtual Technology (same date & time)
 Goggle Universe to Clouds & Apps 3rd Monday—new time
- Community News Changed to 1st, 2pm
- ALED Time change on Thursday to 1pm
- Enhance Fitness New Session Begins 17th

National Breast Cancer Awareness Month

Aids Awareness Month

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

Symptoms of Breast Cancer





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







CHSWC@heightsseniortv 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)







