

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CENTER CLOSED</p> 	<p>3 TRIP-MGM Shopping, 11am</p> <p>10:00 "Ask the Lawyer", AARP</p> <p>11:00 Blood Pressure Readings*</p> <p>12:00 Lunch</p> <p>1:00 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>4</p> <p>10:30 ASSEMBLY MEETING</p>  <p>12:00 Lunch</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi, Title IIID (last class)</p> <p>3:00 AFAP-Ferebee Hope, Title IIID</p>  <p>3:00 Open Gym & Game Room</p>	<p>5</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Arts & Crafts</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10</p> <p>1:00 SOCIAL-Notes from the Universe-Journaling Experience</p> <p>1:00 PRESENTATION-Sidewalk Issues, DDOT/ Forestry Dept, Keith Jones</p> <p>3:00 Open Gym & Game Room</p>	<p>6 TRIP-The ARC "Artist- Zau-dayka Nzinga", Donna Jonte, 9:30am</p> <p>9:30 Enhance Fitness, Title IIID*</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation</p> <p>12:00 Lunch</p> <p>1:00 PRESENTATION- "Initiative 83-Rank the Smoothie", Kenyetta Smith, Make Every Vote Count</p> <p>3:00 AFAP-Ferebee Hope, Title IIID</p> <p>3:00 Open Gym & Game Room</p>
<p>9</p> <p>8:30 Enhance Fitness, Title IIID *</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini-Commission On Aging Meeting, Guleford Bobo</p> <p>10:30 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION-Intro to Rosie's Grocery-Co-Op in Ward 8 DeJuan Mason</p> <p>3:00 Open Gym & Game Room</p> 	<p>10</p> <p>10:00 PRESENTATION-Travel Metrobus/Metrarail Systems, Reginald Ward, WMATA</p> <p>10:00 "Ask the Lawyer", AARP</p> <p>11:00 Blood Pressure Readings*</p> <p>12:00 Lunch</p> <p>1:00 Chair Yoga</p> <p>2:00 OPEN Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>  	<p>11</p> <p>8:30 Enhance Fitness, Title IID *</p> <p>9:30 Technology & The Metaverse</p> <p>11:30 Cinema Time *</p> <p>12:00 Lunch</p> <p>12:00 PRESENTATION- Ward 8 Candidate Forum, AARP Local #4870, Phillip Pannell</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p> 	<p>12</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 PRESENTATION- "Ask a Healthcare Professional"- Pain Management, Medstar</p> <p>10:00 OPEN Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Crocheting/ Knitting</p> <p>3:00 Open Gym & Game Room</p> 	<p>13</p> <p>9:30 Enhance Fitness, Title IIID*</p> <p>10:30 Take Action! Techniques</p> <p>12:00 Lunch</p> <p>1:00 DACL PRESENTS-/ Mayor's Office Veteran's Affairs, Joseph Koroma</p> <p>3:00 Open Gym & Game Room</p>  
<p>16</p> <p>8:30 Enhance Fitness, Title IIID *</p> <p>9:30 Spiritual Studies</p> <p>10:30 Nutrition-Atoms Apple with Dr. Amy</p> <p>11:00 DC Chess Federation</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION Dental Care, Dr. Jamal Hailey</p> <p>3:00 Open Gym & Game Room</p>  	<p>17 TRIP-Walmart/Cracker Barrel, 9am</p> <p>10:00 "Ask the Lawyer", AARP</p> <p>11:00 Blood Pressure Readings*</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Book Club "Some Love, Some Pain, Sometime" by J. California Cooper</p> <p>1:00 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 OPEN Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>  	<p>18</p> <p>8:30 Enhance Fitness, Title IIID *</p> <p>10:00 CHSWC Advisory Board</p> <p>10:30 Pilates</p> <p>11:30 Cinema Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 AFAP-Ferebee Hope, Title IIID</p>  <p>3:00 Open Gym & Game Room</p>	<p>19</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish w/Chelsea</p> <p>10:00 PRESENTATION-Fall Prevention Day, Lisa Simmons</p> <p>2:00 OPEN Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10</p> <p>1:00 SOCIAL-Notes "A Journaling Experience"</p> <p>1:00 SOCIAL-Men's (Safe-Zone) Conversation-"Brothers Receiving, Achieving & Healing (B.R.A.H.) with Director Richie</p> <p>3:00 Open Gym & Game Room</p> 	<p>20</p> <p>9:30 Enhance Fitness, Title IIID*</p> <p>10:30 Take Action! Techniques</p> <p>12:00 Lunch</p> <p>1:00 CHSWC End of Summer Celebration</p> <p>3:00 AFAP-Ferebee Hope, Title IIID</p> <p>3:00 Open Gym & Game Room</p> 

<p>23 8:30 Enhance Fitness, Title IID *</p> <p>9:30 Spiritual Studies</p> <p>10:30 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-Conversation regarding On-Line Dating (Member Participation)</p> <p>2:00 PRESENTATION-Free Solar Power in DC, Weston Harrell, Smart Solar Solution</p> <p>3:00 Open Gym & Game Room</p>	<p>24 TRIP-American Legion, Cheverly, MD, Hand/Line Dancing, 11:30am</p> <p>10:00 “Ask the Lawyer”, AARP</p> <p>11:00 PRESENTATION-Human Rights Liasion Training, Mia Carey, OHR</p> <p>11:00 Blood Pressure Readings *</p> <p>12:00 Lunch</p> <p>1:00 Chair Yoga</p> <p>1:00 “Sewing Seeds” with Ace-Symmetric</p> <p>1:30 Sibley Club Memory (In-house)</p> <p>2:00 Line Dancing</p> <p>3:00 Open Gym & Game Room</p>	<p>25 TRIP-DACL Brain Games, MLK, Jr. Library, 9am</p> <p>8:30 Enhance Fitness, Title IID</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Pilates</p> <p>11:30 Cinema Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 AFAP-Ferebee Hope, Title IID</p> <p>3:00 Open Gym & Game Room</p>	<p>26 9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-Crocheting/ Knitting</p> <p>3:00 Open Gym & Game Room</p>	<p>27 9:30 Enhance Fitness, Title IID *</p> <p>10:30 Take Action! Techniques</p> <p>10:30 Food Demo with Chef Herb</p> <p>12:00 Lunch</p> <p>1:00 Bingo!</p> <p>3:00 AFAP-Ferebee Hope, Title IID (last class)</p> <p>3:00 Gym & Game Room</p>
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30
8:30 Enhance Fitness, Title IID * (**Last Class**)

9:30 Spiritual Studies

10:00 **PRESENTATION**- Scrap Booking, Giveland Foundation

10:30 Nutrition-Atoms Apple with Dr. Amy

12:00 Lunch

12:30 Pokeno / Phase 10 *

1:00 **SOCIAL**-African Drums, Zakee, Kuumba Learning Center

3:00 Open Gym & Game Room

CHANGES

New Dates-Nutrition-Atoms Apple with Dr. Amy (Monday 10:30am & Wednesday 1:00pm)

AWARENESS MONTH

- Prostate Cancer Awareness Month
- Gynecologic Cancer Awareness Month
- Pain Awareness Month

RECREATION/SOCIALIZATION-Daily 8:30am -4pm

10 Pain Control Techniques



PRESENTATIONS

- Sidewalk Issues, DDOT/Forestry Dept, Keith Jones (5th)
- “Initiative 83-Rank the Smoothie”, Kenyetta Smith (6th)
- Intro to Rosie’s Grocery-Co-Op in Ward 8 (9th)
- Travel Metrobus/Metrorail Systems, WMATA (10th)
- AARP Local #4870, Phillip Pannell (11th)
- Pain Management, Andrea Miranda, Medstar (12th)
- Mayor’s Office Veteran’s Affairs, Joseph Koroma (13th)
- Dental Care, Community of Hope, Dr. Haley (16th)
- Fall Prevention Day, Lisa Simmons (19th)
- Free Solar Power in DC, Weston Harrell (23rd)
- Human Rights, Mia Carey (24th)
- Scrap Booking, Giveland Foundation (30th)

SOCIAL

- Journaling (1st, 3rd & 5th Thursday)
- Crochet & Knitting (2nd & 4th Thursday)
- Men’s (Safe-Zone) Conversation- “Brothers Receiving, Achieving & Healing “B.R.A.H. (19th)
- End of Summer Celebration (20th)
- On-Line Dating (23rd)
- Bingo (27th)
- African Drums, Kuumba Learning Center, Zakee (30th)

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 un-mute press *6
- Some classes held in “Break-out Rooms”- Please click “join” to enter

CHSWC SOCIAL MEDIA

CHECK OUT :



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