2:00 OPEN Line Dancing

3:00 Sibley Club Memory *

3:00 Open Gym & Game Room

3:00 Open Gym & Game Room

Conversation-"Brothers Receiv-

(B.R.A.H.) with Director Richie

3:00 Open Gym & Game Room

ing, Achieving & Healing

3:00 AFAP-Ferebee Hope, Title

3:00 Open Gym & Game Room



3:00 Open Gym & Game Room

8:30 Enhance Fitness, Title IIID *



9:30 Spiritual Studies

10:30 Nutrition-Atoms Apple with Dr. Amy



12:30 Pokeno / Phase 10

1:00 SOCIAL-Conversation regarding On-Line Dating (Member Participation)

2:00 PRESENTATION-Free Solar Power in DC. Weston Harrell. **Smart Solar Solution**

3:00 Open Gym & Game Room

24 TRIP-American Legion, Cheverly, MD, Hand/Line Dancing, 11:30am

10:00 "Ask the Lawyer", AARP

11:00 PRESENTATION-Human Rights Liasion Training, Mia Carev. OHR

11:00 Blood Pressure Readings * 12:00 Lunch

1:00 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 25 TRIP-DACL Brain Games. MLK, Jr. Library, 9am

8:30 Enhance Fitness, Title IIID

9:30 Technology & The Metaverse

10:30 Pilates

11:30 Cinema Time 12:00 Lunch

12:30 Spiritual Studies

1:00 **Zumba**

1:00 Nutrition-Atoms Apple with Dr. Amy

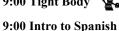
3:00 AFAP-Ferebee Hope, Title IIID

3:00 Open Gym & Game Room

26 9:00 Tight Body

12:00 Lunch

Knitting



with Senora Chelsea 10:00 Line Dancing

10:30 CHSWC Choir *

12:30 Pokeno / Phase 10 *

1:00 SOCIAL-Crocheting/

3:00 Open Gym & Game Room



10:30 Food Demo with Chef Herb

12:00 Lunch

1:00

IIID *



3:00 AFAP-Ferebee Hope, Title IIID (last class)

9:30 Enhance Fitness, Title

10:30 Take Action! Techniques

3:00 Gym & Game Room

8:30 Enhance Fitness, Title IIID * (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

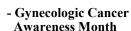
Apple Store or Playstore

CHANGES

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

10 Pain Control Techniques AWARENESS MONTH





- Pain Awareness Month











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

CHSWC SOCIAL MEDIA

CHECK OUT:







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



@heightsseniortv7481

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



- 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







