


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>AWARENESS THIS MONTH</u></b></p> <ul style="list-style-type: none"> <li>Stress Awareness Month</li> <li>Alcohol Awareness Month</li> <li>National Occupational Therapy Month</li> <li>National Garden Month</li> <li>National Humor Month</li> <li>World Health Day -7th</li> <li>Palm Sunday -13th</li> <li>Good Friday - 18th</li> <li>Resurrection Day -20th</li> </ul>  <p><b>CHSWC VIEWING-DACL Budget Oversight Hearing, 9:30AM</b></p>	<p><b>1 Recreation/Socialization-8:30am-4pm</b></p> <p><b>TRIP-Walk Cherry Blossom, Martin Luther King, Jr. &amp; Jefferson Memorials, 10am</b></p> <p>9:00 Blood Pressure Readings*</p> <p>12:00 Lunch</p> <p>1:00 <b>PRESENTATION</b>-Aging Sensitivity &amp; Medication Mgmt/ Freestyle Painting, Belita Lynum, DC National Guard</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>2 Recreation/Socialization-8:30am-4pm</b></p> <p>8:30 Enhance Fitness</p> <p>10:00 <b>ASSEMBLY MEETING</b></p>  <p>12:00 Lunch </p> <p>1:00 Zumba</p> <p>2:00 <b>PRESENTATION</b>-Cardio Health, Jazlyn Perryman, UDC, LPN Nursing Program</p> <p>3:00 Open Gym &amp; Game Room</p> 	<p><b>3 Recreation/Socialization-8:30am-4pm</b></p> <p><b>SIDEWALK SALE, 9am</b></p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir * </p> <p>11:00 <b>PRESENTATION</b>-Kenyan McDuffie, At-large Councilmember</p> <p>12:30 Pokeno / Phase10 </p> <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL</b>- Notes from the Universe “A Journaling Experience”</p> <p>1:00 Nutrition-Patricia’s Peas &amp; Q’s <b>(1-on-1)</b></p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>4 Recreation/Socialization-8:30am-4pm</b></p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation <b>(on-line)</b></p>  <p>12:00 Lunch</p> <p>1:00 <b>PRESENTATION</b>-Friendship Bench, Jeffrey Prost-Greene, HelpAgeUSA</p> <p>3:00 Open Gym &amp; Game Room</p>
<p><b>7 Recreation/Socialization-8:30am-4pm</b></p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini Commission, Guleford BoBo</p> <p>10:00 Tai Chi <b>(returns)</b> </p> <p>10:00 “Ask a Lawyer”, Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation <b>(in-person)</b></p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>Bingo!</b></p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>8 Recreation/Socialization-8:30am-4pm</b></p> <p><b>TRIP - Arundel Mills 10am</b></p> <p>9:00 Blood Pressure Readings*</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>12:00 Lunch </p> <p>1:00 <b>PRESENTATION</b>-Livingston Place Assisted Living, William Smith</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>9 Recreation/Socialization-8:30am-4pm</b></p> <p>8:30 Enhance Fitness</p> <p>9:30 Technology &amp; The Metaverse </p> <p>10:00 Active Living Everyday</p> <p>10:30 Pilates </p> <p>12:00 Lunch</p> <p>12:00 <b>PRESENTATION</b>-AARP Meeting Local #4870</p> <p>12:30 Spiritual Studies </p> <p>1:00 Zumba</p> <p>2:00 Tai Chi <b>(returns)</b></p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>10 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 <b>PRESENTATION</b> - “Ask a Health Professional”, World Health Day, MedStar </p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL</b>- Crocheting/ Knitting</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>11 Recreation/Socialization-8:30am-4pm</b></p> <p>9:30 <b>CHSWC VIEWING-DACL Budget Oversight Hearing</b></p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation <b>(on-line)</b></p>  <p>11:00 <b>PRESENTATION</b>-Robert White, At-Large Councilmember</p> <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL- Bingo!</b></p> <p>3:00 Open Gym &amp; Game Room</p>
<p><b>14 Recreation/Socialization-8:30am-4pm</b></p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi <b>(returns)</b></p> <p>10:00 “Ask a Lawyer”, Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation <b>(in-person)</b></p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>SOCIAL</b>- “Boots On Ground” Dance (Cowboy theme), Julia’s Heart, Shaunta Gilchrist</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>15 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Chair Yoga <b>(returns)</b></p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL</b>-Book Club- “The Nickel Boys, Colson Whitehead</p> <p>1:00 “Sewing Seeds” with Ace-Symmetric</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>16</b></p> <p><b>CENTER CLOSED</b></p>  <p>#EMANCIPATION</p>	<p><b>17 Recreation/Socialization-8:30am-4pm</b></p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir * </p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe “A Journaling Experience”</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 <b>PRESENTATION</b>- “5 Sneaky Causes of Weight Gain”, Alexandra Horgan, Humana</p> <p>3:00 Open Gym &amp; Game Room</p>	<p><b>18 Recreation/Socialization-8:30am-4pm</b></p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation <b>(on-line)</b></p> <p>12:00 Lunch</p> <p>1:00 <b>PRESENTATION</b>-Ward 8 Mayor's Office of Community Relations and Services (MOCRS) Core Team Meet-up</p> <p>3:00 Open Gym &amp; Game Room</p> 

<p><b>21 Recreation/Socialization-8:30am-4pm</b>  8:30 Enhance Fitness  9:30 Spiritual Studies  10:00 Tai Chi <b>(returns)</b>  10:00 “Ask a Lawyer”, Sczerina Perot, AARP  11:00 DC Chess Federation <b>(in-person)</b>  12:00 Lunch  12:30 Pokeno / Phase 10 *  1:00 <b>SOCIAL</b> -“Ladies Tell It All”  2:00 <b>PRESENTATION</b>-Leukemia &amp; Lymphoma Society, Emmanuel Babatunde  3:00 Open Gym &amp; Game Room</p>	<p><b>22 Recreation/Socialization-8:30am-4pm</b>  9:00 Blood Pressure Readings *  10:00 Chair Yoga <b>(returns)</b>  11:00 <b>PRESENTATION</b>-Difference between Medicare B &amp; D, Lillian McGilvery, AARP  12:00 Lunch  1:00 Sibley Club Memory <b>(In-house)</b>  2:00 Line Dancing  3:00 Open Gym &amp; Game Room</p>	<p><b>23 Recreation/Socialization-8:30am-4pm</b>  <b>TRIP</b>– Go-Go Museum &amp; Silver Market, 9:30am  8:30 Enhance Fitness  9:30 Technology &amp; The Metaverse  10:00 Active Living Everyday  10:30 Pilates  11:30 Movie Time *  12:00 Lunch  12:30 Spiritual Studies  1:00 <b>PRESENTATION</b>-Wills &amp; Powers of Attorney, Trisha Kondabala, AARP  2:00 Tai Chi <b>(returns)</b>  3:00 Open Gym &amp; Game Room</p>	<p><b>24 Recreation/Socialization-8:30am-4pm</b>  9:00 Tight Body  9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing  10:30 CHSWC Choir *  12:00 Lunch  12:30 Pokeno / Phase 10 *  1:00 <b>SOCIAL</b>-Crocheting/ Knitting  1:00 Nutrition-Atoms Apple with Dr. Amy  1:30 Nutrition-Patricia’s Peas &amp; Q’s <b>1-on-1</b>  3:00 Open Gym &amp; Game Room</p>	<p><b>25 Recreation/Socialization-8:30am-4pm</b>  9:30 Enhance Fitness  10:30 Take Action! Techniques  10:30 Food Demo With Chef Herb  11:00 DC Chess Federation <b>(on-line)</b>  12:00 Lunch  1:00 <b>SOCIAL</b>– Spa Day, Lakeeta Burnette, Community Grapevines  3:00 Gym &amp; Game Room</p>
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<p><b>28 Recreation/Socialization-8:30am-4pm</b>  8:30 Enhance Fitness  9:30 Spiritual Studies  10:00 Tai Chi <b>(returns)</b>  10:00 “Ask a Lawyer”, Sczerina Perot, AARP  11:00 DC Chess Federation <b>(in-person)</b>  12:00 Lunch  12:30 Pokeno / Phase 10 *  1:00 <b>SOCIAL</b>-with Teresa Smith  3:00 Open Gym &amp; Game Room</p>	<p><b>29 Recreation/Socialization-8:30am-4pm</b>  9:00 Blood Pressure Readings *  10:00 Chair Yoga  11:00 Nutrition-Patricia’s Peas &amp; Q’s <b>(group of 10)</b>  12:00 Lunch  1:00 Sibley Club Memory  2:00 Line Dancing  3:00 Open Gym &amp; Game Room</p>	<p><b>30 Recreation/Socialization-8:30am-4pm</b>  8:30 Enhance Fitness  9:30 Technology &amp; The Metaverse  10:00 Active Living Everyday  10:30 Pilates  11:30 Movie Time *  12:00 Lunch  12:30 Spiritual Studies  1:00 <b>SOCIAL</b>-Chat &amp; Chew with the Advisory Board  2:00 Tai Chi <b>(returns)</b>  3:00 Open Gym &amp; Game Room</p>	<p><b>CLASS NEW/CHANGES</b></p> <ul style="list-style-type: none"> <li>Tai Chi <b>(returns Monday 7th, 10am &amp; Wednesday, 2pm)</b></li> <li>Chair Yoga <b>(returns Tuesday 15th, 10am)</b></li> <li>Active Living Everyday <b>(Wednesday 10am)</b></li> </ul> <p><b>SOCIALS</b>  Journaling, Crochet/Knitting, Bingo, “Boots on the Ground”, Julia’s Heart, Book Club, Ladies’ Tell It All, Spa Day, Community News, Chat &amp; Chew w/Advisory Board</p>
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**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 :

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**PRESENTATIONS**

- Aging Sensitivity & Medication Mgmt/Freestyle Painting, Belita Lynum, DC National Guard (1st)
- Cardio Health, Jazlyn Perryman, UDC, LPN Nursing Program (2nd)
- Kenyan McDuffie, At-large Councilmember (3rd)
- Friendship Bench, Jeffrey Prost-Greene, HelpAgeUSA (4th)
- Livingston Place Assisted Living, William Smith (8th)
- AARP Meeting Local #4870 (9th)
- World Health Day, MedStar (10th)
- Robert White, At-Large Councilmember (11th)
- “5 Sneaky Causes of Weight Gain”, Humana (17th)
- Ward 8 Mayor's Office of Community Relations and Services (MOCRS) Core Team Meet-up (18th)
- Leukemia & Lymphoma Society, Emmanuel Babatunde (21st)
- Difference between Medicare B & D, Lillian McGilvery (22nd)
- Wills & Powers of Attorney, Trisha Kondabala, AARP (23rd)