








Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>RECREATION/SOCIALIZATION—Daily 8:30am -4pm</u></b>				
<b><u>CLASS CHANGES</u></b> Enhance Fitness (returns Monday & Wednesday, 8:30 and Friday, 9:30) "Ask a Lawyer", AARP, (Monday 10am-12pm)  <b><u>AWARENESS THIS MONTH</u></b> National Diabetes Awareness Month 	Daylight Savings Ends (3rd) 	Election Day (5th) 	<b>1 TRIP-The ARC, Miss. Ave., Donna Jonte , 10am</b> <b>9:30 Enhance Fitness (returns)</b>  <b>10:30 Take Action! Techniques</b>  <b>11:00 DC Chess Federation (on-line)</b> <b>12:00 Lunch</b> <b>3:00 Open Gym &amp; Game Room</b> 	<b>8</b> <b>9:30 Enhance Fitness (returns)</b> <b>10:30 Take Action! Techniques</b>  <b>11:00 DC Chess Federation (on-line)</b>  <b>12:00 Lunch</b> <b>1:00 SOCIAL-Side-by-Side Band</b>  <b>3:00 Open Gym &amp; Game Room</b>
<b>4</b> <b>8:30 Enhance Fitness (returns)</b> <b>9:00 Ward 8 Mini Commission Meeting</b> <b>9:30 Spiritual Studies</b> <b>10:00 "Ask a Lawyer", Sczerina Perot, AARP</b> <b>10:30 Nutrition-Atoms Apple with Dr. Amy</b> <b>11:00 DC Chess Federation (in-person)</b> <b>12:00 Lunch</b> <b>12:30 Pokeno / Phase 10 *</b>  <b>1:00 Fit &amp; Strong</b>  <b>3:00 Open Gym &amp; Game Room</b>	<b>5 TRIP-MGM Shopping, 11am</b> <b>9:00 Blood Pressure Readings*</b>  <b>10:00 Matter of Balance</b>  <b>12:00 Lunch</b> <b>1:00 Active Living Everyday</b>  <b>2:00 Line Dancing</b>  <b>3:00 Sibley Club Memory *</b>  <b>3:00 Open Gym &amp; Game Room</b>	<b>6</b> <b>8:30 Enhance Fitness (returns)</b>  <b>10:30 ASSEMBLY MEETING</b>  <b>12:00 Lunch</b> <b>1:00 Karaoke</b>  <b>3:00 Open Gym &amp; Game Room</b>	<b>7</b> <b>10:00 Line Dancing</b> <b>10:30 CHSWC Choir *</b> <b>11:00 "Ask a Health Professional", Topic-Diabetes, Med-Star</b> <b>12:30 Pokeno / Phase10</b> <b>12:00 Lunch</b> <b>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</b> <b>1:00 Fit &amp; Strong</b>  <b>1:00 Nutrition-Atoms with Dr. Amy</b> <b>3:00 Open Gym &amp; Game Room</b>	
<b>11</b> <b>CENTER CLOSED</b> 	<b>12</b> <b>9:00 Blood Pressure Readings*</b>  <b>10:00 Matter of Balance</b>  <b>12:00 Lunch</b>  <b>1:00 Active Living Everyday</b>  <b>2:00 Line Dancing</b>  <b>3:00 Sibley Club Memory *</b> <b>3:00 Open Gym &amp; Game Room</b>	<b>13</b> <b>8:30 Enhance Fitness (returns)</b> <b>9:30 Technology &amp; The Metaverse</b> <b>10:00 CHSWC Advisory Board</b> <b>11:30 Movie Time *</b> <b>12:00 Lunch</b> <b>12:00 Ward 8 AARP Local #4870 Meeting, Phillip Pannell</b> <b>12:30 Spiritual Studies</b> <b>1:00 Zumba</b> <b>3:00 Open Gym &amp; Game Room</b> 	<b>14 TRIP-P.A. Dutch Farmer's Market, Annapolis Harbour Center, 9am</b> <b>9:00 Intro to Spanish with Senora Chelsea</b>  <b>10:00 Line Dancing</b> <b>10:30 CHSWC Choir *</b> <b>11:00 "Ask a Health Professional", MedStar</b> <b>12:00 Lunch</b> <b>12:30 Pokeno / Phase 10</b> <b>1:00 SOCIAL-Crocheting/Knitting</b>  <b>1:00 Fit &amp; Strong</b> <b>1:00 Nutrition-Atoms Apple with Dr. Amy</b>  <b>3:00 Open Gym &amp; Game Room</b>	<b>15</b> <b>9:30 Enhance Fitness (returns)</b> <b>10:30 Take Action! Techniques</b>  <b>11:00 DC Chess Federation (on-line)</b> <b>12:00 Lunch</b>  <b>1:00 PRESENTATION-Senior Transportation Options session/workshop, Heather Foote</b>  <b>3:00 Open Gym &amp; Game Room</b> 

<p>18 8:30 Enhance Fitness (returns) 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Sczerina Perot, AARP 10:30 Nutrition-Atoms Apple with Dr. Amy 11:00 DC Chess Federation (in-person) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit &amp; Strong 3:00 Open Gym &amp; Game Room</p> 	<p>19 9:00 Blood Pressure Readings * 10:00 Matter of Balance 12:00 Lunch 1:00 Book Club-"The Good Lord Bird by James McBride". 1:00 Active Living Everyday 1:00 "Sewing Seeds" with Ace-Symmetric 2:00 Line Dancing 3:00 Sibley Club Memory 3:00 Open Gym &amp; Game Room</p> 	<p>20 8:30 Enhance Fitness (returns) 9:30 Technology &amp; The Metaverse 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Zumba 3:00 Open Gym &amp; Game Room</p> 	<p>21 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 10:30 CHSWC Choir * 11:00 "Ask a Health Professional", MedStar 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience" 1:00 Fit &amp; Strong 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym &amp; Game Room</p> 	<p>22 9:30 Enhance Fitness (returns) 10:30 Take Action! Techniques 10:30 Food Demo with Chef Herb 11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00 3:00 Gym &amp; Game Room</p> 
<p>25 8:30 Enhance Fitness (returns) 9:30 Spiritual Studies 10:00 "Ask a Lawyer", Sczerina Perot, AARP 10:30 Nutrition-Atoms Apple with Dr. Amy 11:00 DC Chess Federation (in-person) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit &amp; Strong 3:00 Open Gym &amp; Game Room</p> 	<p>26 9:00 Blood Pressure Readings * 10:00 Matter of Balance 12:00 Lunch 1:00 Active Living Everyday 2:00 Line Dancing 3:00 Sibley Club Memory (In-house) 3:00 Open Gym &amp; Game Room</p> 	<p>27 <b>TRIP</b>-Safeway Feast of Sharing at Walter E. Washington Convention Center, 9am 8:30 Enhance Fitness (returns) 9:30 Technology &amp; The Metaverse 11:30 Movie Time * 12:00 Thanksgiving Lunch 12:30 Spiritual Studies 1:00 Zumba 3:00 Open Gym &amp; Game Room</p> 	<p>28 <b>CENTER CLOSED</b> Happy Thanksgiving</p> 	<p>29 9:30 Enhance Fitness (returns) 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch 3:00 Gym &amp; Game Room</p> 

**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 :

   @TheCHSWC

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

**You Tube** @heightsseniortv7481

**PRESENTATIONS**

- Senior Transportation Options session/workshop, Heather Foote (15th)

**SOCIAL**

- Karaoke (6th)
- Bingo (22nd)
- Journaling (1st, 3rd & 5th Thursday)
- Crochet & Knitting (2nd & 4th Thursday)