

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>RECREATION/SOCIALIZATION - Daily 8:30am -4pm</u></b>  <b><u>CLASS CHANGES</u></b> <ul style="list-style-type: none"> <li>Chair Yoga (Tuesdays 10am)</li> <li>Nutrition –Atoms Apple w/Dr. Amy (Tuesday 11am &amp; Thursday 1pm)</li> <li>Active Living Everyday (change to Thursday, 2pm)</li> </ul> <b><u>AWARENESS THIS MONTH</u></b> <ul style="list-style-type: none"> <li>Glaucoma Awareness Month</li> <li>National Blood Donor Month</li> <li>National Healthy Weight Week (19-25th)</li> </ul> 		<b>1 CENTER CLOSED</b>  	<b>2 National Science Fiction Day</b> 10:00 Line Dancing 11:00 “Ask a Health Professional” 12:30 Pokeno / Phase10 12:00 Lunch  1:00 <b>SOCIAL</b> -Notes from the Universe “A Journaling Experience”  3:00 Open Gym & Game Room 	<b>3</b> 9:30 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line) 12:00 Lunch 1:00  3:00 Open Gym & Game Room 
<b>6</b> 8:30 Enhance Fitness 9:00 Ward 8 Mini Commission Meeting 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Sczerina Perot, AARP 11:00 DC Chess Federation (in-person) 11:00 <b>PRESENTATION</b> -Community News, Teresa Smith 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room	<b>7 TRIP</b> - MGM Shopping, 11am 9:00 Blood Pressure Readings*  10:00 Chair Yoga (returns) 11:00 Nutrition-Atoms Apple with Dr. Amy 12:00 Lunch 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room 	<b>8</b> 8:30 Enhance Fitness 10:00 <b>ASSEMBLY MEETING</b>  12:00 Lunch 12:00 <b>PRESENTATION</b> – Ward 8 AARP Local #4870, Phillip Pannell 1:00 Zumba  2:00 Tai Chi 3:00 Open Gym & Game Room	<b>9</b> 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 10:30 CHSWC Choir * 11:00 “Ask a Health Professional” 12:30 Pokeno / Phase10  12:00 Lunch 1:00 <b>SOCIAL</b> -Crocheting/Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy 2:00 Active Living Everyday 3:00 Open Gym & Game Room	<b>10</b> 9:30 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch 1:00 <b>WORKSHOP</b> -“Message to the World”, Visual & Media Arts, Denaise Seals, Washington Performing Arts 3:00 Open Gym & Game Room 
<b>13</b> 8:30 Enhance Fitness 9:00 Mini Commission 9:30 Spiritual Studies 10:00 Tai Chi 10:00 “Ask a Lawyer”, Sczerina Perot, AARP 11:00 DC Chess Federation (in-person) 12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 <b>PRESENTATION</b> -Estate Planning/Scam, Dolly Turner, DISB 3:00 Open Gym & Game Room 	<b>14</b> 9:00 Blood Pressure Readings*  11:00 Nutrition-Atoms Apple with Dr. Amy  12:00 Lunch 1:00 <b>SOCIAL</b> -Men’s (Safe-Zone) Conversation “Brothers Receiving, Achieving & Healing” (B.R.A.H.) with Director Richie 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room 	<b>15</b> 8:30 Enhance Fitness 9:30 Technology & The Metaverse  10:00 CHSWC Advisory Board 11:30 Movie Time * 12:00 Lunch  12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi 3:00 Open Gym & Game Room 	<b>16 TRIP</b> -Amish Market, 9am 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 10:30 CHSWC Choir * 11:00 “Ask a Health Professional” 12:30 Pokeno / Phase10 12:00 Lunch 1:00 <b>SOCIAL</b> -Notes from the Universe “A Journaling Experience” 1:00 Nutrition-Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room	<b>17</b> 9:30 Enhance Fitness 10:30 Take Action! Techniques  11:00 DC Chess Federation (on-line)  12:00 Lunch 1:00 <b>WORKSHOP</b> -Digital Literacy Training, Lou August, Wild Tech (1-3pm) 3:00 Open Gym & Game Room 

<p>20</p> <h1>CENTER CLOSED</h1>  <p><b>ALSO INUGURATION DAY</b></p>	<p>21</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Chair Yoga (returns)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>1:00 Book Club-"The Heaven &amp; Earth Grocery Store" by James McBride".</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>22</p> <p>8:30 Enhance Fitness</p> <p>9:30 Technology &amp; The Metaverse</p> <p>10:00 <b>PRESENTATION</b>-Senior Behavior Guidelines Focus Group, Monisa Waters, DC Library (gifts for participation)</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>1:00 <b>PRESENTATION</b>-No Cost Solar, Weston Harrell, Smart Solar Solution</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>23</p> <p>9:00 Tight Body</p> <p>9:00 Spanish</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional", MedStar</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 <b>SOCIAL</b>-Crocheting/ Knitting</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>24</p> <p>9:30 Enhance Fitness</p> <p>10:30 Take Action! Techniques</p> <p>10:30 Food Demo with Chef Herb</p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00</p> <p>3:00 Gym &amp; Game Room</p>
<p>27</p> <p>8:30 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>10:00 Tai Chi</p> <p>11:00 DC Chess Federation (in-person)</p> <p>11:00 <b>PRESENTATION</b>-Unclaimed Properties Unit, Lisha Thorne, Office of Finance &amp; Treasury</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>3:00 Open Gym/Game Room</p>	<p>28 <b>TRIP</b>-Thrift&amp; Thrive, VA, Community Grapevine, LaKeeta Burnette</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Chair Yoga (returns)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>1:00 Sibley Club Memory *(In-house)</p> <p>2:00 Line Dancing</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>29</p> <p>8:30 Enhance Fitness</p> <p>9:30 Technology &amp; The Metaverse</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 <b>PRESENTATION</b>-"Ten Ways to Save", Katie Feiock, AARP</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>30 <b>TRIP</b>-Amish Market, 9am</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional", MedStar</p> <p>12:00 Lunch</p> <p>12:00 Pokeno / Phase 10 *</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 Active Living Everyday</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>31</p> <p>9:30 Enhance Fitness (last class)</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00 <b>WORKSHOP</b>-Digital Literacy Training, Lou August, Wild Tech (2-sessions 10am-12pm &amp; 1-3pm)</p> <p>3:00 Gym &amp; Game Room</p>

**VIDEO/AUDIO CONFERENCE**

Zoom

- 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 :

Instagram Facebook TikTok @TheCHSWC

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

YouTube @heightsseniortv7481

**PRESENTATIONS/WORKSHOPS/SOCIAL**

- Community News, Teresa Smith (6th)
- Ward 8 AARP Local #4870, Phillip Parnell (8th)
- Workshop**-"Message to the World", Visual & Media Arts, De-naise Seals, Washington Performing Arts (10th)
- Estate Planning/Scam, Dolly Turner, DISB (13th)
- Social**-Men's (Safe-Zone)Conversation-"Brothers Receiving, Achieving & Healing (B.R.A.H.) with Director Richie (14th)
- Workshop-Digital Literacy Training, Lou August, Wild Tech (1-session Fri., 17th & 2-sessions Fri. 31st, 10am-12pm & 1-3pm)
- Senior Behavior Guidelines Focus Group, Monisa Waters, DC Library (22nd)
- No Cost Solar, Weston Harrell, Smart Solar Solution (22nd)
- Unclaimed Properties Unit, Office of Finance & Treasury (27th)