3:00 Siblev Club

Memory

Ferebee Hope Pool \*

Hollins, CHSWC Member

It All

Monday Tuesday Wednesday **Thursday** Friday 3 6 SIDEWALK SALE 9am 4 5 9:30 Enhance Fitness **CENTER** 9:30 Tai Chi 10:30 ASSEMBLY MEETING 10:00 Line Dancing 9:30 Spiritual Studies CLOSED TITITI 10:30 Ole Skool Dancing 11:00 Arts 11:00 DC State Chess Fed. 12:30 Spiritual Studies 11:30 Just Rock - Piano 12:30 Pokeno \* 11:30 NEW MEMBERS' MOMENT \* 1:00 **SOCIAL-Congress Heights Family Success** 1:00 PRESENTATION-12:30 Pokeno \* 1:00 Zumba Center Flood, Victor Ukpolo, DOEE 1:00 Fit & Strong 2:00 Tai Chi 1:00 Fit & Strong (RETURNS) (RETURNS) 10 12 14 13 TRIP- National Harbor 11 TRIP-Party HQ, Bowie, MD ONLY, 11am 8:30 Enhance Fitness 12:15pm 9:30 Enhance Fitness 8:30 Enhance Fitness 9:00 Intro to Spanish 9:30 CHSWC Social Media 9:00 Take Action! 9:30 Tai Chi with Senora Chelsea 10:30 Food Demo **Techniques** 9:30 Spiritual Studies Dr. Amy 10:00 Line Dancing 10:00 NUTRITION Atoms 9:30 "Ask a Lawver", Legal Coun-11:00 DC State Chess Fed. 11:00 PRESENTATION-Apple with Dr. Amy 10:30 PRESENTATIONsel for the Elderly, 1-on-1 Advice Making Sure You are Not Home Ownership Preservaääare 11:00 Blood Pressure 10:30 Ole Skool Under-Insured, Maurice tion, Maya Sheppard, Legal Readings\* Dancing Marshall, Public Adjustor 11:00 PRESENTATION-. **Counsel for the Elderly** Bone/Skin Cancer, Andrea 11:30 Just Rock - Piano 12:30 Pokeno \* 11:00 DC State Chess Fed. 11:30 Movie Time (in Cinema Miranda, MedStar 12:30 Pokeno \* 1:00 Notes from the Universe Room) \* 12:30 Chair Yoga "A Journaling Experience", 1:00 Fit & Strong (RETURNS) 1:00 Fit & Strong (RETURNS) 12:30 Spiritual Studies Pam Bryant-Hollins 2:00 Line Dancing 1:00 SOCIAL -2:30 COMMUNITY 1:00 Zumba 2:00 NUTRITION Atoms 3:00 Siblev Club Memory 2:00 Tai Chi Apple with Dr. Amy 20 TRIP-Super Walmart, 17 19 21 Alexandria, VA 10am 9:00 Take Action! 8:30 Enhance Fitness 9:30 Enhance 8:30 Enhance Fitness **Techniques** 9:30 Tai Chi **Fitness** 9:30 PRESENTATION-9:00 Tight Body \* 10:00 NUTRITION Atoms 9:30 Spiritual Studies National Therapeutic Rec 11:00 DC State Chess Fed. Apple with Dr. Amy 9:00 Intro to Spanish Month, Edenbridge 9:30 "Ask a Lawver", Legal Coun-11:00 Blood Pressure \* with Senora Chelsea sel for the Elderly, 1-on-1-Advice 10:00 CHSWC Advisory 10:00 Line Dancing Board Meeting \* 1:00 PRESENTATION -11:00 DC State Chess Fed. 10:30 Ole Skool Dancing Minority Mental Health, 11:00 Arts 1 10:30 Pilates 12:30 Chair Yoga 11:30 Just Rock - Piano Amesha Green, UHC 11:30 Movie Time 1:00 SOCIAL-Book Club 12:30 Pokeno \* 12:30 Pokeno \* 1:00 Fit & Strong (in Cinema Room) \* (RETURNS) (NEW) 1:00 Fit & Strong 1:00 SOCIAL-Notes from 12:30 Spiritual Studies 2:00 Line Dancing (RETURNS) the Universe "A Journaling 2:30 SOCIAL-1:00 **Zumba** 3:00 Aqua Aerobics/AFAP, Experience", Pam Bryant-Ladies, Let's Tell

2:00 Tai Chi

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8:30 Enhance Fitness

9:30 Tai Chi



9:30 Spiritual Studies

10:30 Ole Skool Dancing \*

10:30 Clouds & Apps

11:30 Just Rock - Piano

12:30 Pokeno \*

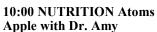
1:00 Fit & Strong (RETURNS)

3:00 Aqua Aerobics/AFAP, Ferebee

Hope Pool \*

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9:00 Take Action! Techniques



11:00 Blood Pressure Readings \* 11:00 DC State Chess Fed.

12:30 Chair Yoga

1:00 "Sewing Seeds" with Ace-Symmetric

1:30 Sibley Club \*
Memory (In-House)

2:00 Line Dancing

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8:30 Enhance Fitness

9:30 Virtual Technology & Tzedekdc Free Credit Reports, Bring your device



10:30 Pilates

11:30 Movie Time (in Cinema Room) BYL

12:30 Spiritual Studies

1:00 Zumba

2:00 Tai Chi



1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins,

2:00 NUTRITION Atoms Apple with Dr. Amy

12:30 Pokeno

9:00 Tight Body \*

9:00 Intro to Spanish with Senora Chelsea

10:00 Line Dance 10:30 Food Demo with Chef Herb



11:00 DC State Chess Federation

9:30 Enhance Fitness

**表示青青青** 



1:00 Fit & Strong (RETURNS)



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8:30 Enhance Fitness

9:30 Tai Chi

9:30 Spiritual Studies

9:30 "Ask a Lawyer", Legal Counsel for the Elderly-1–on-1 Advice

10:30 Ole Skool Dancing \*

11:30 Just Rock - Piano

12:30 Pokeno \*

1:00 Fit & Strong (RETURNS)

1:00 SOCIAL - BINGO

3:00 Aqua Aerobics/AFAP, Ferebee

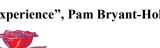
Hope Pool (last class) \*

#### **SOCIAL**

- Congress Heights Family Success Center (6th)
- Bingo (10th & 31st)
- Book Club (18th) NEW
- Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins (2nd-4th Thursday)
- Ladies, Lets Tell It All (21st)



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### **OBSERVATIONS**

- International Women with Alopecia Month
- National Minority Mental Health Awareness Month
- Sarcoma Awareness Month





#### 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





@TheCHSWC

**Tik Tok** 





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

## **PRESENTATIONS**

- Flood, Victor Ukpolo, DOEE (7th)
- Home Ownership Preservation, Legal Counsel for the Elderly (12th)
- Making Sure You are Not Under-Insured, Maurice Marshall, Public Adjustor (13th)
- Bone/Skin Cancer, MedStar (14th)
- National Therapeutic Rec Month, Edenbridge (19th)
- Minority Mental Health, Amesha Green, UHC (21st)
- Virtual Technology& Tzedekdc, Free Credit Reports,
   Bring your device (26th)







