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<p>2 8:30 Enhance Fitness (Returns) 9:30 Spiritual Studies 9:30 “Ask a Lawyer”, Legal Counsel for the Elderly 1on1 Advice *</p> <p>11:30 Just Rock - Music Lesson 12:30 Pokeno *</p> <p>1:00 DC State Chess Fed. </p> <p>3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p> <p>3:00 Open Gym & Game Room</p>	<p>3 TRIP-Arundel Mills Mall, 10am 9:00 Take Action! Techniques 10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings* </p> <p>12:30 Chair Yoga 2:00 PRESENTATION-“Just Ask Moe”, Maurice Marshall, Public Adjustor 3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p>	<p>4 8:30 Enhance Fitness (Returns) 10:30 ASSEMBLY MEETING </p> <p>12:30 Spiritual Studies </p> <p>1:00 Zumba 2:00 Tai Chi </p> <p>3:00 Open Gym & Game Room</p>	<p>5 SIDEWALK SALE, 9am 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant-Hollins </p> <p>2:00 3:00 Open Gym & Game Room</p>	<p>6 9:30 Enhance Fitness (Returns) </p> <p>11:30 New Member Moments* </p> <p>1:00 PRESENTATION-Breast & Prostate Cancer, Howard University 3:00 Open Gym & Game Room</p>
<p>9 CENTER CLOSED </p>	<p>10 TRIP-Party HQ Bowie, MD, 12:15pm 9:00 Take Action! Techniques 10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings* </p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing 3:00 Sibley Club Memory </p> <p>3:00 Open Gym & Game Room</p>	<p>11 8:30 Enhance Fitness (Returns) 9:30 CHSWC Social Media </p> <p>10:30 Pilates 11:30 Movie Time* (in Cinema Room) 12:30 Spiritual Studies 1:00 Zumba </p> <p>2:00 Tai Chi 3:00 Open Gym & Game Room</p>	<p>12 TRIP-Anacostia Art Center, 1:15pm 9:00 Tight Body 9:00 Intro to Spanish with Senora Chelsea* 10:00 Line Dancing 12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam -Hollins 2:00 NUTRITION Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room</p>	<p>13 9:30 Enhance Fitness (Returns) 10:30 PRESENTATION-Feel Good Bingo/ Signs of Depression, Donna Gayles, Capital Care </p> <p>1:00 Bingo! 3:00 Open Gym & Game Room</p>
<p>16 8:30 Enhance Fitness (Returns) 9:30 Spiritual Studies 9:30 “Ask a Lawyer”, Legal Counsel for the Elderly 1on1 Advice *</p> <p>10:00 Tai Chi </p> <p>11:00 Clouds & Apps </p> <p>12:30 Pokeno *</p> <p>1:00 COMMUNITY NEWS 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p> <p>3:00 Open Gym & Game Room</p>	<p>17 9:00 Take Action! Techniques 10:00 PRESENTATION-Domestic Violence Awareness Month/ Healthy Relationships, Cynthia Miller/Tabor 11:00 Blood Pressure Reading* </p> <p>12:30 Chair Yoga 1:00 SOCIAL- Book Club “A Piece of Mine:Stories”, A. California Cooper 1:00 “Sewing Seeds” with Ace-Symmetric 2:00 Line Dancing </p> <p>3:00 Sibley Club Memory 3:00 Open Gym & Game Room</p>	<p>18 TABLE-Open Enrollment for Medicare, UHC 8:30 Enhance Fitness (Returns) 10:00 Advisory Board 10:00 PRESENTATION-Physical Therapy/Fall Prevention, Edenbridge </p> <p>10:30 Pilates 11:30 Movie Time (in Cinema Room)* 12:30 Spiritual Studies 1:00 Zumba </p> <p>2:00 Tai Chi 3:00 Open Gym & Game Room</p>	<p>19 TABLE-Open Enrollment for Medicare, UHC 9:00 Tight Body* </p> <p>9:00 Intro to Spanish with Senora Chelsea* 10:00 Line Dancing 12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant 1:00 PRESENTATION-Infection Prevention, Dr. Bordan, Ascension 2:00 NUTRITION Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room</p>	<p>20 9:30 Enhance Fitness Returns) 10:30 PRESENTATION-Ask the Doctor, Infection Prevention, Medstar 1:00 PRESENTATION – Community Safety, Commander LaShay Makal, 7th District SAFETY MATTERS </p> <p>2:00 Ladies’ Tell It All 3:00 Open Gym & Game Room</p>

<p>23 8:30 Enhance Fitness (Returns) 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice * 10:00 Tai Chi  12:30 Pokeno * 1:00 PRESENTATION-Update on the Redevelopment of Barry Farm, Tanya Phillips, POAH 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *  3:00 Open Gym & Game Room</p>	<p>24 9:00 Take Action! Techniques  10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings *  12:30 Chair Yoga 1:30 Sibley Club * Memory (In-House)  2:00 Line Dancing 3:00 Open Gym & Game Room</p>	<p>25 8:30 Enhance Fitness (Returns) 9:30 Virtual Technology Cancer  10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi  3:00 Open Gym & Game Room</p>	<p>26 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 11:00 PRESENTATION-Tech-savvy, access electronic health platforms, Cancer Support Community 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Hollins 2:00 NUTRITION Atoms Apple with Dr. Amy 3:00 Open Gym & Game Room</p>	<p>27 9:30 Enhance Fitness (Returns) 10:30 Food Demo with Chef Herb  1:00 SOCIAL-"Harvest Time Happy Hour" (wear your favorite custom)  3:00 Open Gym & Game Room </p>
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8:30 Enhance Fitness (Returns)
9:30 Spiritual Studies
9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice *
10:00 Tai Chi
12:30 Pokeno *
3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool * 
3:00 Open Gym & Game Room

31
9:00 Take Action! Techniques 
10:00 NUTRITION Atoms Apple with Dr. Amy
11:00 Blood Pressure Readings *
12:30 Chair Yoga 
2:00 Line Dancing
3:00 Sibley Club Memory 
3:00 Open Gym & Game Room

Physical Therapy Awareness Month
Breast Cancer Awareness Month
Domestic Violence Awareness Month
Infection Prevention Month
Fire Prevention Week 14th - 21st

CLASS CHANGES



- DC State Chess Federation (1st Monday Only)
- Just Rock (1st Monday Only)
- Arts & Crafts (1st Thursday Only)



Myth:
Domestic violence only affects women.

Fact:
40% or more domestic violence victims are men.



 **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

  YouTube

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

- PRESENTATIONS**
- "Just Ask Moe", Maurice Marshall, Public Adjustor (3rd)
 - Breast & Prostate Cancer, Howard University (6th)
 - Feel Good Bingo, Signs of Depression, Capital Caring (13th)
 - Domestic Violence Awareness Month/Healthy Relationships, Cynthia Miller/Tabor (17th)
 - Physical Therapy/Fall Prevention, Edenbridge (18th)
 - Infection Prevention, Dr. Bordan, Ascension (19th)
 - Community Safety, Commander LaShay Makal, 7th District (20th)
 - Update on the Redevelopment of Barry Farm, Tanya Phillips, POAH (23rd)
 - Tech-savvy, improve health literacy and access electronic health platforms, Cancer Support Community (26th)

