3:00 Open Gym & Game Room

3:00 Open Gym & Game Room

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

3:00 Open Gym & Game Room

Room

23 8:30 Enhance Fitness (Returns) 9:30 Spiritual Studies

9:30 "Ask a Lawyer", Legal Counsel for the Elderly 10n1 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

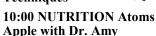
Hope Pool \*



3:00 Open Gym & Game Room

24

9:00 Take Action! Techniques



11:00 Blood Pressure Readings \*



12:30 Chair Yoga

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



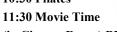
2:00 Line Dancing3:00 Open Gym & Game Room

25

8:30 Enhance Fitness (Returns)
9:30 Virtual Technology



10:30 Pilates



(in Cinema Room) BYL \*

12:30 Spiritual Studies 1:00 Zumba

2:00 Tai Chi



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

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





30

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 Dancing3:00 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



# FIGHT BREAST CANCER

Myth:
Domestic violence only affects women.

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

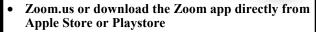
## **CLASS CHANGES**

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



# VIDEO/AUDIO CONFERENCE





- 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**

- "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)







