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<p>SUICIDE PREVENTION MONTH</p> <p>NATIONAL FOOD SAFETY EDUCATION MONTH</p> <p>NATIONAL CHOLESTROL EDUCATION AWARENESS MONTH</p> <p>PROSTATE CANCER AWARENESS MONTH</p> <p>NATIONAL GRANDPARENT'S DAY (10th)</p> <p>AUTUMN BEGINS - 23rd</p> <p>TIME CHANGE TAI CHI - 10AM</p> 		   	<p>1 TABLE IN CENTER- Community Health Needs Assessment, MedStar 9-11am</p> <p>11:00 DC State Chess Fed.</p>  <p>11:30 New Member' Moments *</p>  <p>1:00 Fit & Strong</p> 	
<p>4</p> <p>CENTER CLOSED</p> 	<p>5 TRIP-National Harbor Outing, 11am</p> <p>9:00 Take Action! Techniques</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> 	<p>6</p> <p>10:30 ASSEMBLY MEETING (Presentation-Oncology, Howard University during meet)</p>  <p>11:30 Movie Time * (in Cinema Room)</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> 	<p>7 SIDEWALK SALE, 9am</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno *</p> <p>1:00 PRESENTATION-Community & Health Equity, Donna Gayles, Capital Caring Health</p> <p>2:00 SOCIAL - Audition for CHSWC Talent Show</p> 	<p>8 TRIP-Ahead Study, Brain health & Alzheimer's Disease, Howard University, 9am</p>  <p>9:00 TABLE IN CENTER-Community Health Needs Assessment, MedStar 9-11am</p> <p>11:00 DC State Chess Fed.</p> <p>1:00 Fit & Strong</p> 
<p>11</p> <p>10:00 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice *</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno *</p> <p>1:00 Bingo! *</p> 	<p>12 TRIP-Party HQ Senior Prom 10am</p> <p>9:00 Take Action! Techniques</p> <p>11:00 Blood Pressure *</p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> 	<p>13</p> <p>9:30 CHSWC Social Media</p>  <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi</p> 	<p>14</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea *</p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL</p> 	<p>15 TABLE IN CENTER-Community Health Needs Assessment, MedStar 9-11am</p> <p>10:00 PRESENTATION-Suicide Prevention, Medstar</p> <p>11:00 DC State Chess Fed.</p>  <p>1:00 PRESENTATION - Hair Health, Amesha Green, UHC</p> <p>1:00 Fit & Strong</p> 

<p>18 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice * 10:00 Tai Chi 10:30 Clouds & Apps 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong 3:00 Aqua Aerobics/AFAP, Ferebee Hope Pool *</p>  	<p>19 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 1:00 SOCIAL- Book Club "Born A Crime Stories From a South African Childhood, Trevor Noah 2:00 Line Dancing 3:00 Sibley Club Memory</p>	<p>20 TRIP-National Zoo, 10am 9:30 PRESENTATION, Food Safety Awareness, Edenbridge 10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi </p>	<p>21 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea 9:30 PRESENTATION-Fall Prevention 10:00 Line Dancing 11:00 Arts & Crafts 12:30 Pokeno * 1:00 </p>	<p>22 TABLE IN CENTER-Community Health Needs Assessment, MedStar 9-11am 9:30 PRESENTATION-Scams/Fraud Presentation and Discussion, TZEDEK DC 10:30 Food Demo with Chef Herb  11:00 DC State Chess Federation  12:00 DACL PRESENTS-Trauma 101, Sharon Wise 1:00 Fit & Strong </p>
<p>25 9:00 PRESENTATION-Community Emergency Response Team, Frances Whalen 9:30 Spiritual Studies 9:30 "Ask a Lawyer", Legal Counsel for the Elderly 1on1 Advice * 10:00 Tai Chi 11:30 Just Rock - Piano 12:30 Pokeno * 1:00 Fit & Strong 3:00 Aqua Aerobics/AFAP, Ferebee</p> 	<p>26 9:00 Take Action! Techniques  10:00 NUTRITION Atoms Apple with Dr. Amy 11:00 Blood Pressure Readings * 11:00 DC State Chess Fed. 12:30 Chair Yoga 1:30 Sibley Club *  Memory (In-House) 2:00 Line Dancing </p>	<p>27 9:30 Virtual Technology  10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL * 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi </p>	<p>28 9:00 Tight Body *  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience", Pam Bryant-Hollins 2:00 SOCIAL-Grandparent's Day, Kuumba Learning Center</p>	<p>29 TABLE IN CENTER-Community Health Needs Assessment, MedStar 9-11am 10:00 PRESENTATION-Scams/Fraud Reporting Workshop, TZEDEK DC 11:00 DC State Chess Federation  1:00 Fit & Strong (last day) 1:00 </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 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@heightsseniortv on: **Or** type in the search/browser box: CHSWC and #CHSWC

PRESENTATIONS

- Oncology Presentation during Assembly Meeting (6th)
- Community & Health Equity, Capital Caring Health (7th)
- Suicide Prevention, MedStar (15th)
- Hair Health, Amesha Green, UHC
- Food Safety Awareness, Edenbridge (20th)
- DACL Presents-Fall Prevention (21st)
- Scams/Fraud Presentation and Discussion, TZEDEK DC (22nd)
- DACL PRESENTS-Trauma 101, Sharon Wise (22nd)
- Community Emergency Response Team, Frances Whalen (25th)
- Celebrating Grandparents Day, Kuumba Learning Center (28th)
- Scams/Fraud Reporting Workshop, TZEDEK DC(29th)

