







































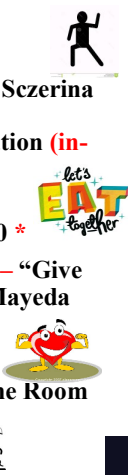
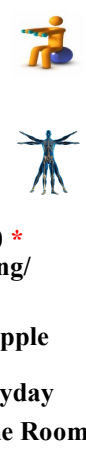
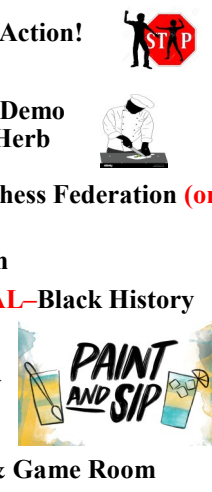


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Spiritual Studies </p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person) </p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-BINGO, Mayeda Taylor, Humana</p> <p>3:00 Open Gym & Game Room</p>	<p>4 TRIP - Arundel Mills Mall, 10am</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance (returns)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>12:00 Lunch</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>	<p>5</p> <p>10:00 ASSEMBLY MEETING </p> <p>12:00 Lunch</p> <p>1:00 Bingo! </p> <p>2:00 Tai Chi </p> <p>3:00 Open Gym & Game Room </p>	<p>6</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"</p> <p>12:30 Pokeno / Phase10 </p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-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 & Game Room</p>	<p>7 National Wear Red Day (acknowledge cardio vascular risk & disease) </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 SOCIAL-Intergenerational Event-African American Read-in (Black History Book Fair), Thelma Hines</p> <p>3:00 Open Gym & Game Room</p>
<p>10</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini Commission, Guleford BoBo</p> <p>10:00 Tai Chi </p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person) </p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 Teresa Smith - </p> <p>3:00 Open Gym & Game Room</p>	<p>11</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance (returns)</p> <p>11:00 PRESENTATION-Smart Stroke, Frances Whalen, DC Serve </p> <p>12:00 Lunch</p> <p>1:00 SOCIAL- "Heart's Aflame" with Julia's Heart</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory * </p> <p>3:00 Open Gym & Game Room</p>	<p>12</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 Pilates </p> <p>12:00 Lunch</p> <p>12:00 PRESENTATION-AARP Meeting Local #4870, Phillip Pannell</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room </p>	<p>13</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 "Ask a Health Professional" - National Condom Month</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch </p> <p>1:00 SOCIAL-Crocheting/ Knitting</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>	<p>14 TRIP - "Red, White & You" A Valentine's Day Celebration, DACL-Deanwood Rec Center-1350-49th St. NE, 10:45am</p> <p>10:30 Take Action! Techniques </p> <p>11:00 DC Chess Federation (on-line) </p> <p>12:00 Lunch </p> <p>3:00 Open Gym & Game Room</p>
<p>17</p> <p>CENTER CLOSED</p> <p></p>	<p>18</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance (returns)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>1:00 Book Club-"The Heaven & 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 & Game Room</p>	<p>19</p> <p>9:30 Technology & The Metaverse </p> <p>10:00 CHSWC Advisory Board</p> <p>10:30 Pilates </p> <p>11:30 Movie Time *</p> <p>12:00 Lunch </p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>20 TRIP-P.A. Dutch Farmers Market, Annapolis, 9am</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 Ask a Health Professional</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Side-by-Side Band, DC MPD</p> <p>1:00 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 & Game Room</p>	<p>21</p> <p>9:30 SOCIAL- "Ladies Tell It All" </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 SOCIAL-An Afternoon of . R&B/Oldies with Sandra Johnson </p> <p>3:00 Open Gym & Game Room </p>

<p>24</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION- "Give Your Brain a Boost", Mayeda Taylor, Humana</p> <p>3:00 Open Gym & Game Room</p> 	<p>25</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Matter of Balance (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 & Game Room</p> 	<p>26</p> <p>9:30 Technology & The Metaverse</p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-Estate Planning/Scam, Dolly Turner, DISB</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p> 	<p>27 TRIP-DACL Oversight Hearing, Wilson Bldg. 8:30am</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>12:30 Pokeno / Phase 10 *</p> <p>1:00 SOCIAL-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 & Game Room</p> 	<p>28</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 SOCIAL-Black History LaKeeta Burnette, Community Grapevines</p> <p>3:00 Gym & Game Room</p> 
--	---	---	---	---



RECREATION/SOCIALIZATION -
Daily 8:30am -4pm

CLASS CHANGES

Matter of Balance (Tuesday 10am-12pm)

AWARENESS THIS MONTH

Low Vision Awareness Month

American Heart Month

National Condom Month

National Cancer Prevention Month

National Eating Disorder Awareness Week (2/24-3/3)

Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had. We need to live the best that's in us.

Angela Bassett, Actress



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 un-mute press *6
- Some classes held in "Break-out Rooms"- Please click "join" to enter

CHSWC SOCIAL MEDIA

CHECK OUT :



@TheCHSWC

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

You Tube @heightsseniortv7481

PRESENTATIONS

- Smart Stroke, DC Serve (11th)
- Give Your Brain a Boost, Humana (24th)
- Estate Planning/Scam, Dolly Turner, DISB (26th)
- **SOCIAL**
- BINGO, Mayeda Taylor, Humana (3rd)
- African American Read-in, Black History Book Fair (7th)
- Community News (10th)
- "Heart's Aflame" with Julia's Heart (11th)
- AARP Meeting Local #4870, Phillip Pannell (12th)
- Red, White & You" A Valentine's Day, DACL (14th)
- Side-by-Side Band, DC MPD (20th)
- "Ladies Tell It All (21st)
- Sandra Johnson Trio (21st)
- Black History Sip & Paint, Community Grapevines (28th)