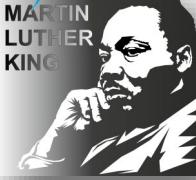
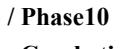
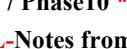
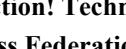
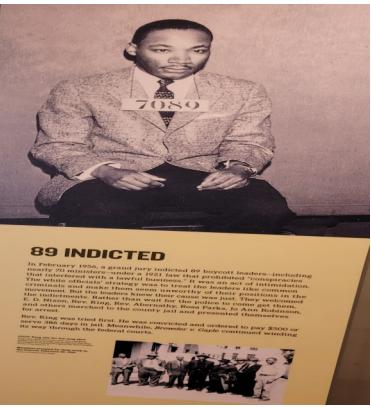


Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>NEW CLASS/CHANGES</u></p> <ul style="list-style-type: none"> • Matter of Balance (returns 6th) <p><u>AWARENESS MONTH</u></p> <ul style="list-style-type: none"> • Glaucoma Awareness Month • National Blood Donor Month • National Religious Freedom Day (16th) • National Day of Education (24th) • National Healthy Weight Week (18-24th) <p>Martin Luther King Day, 19th-Photo in February 1956, a grand jury indicted 89 boycott leaders-including nearly 70 ministers-under a 1921 law that prohibited "conspiracies that interfere with a lawful business." It was an act of intimidation. The white officials' strategy was to treat the leaders like common criminals and make them seem unworthy of their positions in the movement. But the leaders knew their cause was just. They welcomed the indictments. Rather than wait for the police to come get them, E.D. Nixon, Rev. King, Rev. Abernathy, Rosa Parks, JoAnn Robinson, and others marched to the county jail and presented themselves for arrest. Rev. King was tried first. He was convicted and ordered to pay \$500 or serve 386 days in jail.</p>	  <p>GLAUCOMA</p>  	 	<p>1</p> <h1>CENTER CLOSED</h1> 	<p>2 Recreation/Socialization-8:30am-4pm</p> <p>9:30 Enhance Fitness</p> <p>10:00 Food Demo with Chef Herb</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-</p>  <p>3:00 Open Gym & Game Room</p> 
<p>5 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p>  <p>9:30 Spiritual Studies</p>  <p>10:00 Tai Chi</p>  <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p>  <p>12:00 Lunch</p>  <p>12:30 Pokeno / Phase 10 *</p>  <p>1:00 Fit & Strong</p>  <p>3:00 Open Gym & Game Room</p> 	<p>6 Recreation/Socialization-8:30am-4pm</p> <p>TRIP- Tanger Outlet/National Harbor 11am</p>  <p>9:00 Blood Pressure Readings*</p>  <p>10:00 Matter of Balance (return)</p>  <p>10:00 SOCIAL-Crafty Creations w/Community Grapevines</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>7 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea*</p>  <p>9:00 DC Chess Federation (in-person)</p>  <p>10:00 ASSEMBLY MEETING</p>  <p>12:00 Lunch</p>  <p>1:00 Fit & Strong</p>  <p>2:00 Tai Chi</p>  <p>3:00 Open Gym & Game Room</p>	<p>8 Recreation/Socialization-8:30am-4pm</p> <p>10:00 Line Dancing</p>  <p>11:00 Chair Yoga</p>  <p>12:00 Lunch</p>  <p>12:30 Pokeno / Phase10</p>  <p>1:00 SOCIAL- Crocheting/ Knitting</p>  <p>3:00 Open Gym & Game Room</p> 	<p>9 Recreation/Socialization-8:30am-4pm</p> <p>9:30 Enhance Fitness</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- Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities</p>  <p>3:00 Open Gym & Game Room</p> 
<p>12 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p>  <p>9:30 Spiritual Studies</p>  <p>10:00 Tai Chi</p>  <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p>  <p>10:00 Mini Commission Meeting</p>  <p>12:00 Lunch</p>  <p>12:30 Pokeno / Phase 10 *</p>  <p>1:00 Fit & Strong</p>  <p>3:00 Open Gym & Game Room</p>	<p>13 Recreation/Socialization-8:30am-pm</p> <p>9:00 Blood Pressure Readings*</p>  <p>10:00 Matter of Balance (return)</p>  <p>12:00 Lunch</p>  <p>1:00 SOCIAL-Book Club- "Within the Fire, I Found my Voice", Ruth Redmond</p>  <p>1:00 CHSWC Member Check-in, Virtual</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>14 Recreation/Socialization-8:30am-4pm</p> <p>8:30 Enhance Fitness</p> <p>9:00 "Dilo en Espanol" w/Senora Chelsea *</p>  <p>9:00 DC Chess Federation (in-person)</p>  <p>9:30 Technology & The Metaverse</p>  <p>10:30 Senior Stretch Therapy</p>  <p>11:30 Movie Time *</p>  <p>12:00 Lunch</p>  <p>12:00 PRESENTATION- AARP Meeting Local #4870</p>  <p>12:30 Spiritual Studies</p>  <p>1:00 Fit & Strong</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>15 Recreation/Socialization-8:30am-4pm</p> <p>TRIP-African American Museum, 10am</p>  <p>9:00 Tight Body</p>  <p>10:00 Line Dancing</p>  <p>11:00 Chair Yoga</p>  <p>12:00 Lunch</p>  <p>12:30 Pokeno / Phase10 *</p>  <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p>  <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>1:30 SOCIAL-Plants & Blooms ReImagined, Kaifa Anderson-Hall</p> <p>3:00 Open Gym & Game Room</p>	<p>16 Recreation/Socialization-8:30am-4pm</p> <p>9:30 Enhance Fitness</p>  <p>10:00 Food Demo with Chef Herb</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-</p>  <p>3:00 Open Gym & Game Room</p>

<p>19 CENTER CLOSED Martin Luther King, Jr. Day</p> 	<p>20 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Matter of Balance (return) 12:00 Lunch  1:30 Sibley Club Memory  2:00 Line Dancing  3:00 Open Gym & Game Room </p>	<p>21 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness  9:00 "Dilo en Espanol" with Senora Chelsea * 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse  10:00 Advisory Board 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch 12:30 Spiritual Studies 1:00 Fit & Strong 2:00 Tai Chi 3:00 Open Gym & Game Room </p>	<p>22 Recreation/Socialization-8:30am-4pm 9:00 Tight Body 10:00 Line Dancing  12:00 Lunch  12:30 Pokeno / Phase10 * 1:00 SOCIAL- Crocheting/ Knitting  1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym & Game Room </p>	<p>23 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness  10:30 Take Action! Techniques 11:00 DC Chess Federation (online) 12:00 Lunch  1:00 SOCIAL- Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities 3:00 Open Gym & Game Room</p>
<p>26 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:30 Spiritual Studies  10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 12:00 Lunch  12:30 Pokeno / Phase 10 * 1:00 Fit & Strong 3:00 Open Gym & Game Room </p>	<p>27 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings * 10:00 Matter of Balance (return) 12:00 Lunch  1:00 "Sewing Seeds" with Ace-Symmetric  2:00 Line Dancing  3:00 Sibley Club Memory  3:00 Open Gym & Game Room </p>	<p>28 Recreation/Socialization-8:30am-4pm 8:30 Enhance Fitness 9:00 "Dilo en Espanol" w/ Senora Chelsea * 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch  12:30 Spiritual Studies  1:00 PRESENTATION- "Lunch with a Doctor", HU & FSFSC- Nutrition Made Easy-Eating for a Stronger Heart & Body 1:00 Fit & Strong 2:00 Tai Chi 3:00 Open Gym & Game Room </p>	<p>29 Recreation/Socialization-8:30am-4pm 9:00 Tight Body 10:00 Line Dancing  11:00 Chair Yoga 12:00 Lunch  12:30 Pokeno / Phase10 * 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym & Game Room </p>	<p>30 Recreation/Socialization-8:30am-4pm 9:30 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (online) 12:00 Lunch 1:00 SOCIAL-Crafty Creations w/Community Grapevines 1:00  3:00 Open Gym & Game Room </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

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



@heightssemiortv7481

PRESENTATIONS

- AARP Meeting Local #4870 (14th)
- "Lunch with a Doctor", Ward 8 Health Council & FSFSC (28th)
- SOCIAL**
- Crafty Creations 6th & 30th
- Bingo (2nd, 16th & 30th)
- Crocheting/Knitting (8th & 22nd)
- Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities (9th & 23rd)
- Notes from the Universe, Journaling (15th & 29th)
- Plants & Blooms ReImagined (15th)Lunch with a Doctor, HU, FSFSC (28th)



Where Community and Family Come First

