


Monday	Tuesday	Wednesday	Thursday	Friday
<div><div><div>NEW CLASS/CHANGES</div><div><div>Matter of Balance (returns 6th)</div><div>AWARENESS MONTH</div><div><div>Glaucoma Awareness Month</div><div>National Blood Donor Month</div><div>National Religious Freedom Day (16th)</div><div>National Day of Education (24th)</div><div>National Healthy Weight Week (18-24th)</div></div></div></div><div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div>GLAUCOMA</div><div><div>Normal</div><div>Eye with Glaucoma</div></div></div><div><div><div>MARTIN LUTHER KING</div><div></div></div><div><div><div></div><div></div><div></div><div></div></div></div></div></div><div><div><div>1</div><div>CENTER CLOSED</div><div><div>Happy New Year!</div></div></div></div></div></div></div>	<div><div><div>2 Recreation/Socialization-8:30am-4pm</div><div>9:30 Enhance Fitness</div><div>10:00 Food Demo with Chef Herb</div><div>10:30 Take Action! Techniques</div><div>11:00 DC Chess Federation (on-line)</div><div>12:00 Lunch</div><div>1:00 SOCIAL-</div><div><div>Bingo!</div></div><div>3:00 Open Gym & Game Room</div></div></div>			
<div><div><div>5 Recreation/Socialization-8:30am-4pm</div><div>8:30 Enhance Fitness</div><div>9:30 Spiritual Studies</div><div>10:00 Tai Chi</div><div>10:00 “Ask a Lawyer”, Deborah Wright, AARP</div><div>12:00 Lunch</div><div>12:30 Pokeno / Phase 10 *</div><div>1:00 Fit & Strong</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>6 Recreation/Socialization-8:30am-4pm</div><div>TRIP– Tanger Outlet/National Harbor 11am</div><div>9:00 Blood Pressure Readings*</div><div>10:00 Matter of Balance (return)</div><div>10:00 SOCIAL-Crafty Creations w/Community Grapevines</div><div>12:00 Lunch</div><div>2:00 Line Dancing</div><div>3:00 Sibley Club Memory *</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>7 Recreation/Socialization-8:30am-4pm</div><div>8:30 Enhance Fitness</div><div>9:00 “Dilo en Espanol” with Senora Chelsea*</div><div>9:00 DC Chess Federation (in-person)</div><div>10:00 ASSEMBLY MEETING</div><div>12:00 Lunch</div><div>1:00 Fit & Strong</div><div>2:00 Tai Chi</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>8 Recreation/Socialization-8:30am-4pm</div><div>10:00 Line Dancing</div><div>11:00 Chair Yoga</div><div>12:00 Lunch</div><div>12:30 Pokeno / Phase10</div><div>1:00 SOCIAL- Crocheting/ Knitting</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>9 Recreation/Socialization-8:30am-4pm</div><div>9:30 Enhance Fitness</div><div>10:30 Take Action! Techniques</div><div>11:00 DC Chess Federation (on-line)</div><div>12:00 Lunch</div><div>1:00 SOCIAL– Vera Yaa-Ana, Performer/Story-Teller, Commission on the Arts & Humanities</div><div>3:00 Open Gym & Game Room</div></div></div>
<div><div><div>12 Recreation/Socialization-8:30am-4pm</div><div>8:30 Enhance Fitness</div><div>9:30 Spiritual Studies</div><div>10:00 Tai Chi</div><div>10:00 “Ask a Lawyer”, Deborah Wright, AARP</div><div>10:00 Mini Commission Meeting</div><div>12:00 Lunch</div><div>12:30 Pokeno / Phase 10 *</div><div>1:00 Fit & Strong</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>13 Recreation/Socialization-8:30am-4pm</div><div>9:00 Blood Pressure Readings*</div><div>10:00 Matter of Balance (return)</div><div>12:00 Lunch</div><div>1:00 SOCIAL-Book Club–”Within the Fire, I Found my Voice”, Ruth Redmond</div><div>1:00 CHSWC Member Check-in, Virtual</div><div>1:00 “Sewing Seeds” with Ace-Symmetric</div><div>2:00 Line Dancing</div><div>3:00 Sibley Club Memory *</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>14 Recreation/Socialization-8:30am-4pm</div><div>8:30 Enhance Fitness</div><div>9:00 “Dilo en Espanol” w/Senora Chelsea *</div><div>9:00 DC Chess Federation (person)</div><div>9:30 Technology & The Metaverse</div><div>10:30 Senior Stretch Therapy</div><div>11:30 Movie Time *</div><div>12:00 Lunch</div><div>12:00 PRESENTATION-AARP Meeting Local #4870</div><div>12:30 Spiritual Studies</div><div>1:00 Fit & Strong</div><div>2:00 Tai Chi</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>15 Recreation/Socialization-8:30am-4pm</div><div>TRIP-African American Museum, 10am</div><div>9:00 Tight Body</div><div>10:00 Line Dancing</div><div>11:00 Chair Yoga</div><div>12:00 Lunch</div><div>12:30 Pokeno / Phase10 *</div><div>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”</div><div>1:00 Nutrition-Atoms Apple with Dr. Amy</div><div>1:30 SOCIAL-Plants & Blooms ReImagined, Kaifa Anderson-Hall</div><div>3:00 Open Gym & Game Room</div></div></div>	<div><div><div>16 Recreation/Socialization-8:30am-4pm</div><div>9:30 Enhance Fitness</div><div>10:00 Food Demo with Chef Herb</div><div>10:30 Take Action! Techniques</div><div>11:00 DC Chess Federation (on-line)</div><div>12:00 Lunch</div><div>1:00 SOCIAL-</div><div><div>Bingo!</div></div><div>3:00 Open Gym & Game Room</div></div></div>

<p>19 CENTER CLOSED Martin Luther King, Jr. Day</p> 	<p>20 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Matter of Balance (return)</p> <p>12:00 Lunch </p> <p>1:30 Sibley Club Memory </p> <p>2:00 Line Dancing </p> <p>3:00 Open Gym & Game Room </p>	<p>21 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>9:30 Technology & The Metaverse </p> <p>10:00 Advisory Board</p> <p>10:30 Senior Stretch Therapy</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</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>22 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>12:00 Lunch </p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 SOCIAL- Crocheting/ Knitting </p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>3:00 Open Gym & Game Room </p>	<p>23 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>26 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>27 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Matter of Balance (return)</p> <p>12:00 Lunch </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>28 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>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION- "Lunch with a Doctor", HU & FSFSC- Nutrition Made Easy-Eating for a Stronger Heart & Body</p> <p>1:00 Fit & Strong </p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>29 Recreation/Socialization-8:30am-4pm</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>3:00 Open Gym & Game Room </p>	<p>30 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-Crafty Creations w/Community Grapevines</p> <p>1:00 </p> <p>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 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

 @heightsseniortv7481

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)