





21 9:00 Active Living Every Day 10:00 Nutrition - Atoms Apple with Dr. Amy



11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga

2:00 Line Dancing



3:00 Sibley Club Memory

22 Ash Wednesday

9:30 Virtual Technology



10:30 Pilates

11:30 Movie Time (in Cinema Room) BYL-Bring your lunch

12:30 Spiritual Studies

1:00 Zumba

2:00 Tai Chi



23 TRIP- Rubell Museum, 11am

9:00 Tight Body



9:00 Intro to Spanish with Senora Chelsea

10:00 Line Dancing

12:30 Pokeno

1:00 Active Living Every Day

2:00 NUTRITION ple with Dr. Amy



24

10:30 Food Demo with Chef Herb



11:00 DC State Chess Federation



12:30 PRESENTATION-

Activities of Daily Living with Cardiovascular Issues, Lisa Simmons, Trinity College

1:00 Fit & Strong



27

9:30 Tai Chi

9:30 Spiritual Studies

10:30 Ole Skool Dancing

11:30 Just Rock - Piano

12:30 Pokeno



1:00 Fit & Strong

2:00 SOCIAL-Screening of the documentary "Fat Boy: The Billy Stewart Story". Followed by a hand dance showcase, free style dancing, Beverly Lindsay-Johnson

28

10:00 Nutrition - Atoms Apple with Dr. Amy

11:00 Blood Pressure 11:00 DC State Chess Fed.

12:30 Chair Yoga

1:00 "Sewing Seeds" with Ace-Symmetric

2:00 Line Dancing

2:00 Sibley Club Memory (In-House)



SOCIAL

- ♦ Ladies Tell It All (9th)
- ♦ Documentary "The Jewels: The Divas of DC Doo-Wop" (10th)
- Documentary "Fat Boy: The Billy Stewart Story". Followed by style Dancing (27th)

DATES TO REMEMBER

- **♦ Low Vision Awareness Month**
- Women's Health Week (1st-5th)
- ♦ National Black HIV/AIDS Awareness Day (Feb. 7)
- ♦ Hearing Awareness Week (26th-March 4th)
- National Eating Disorders Awareness Week (Feb. 22–28)





EATING DISORDER

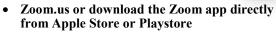






VIDEO/AUDIO CONFERENCE





- 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

- Holiday Scams, I. Abdullah, DC Dept of Insurance, Securities and Banking (3rd)
- The Black Resistance: The Untold Story, CR Gibbs (6th)
- WATCH PARTY-Mayor's Senior Budget Engagement Forum (8th)
- Salvation Army Resources, Chanel Tibbs, Salvation Army (10th)
- Family Feud, Alicia Dalton, PACE (15th)
- Healthcare for the Eyes, Dr. Friedman, Providence Ascension (17th)
- Food Demo with Chef Herb (24th)
- Activities of Daily Living with Cardiovascular Issues, Lisa Simmons, Trinity College (24th)







