













Monday	Tuesday	Wednesday	Thursday	Friday
 	<p>14th</p>  <p>20th</p> 	<p>1</p> <p>10:30 ASSEMBLY MEETING</p>  <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p>  <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p>  <p>2:00 Tai Chi</p>	<p>2 TRIP-Edenbridge/PACE Tour 10:45am</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 Active Living Every Day</p>	<p>3</p> <p>9:30 PRESENTATION- Holiday Scams, I.Abdullah, DC Dept of Insurance, Securities and Banking</p> <p>11:00 DC State Chess Fed.</p>  <p>12:30 NEW MEMBERS' MOMENTS</p> <p>1:00 Fit & Strong</p> 
<p>6</p> <p>9:30 Tai Chi</p>  <p>9:30 Spiritual Studies</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Ole Skool Dancing</p>  <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p>  <p>1:00 Fit & Strong</p> <p>2:00 PRESENTATION-"Black Resistance: The Untold Story", CR Gibbs</p>	<p>7 TRIP-Anne Arundel Mall 10am</p> <p>9:00 Active Living Day</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</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>8 Laugh & Get Rich Day</p> <p>9:30 CHSWC Social Media</p>  <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:00 WATCH PARTY-Mayor's Senior Budget Engagement Forum</p> <p>12:30 Spiritual Studies</p> <p>2:00 Tai Chi</p> 	<p>9 Chocolate Day</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 Active Living Every Day</p> <p>2:00 SOCIAL - Ladies, Let's Tell It All!</p> 	<p>10 TRIP-Fruits & Veggies Make Your Heart Dance & Swim, Ferebee Hope Pool 11:30-2pm</p> <p>9:30 PRESENTATION - Salvation Army Resources, Chanel Tibbs, Salvation Army</p> <p>11:00 DC State Chess Fed.</p> <p>1:00 Fit & Strong</p> <p>2:30 SOCIAL-The screening of the documentary "The Jewels: The Divas of DC Doo-Wop", Beverly Lindsay-Johnson</p>
<p>13 International Day of Self-Love</p> <p>9:30 Tai Chi</p>  <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p>  <p>10:30 Clouds & Apps</p>  <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p>  <p>1:00 Fit & Strong</p> <p>2:30 COMMUNITY NEWS</p> 	<p>14 TRIP-Senior Fun Day Out, Party HQ, Bowie 12:15pm Valentine's Day/Wear Red Day</p> <p>9:00 Active Living Every Day</p>  <p>10:00 NUTRITION -Atoms Apple with Dr. Amy</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>15</p> <p>9:30 PRESENTATION- Family Feud, Alicia Dalton, PACE</p> <p>10:30 Pilates</p>  <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p>  <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p>  <p>2:00 Tai Chi</p>	<p>16</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 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p> 	<p>17</p> <p>11:00 DC State Chess Fed.</p>  <p>11:00 PRESENTATION- Healthcare for the Eyes, Dr. Friedman, Providence Ascension</p>  <p>1:00 Fit & Strong</p> 


<p>20</p> <p>CENTER CLOSED</p> 	<p>21</p> <p>9:00 Active Living Every Day 10:00 Nutrition - Atoms Apple with Dr. Amy</p>  <p>11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 2:00 Line Dancing</p>  <p>3:00 Sibley Club Memory</p>	<p>22 Ash Wednesday</p> <p>9:30 Virtual Technology</p>  <p>10:30 Pilates</p>  <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba 2:00 Tai Chi</p> 	<p>23 TRIP- Rubell Museum, 11am</p> <p>9:00 Tight Body</p>  <p>9:00 Intro to Spanish with Senora Chelsea</p>  <p>10:00 Line Dancing 12:30 Pokeno 1:00 Active Living Every Day 2:00 NUTRITION ple with Dr. Amy</p> 	<p>24</p> <p>10:30 Food Demo with Chef Herb</p>  <p>11:00 DC State Chess Federation</p>  <p>12:30 PRESENTATION- Activities of Daily Living with Cardiovascular Issues, Lisa Simmons, Trinity College 1:00 Fit & Strong</p> 
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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

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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)



 **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@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)

