



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CLASSES RETURN</b></p> <ul style="list-style-type: none"> <li>Tai Chi, Title IID– starts Mondays 5th 10:00am &amp; Wednesdays 2:00pm</li> <li>Enhance Fitness, Title IID - starts Wednesday 21th (Monday &amp; Wednesday 8:30am &amp; Friday 9:30am)</li> </ul>	<p><b>BLACK HISTORY MONTH</b>                  Black History 366 Program (8th)                  Sandra Johnson Trio, Performer (23rd)                  African Drums, Kuumba Learning Center (26th)</p> <p><b>WORKSHOP</b>                  African Headwrap Demonstration (9th)                  Ms. DC Senior Pageant Interest Group, Mary McCoy/Pat Sanker (15th)</p> 		<p>1 <b>TRIP</b>-Performance Oversight Hearing:DACL, Wilson Bldg., 8am</p> <p>9:00 Tight Body </p> <p>9:30 <b>HEARING</b>-Smartboard</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>11:00 <b>Arts &amp; Crafts</b></p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience"</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>2 <b>National Wear Red Month</b></p> <p>10:30 Take Action! Techniques</p> <p>10:30 <b>PRESENTATION</b>-The ARC, Donna Jonte @ CHSWC</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member's Moments*</p> <p><b>WELCOME!</b></p> <p>1:00 Fit &amp; Strong, Title IID</p> <p>3:00 Open Gym &amp; Game Room</p>
<p>5 9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>10:00 Tai Chi Title IID (Returns) </p> <p>12:30 Pokeno *</p> <p>1:00 Fit &amp; Strong, Title IID</p> <p>2:00 BINGOCIZE, Title IID </p> <p>3:00 Open Gym &amp; Game Room</p>	<p>6 <b>TRIP</b>-Arundel Mills Mall, 10:00am</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 <b>PRESENTATION</b>-Share your Story Present and Future, Lockridge/Bellevue Library</p> <p>11:00 Blood Pressure Readings* </p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>7 9:30 <b>PRESENTATION</b>-WMATA Senior Smart Trip-Card</p> <p>10:30 <b>ASSEMBLY MEETING</b> (Guest Speaker-Martha Assefa, SNAP Outreach); Lockridge/Bellevue Library, Tawanda Johnson; Phillip Pannell,AARP &amp; Tracy Foster, WMATA</p> <p></p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>2:00 BINGOCIZE, Title IID</p> <p>2:00 Tai Chi, Title IID (Returns)</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>8 9:00 Tight Body</p> <p>9:00 Intro to Spanish </p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b> - </p> <p><b>Wear African Attire (if possible)</b></p> <p>3:00 Open Gym &amp; Game Room</p>	<p>9 10:00 Food Demc with Dr. Amy </p> <p>10:30 Take Action! Techniques </p> <p>1:00 Fit &amp; Strong, Title IID</p> <p>2:00 <b>WORKSHOP</b>-African Headwrap Demo, Regina Jeter </p> <p>3:00 Open Gym &amp; Game Room </p>
<p>12 9:30 Spiritual Studies</p> <p>9:30 "Ask a Lawyer", Legal Counsel for the Elderly-Advice *</p> <p>10:00 Tai Chi Title IID (Returns)</p> <p>12:30 Pokeno *</p> <p>1:00 DC Chess Federation </p> <p>1:00 Fit &amp; Strong, Title IID</p> <p>2:00 BINGOCIZE, Title IID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>13 <b>TRIP</b>-Valentine's Day-East of the River, 9:30am</p> <p>10:00 <b>SPECIAL</b>-Ward 8 Mini Commission, Guleford Bobo</p> <p>11:00 Blood Pressure Reading* </p> <p>1:00 Chair Yoga</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>14 <b>HAPPY VALENTINE'S DAY</b>- <b>TRIP</b>-Edgewood Rec Center, 11am - Red, White &amp; You DACL Celebration</p> <p>9:30 Technology &amp; The Metaverse </p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi IID (Returns)</p> <p>2:00 BINGOCIZE, Title IID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>15 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>12:30 Pokeno *</p> <p>1:00 <b>WORKSHOP</b>-Ms. DC Senior Pageant Interest Group, Mary McCoy/Pat Sanker</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe "A Journaling Experience"</p> <p>2:00 <b>PRESENTATION</b>-Heart Healthy, Ask the Doctor, Med-Star</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>16 10:30 Take Action! Techniques</p> <p>1:00 Fit &amp; Strong, Title IID </p> <p>1:00 <b>Bingo!</b> </p> <p>3:00 Open Gym &amp; Game Room </p>

<p>19</p> <h1 style="text-align: center;">CENTER CLOSED</h1>  <p style="text-align: center;">Happy President's Day</p>	<p>20</p> <p>10:00 <b>PRESENTATION</b>-Mental Health &amp; Cancer, Rachel Ress, Cancer Support Community</p> <p>11:00 Blood Pressure Readings *</p> <p>1:00 Chair Yoga</p> <p>1:00 <b>SOCIAL</b>- Book Club “I Came As A Shadow” Autobiography John Thompson</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 &amp; Game Room</p>	<p>21</p> <p>8:30 Enhance Fitness, Title IIID <b>(Returns)</b> </p> <p>10:30 Pilates </p> <p>10:30 Advisory Board Meeting</p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi <b>Title IIID (Returns)</b> </p> <p>2:00 BINGOCIZE, Title IIID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>22</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>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe “A Journaling Experience”</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>23</p> <p>9:30 Enhance Fitness, Title IIID <b>(Returns)</b></p> <p>10:30 Take Action! Techniques </p> <p>10:30 Food Demo with Chef Herb </p> <p>1:00 <b>SOCIAL</b>-Sandra Johnson Trio </p> <p>1:00 Fit &amp; Strong, Title IIID</p> <p>3:00 Gym &amp; Game Room </p>
<p>26</p> <p>8:30 Enhance Fitness,IIID <b>(Returns)</b></p> <p>9:30 Spiritual Studies</p> <p>9:30 <b>“Ask a Lawyer”</b>, Legal Counsel for the Elderly 1on1 Advice *</p> <p>10:00 Tai Chi Title IIID <b>(Returns)</b></p> <p>11:00 <b>SOCIAL-Intergenerational</b>, Let’s Play African Drums, Kuumba Learning Center</p> <p>12:30 Pokeno </p> <p>1:00 Fit &amp; Strong, Title IIID</p> <p>2:00 BINGOCIZE, Title IIID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>27</p> <p>9:00 <b>PRESENTATION</b>-What’s new in Medicare 2024, Lillian McGilvery, AARP</p> <p>10:00 NUTRITION-Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure Readings *</p> <p>1:00 “Sewing Seeds” with Ace-Symmetric</p> <p>1:30 Sibley Club Memory <b>(In-House) *</b></p> <p>2:00 Line Dancing</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>28 <b>TRIP-VFW</b> Suitland, Line/ Hand Dancing, 11:30am</p> <p>8:30 Enhance Fitness, IIID <b>(Returns)</b></p> <p>9:30 Technology &amp; The Metaverse </p> <p>10:30 Pilates</p> <p>11:30 Movie Time *</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi Title IIID <b>(Returns)</b></p> <p>2:00 BINGOCIZE, Title IIID</p> <p>3:00 Open Gym &amp; Game Room</p>	<p>29 <b>Rare Disease Day</b></p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing </p> <p>10:30 CHSWC Choir * </p> <p>12:30 Pokeno *</p> <p>1:00 <b>SOCIAL</b>-Notes from the Universe “A Journaling Experience”</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy </p> <p>3:00 Gym &amp; Game Room</p>	<p style="text-align: center;"><b><u>OBSERVANCE</u></b></p> <p>American Heart Month</p> <p>National Cancer Prevention Month</p> <p>Low Vision Awareness Month</p> <p>National Donor Day (14th)</p> <p>National Eating Disorders Week (26th-March 1)</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

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**PRESENTATIONS**

- The ARC @ CHSWC, Donna Jonte (2nd)
- Share your Story Present and Future, Lockridge/ Bellevue Library (6th)
- WMATA Smart Trip Card (7th)
- Heart Healthy, MedStar (15th)
- Mental Health & Cancer, Rachel Ress (20th)
- What’s New in Medicare 2024, Lillian McGilvery (27th)

