

























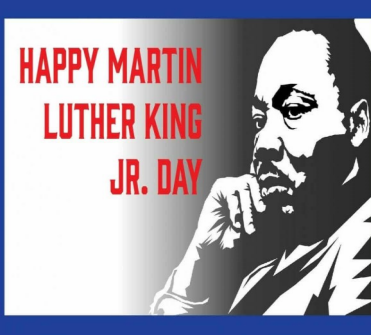



























Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CENTER CLOSED</p> 	<p>3 9:00 Active Living Day </p> <p>11:00 Blood Pressure (NEW)</p> <p>11:00 DC State Chess Fed. </p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>4 10:30 ASSEMBLY MEETING </p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch </p> <p>12:30 Spiritual Studies </p> <p>2:00 Tai Chi </p>	<p>5 Trip-Amish Market, Upper Marlboro, MD 10am</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>6 11:00 DC State Chess Fed. </p> <p>12:30 NEW MEMBERS' MOMENTS</p> <p>1:00 PRESENTATION- Holiday Scams, I.Abdullah, DC Dept of Insurance, Securities and Banking</p> <p>2:00 PRESENTATION- Rev "It Up for the New Year", Dr. Laverne Adams</p>
<p>9 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 (New Session Begins)</p> <p>2:00 PRESENTATION- Resource Information for DC Library, Deborah McKinney</p>	<p>10 Trip-Tanger Outlet/National Harbor 11am</p> <p>9:00 Active Living Day</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure (NEW)</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>11 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>12:30 Spiritual Studies</p> <p>1:00 Zumba </p> <p>2:00 Tai Chi</p>	<p>12 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 NUTRITION Atoms Apple with Dr. Amy</p>	<p>13 10:30 Nutrition - Food Demo With Dr. Amy </p> <p>11:00 DC State Chess Fed. </p> <p>1:00 Fit & Strong (New Session Begins) </p>
<p>16 CENTER CLOSED</p> 	<p>17 Trip-National Art Gallery 12pm</p> <p>9:00 Active Living Every Day </p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure (NEW)</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>18 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>19 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm</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>12:30 Arts & Crafts </p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy</p>	<p>20 9:30 PRESENTATION- Veteran's Benefits, Stuart Lee, Dept of Veterans Affairs</p> <p>11:00 DC State Chess Fed. </p> <p>1:00 Fit & Strong (New Session Begins) </p> <p>2:00 PRESENTATION- Adult Learning, Ben Merriam, DC Library</p>

<p>23 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 (New Session Begins) </p>	<p>24 9:00 Active Living Every Day 10:00 Nutrition - Atoms Apple with Dr. Amy </p> <p>11:00 Blood Pressure (NEW) 11:00 DC State Chess Fed. 12:30 Chair Yoga</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p>	<p>25 9:30 Virtual Technology </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>26 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 NUTRITION Atoms Apple with Dr. Amy </p>	<p>27 10:00 PRESENTATION - Chinese Medicine, Acupuncture & Herbal Medicine, Madea, Organic Soul Chef</p> <p>11:00 DC State Chess Fed. </p> <p>1:00 Fit & Strong (New Session Begins) </p>
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<p>30 9:30 Tai Chi</p> <p>9:30 Spiritual Studies </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 (New Session Begins)</p> <p>2:30 </p>
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<p>31 9:00 Active Living Every Day</p> <p>10:00 Nutrition - Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure (NEW) 11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory </p>
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NEW SESSION BEGINS - Fit&Strong (Monday & Friday 1-2:30pm-12-weeks)
- Blood Pressure (Weekly-Tuesday 11-11:30 am)

CLASS CHANGE - Chair Class (Tuesday - time change to 12:30)
- Clouds & Apps (3rd Monday - time change to 10:30am)

DATES TO REMEMBER

- ◆ National Mentor Month/Veganuary Month
- ◆ World Day of Peace - 1st
- ◆ Diet Resolution Week - 1-7th
- ◆ National Vision Board Day - 8th - **What's your vision for the New Year?**
- ◆ Healthy Weight Week - 16-22nd



 **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 (6th)
- "Rev It Up for the New Year", Dr. Laverne Adams (6th)
- Resource Info for DC Library, Deborah McKinney (9th)
- Veteran's Benefits, Stuart Lee, Dept of Veterans Affairs (20th)
- Adult Learning, DC Library (20th)
- Chinese Medicine, Acupuncture & Herbal Medicine, Madea, Organic Soul Chef (27th)

