

























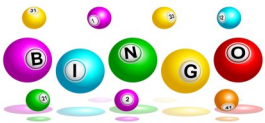





Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CENTER CLOSED</p> 	<p>2 TRIP-National Harbor, 11am</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>10:00 DHH PRESENTS</p> <p>11:00 Blood Pressure Readings*</p> <p>1:00 Chair Yoga </p> <p>2:00 Line Dancing </p> <p>3:00 Sibley Club Memory</p> <p>3:00 Open Gym & Game Room</p>	<p>3</p> <p>8:30 Enhance Fitness</p> <p>10:30 ASSEMBLY MEETING (Guest Speaker-Sylvester Bush, DC Pension Relief Coalition)</p>  <p>1:00 Zumba</p> <p>2:00 BINGOCIZE, Title IID </p> <p>3:00 Open Gym & Game Room</p>	<p>4</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>10:00 DHH PRESENTS</p> <p>10:30 CHSWC Choir *</p> <p>11:00 </p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant-Hollins</p> <p>3:00 Open Gym & Game Room</p>	<p>5 TRIP-The ARC/Phillips Collection Donna Jonte, 10:30am</p> <p>9:30 Enhance Fitness (Last Class)</p> <p>10:00 DHH PRESENTS</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation</p> <p>11:30 New Member’s Moments*</p> <p>12:00 SOCIAL-CHSWC New Year Party, Hosted by Advisory Board </p> <p>3:00 Open Gym & Game Room</p>
<p>8</p> <p>9:30 Spiritual Studies</p> <p>9:30 “Ask a Lawyer”, Legal Counsel for the Elderly-Advice *</p> <p>10:00 DHH PRESENTS</p> <p>12:30 Pokeno *</p> <p>1:00 DC Chess Federation</p> <p>1:00 DACL PRESENTS-IRS, Tax Scam, Anika Pompey</p> <p>1:00 Fit & Strong, Title IID (RETURN)</p> <p>2:00 BINGOCIZE, Title IID </p> <p>3:00 Open Gym & Game Room</p>	<p>9</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>10:00 DHH PRESENTS</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 & Game Room</p>	<p>10 TRIP-VFW-Line/Hand Dancing, 11:45</p> <p>9:30 CHSWC Social Media </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 BINGOCIZE, Title IID </p> <p>3:00 Open Gym & Game Room</p>	<p>11</p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish </p> <p>10:00 Line Dancing</p> <p>10:00 DHH PRESENTS</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant-Hollins </p> <p>3:00 Open Gym & Game Room</p>	<p>12</p> <p>10:00 DHH PRESENTS</p> <p>10:30 Take Action! Techniques </p> <p>1:00 Fit & Strong, Title IID (RETURN) </p> <p>3:00 Open Gym & Game Room </p>
<p>15</p> <p>CENTER CLOSED</p> <p>MARTIN LUTHER KING JR. <i>Day</i> </p>	<p>16</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy </p> <p>10:00 DHH PRESENTS</p> <p>11:00 PRESENTATION-Maurice Marshall-Metro Adjustor</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 & Game Room</p>	<p>17</p> <p>10:00 DHH PRESENTS</p> <p>10:00 Advisory Board</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 BINGOCIZE, Title IID </p> <p>3:00 Open Gym & Game Room</p>	<p>18 TRIP-Amish Market, 10am</p> <p>9:00 Tight Body *</p> <p>9:00 Intro to Spanish with Senora Chelsea *</p> <p>10:00 DHH PRESENTS</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno *</p> <p>1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant-Hollins</p> <p>2:00 PRESENTATION-Ask the Doctor, Influenza, MedStar</p> <p>3:00 Open Gym & Game Room</p>	<p>19</p> <p>10:00 DHH PRESENTS</p> <p>10:30 Take Action! Techniques</p> <p>1:00 Fit & Strong, Title IID (RETURN) </p> <p>3:00 Open Gym & Game Room </p>

<p>22 9:30 Spiritual Studies  9:30 “Ask a Lawyer”, Legal Counsel for the Elderly 1on1 Advice * 10:00 DHH PRESENTS 11:00 Technology & The Metaverse (NEW) * 12:30 Pokeno  1:00 Fit & Strong, Title IID (Return) 2:00 BINGOCIZE, Title IID  3:00 Open Gym & Game Room</p>	<p>23 10:00 DHH PRESENTS 11:00 Blood Pressure Readings * 1:00 Chair Yoga 1:00 SOCIAL- Book Club (New Book Selection) 1:00 “Sewing Seeds” with Ace-Symmetric  1:30 Sibley Club Memory (In-House) * 2:00 Line Dancing  3:00 Open Gym & Game Room</p>	<p>24 9:30 Virtual Technology  10:00 DHH PRESENTS 10:30 Pilates  11:30 Movie Time * 12:30 Spiritual Studies 1:00 Zumba  2:00 BINGOCIZE, Title IID  3:00 Open Gym & Game Room</p>	<p>25 9:00 Tight Body  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing 10:00 DHH PRESENTS 10:30 CHSWC Choir *  12:30 Pokeno * 1:00 SOCIAL-Notes from the Universe “A Journaling Experience”, Pam Bryant-Hollins 2:00 PRESENTATION-Solar For All, Alvin Jones, DOEE 3:00 Gym & Game Room</p>	<p>26 10:00 DHH PRESENTS 10:30 Take Action! Techniques 10:30 Food Demo with Chef Herb  1:00 Fit & Strong, Title IID (Return) 2:00 PRESENTATION-DC Hamilton Relay, Jenny Pearson 3:00 Gym & Game Room </p>
<p>29 9:30 Spiritual Studies 9:30 “Ask a Lawyer”, Legal Counsel for the Elderly 1on1 Advice * 10:00 DHH PRESENTS 12:30 Pokeno  1:00 Fit & Strong, Title IID (Return) 2:00 BINGOCIZE, Title IID 3:00 Open Gym & Game Room</p>	<p>30 10:00 NUTRITION “Atoms Apple with Dr. Amy”  10:00 DHH PRESENTS 11:00 Blood Pressure Readings * 1:00 Chair Yoga 2:00 Line Dancing 3:00 Sibley Club Memory  3:00 Open Gym & Game Room</p>	<p>31 10:00 DHH PRESENTS 10:30 Pilates 11:30 Movie Time *  12:30 Spiritual Studies 1:00 Zumba  2:00 BINGOCIZE, Title IID 3:00 Open Gym & Game Room</p>	<p><u>NEW CLASS</u> • Technology and The Metaverse (4th Monday)</p> <p><u>CLASS RETURN</u> • Fit & Strong (8 weeks - Monday & Friday, Monday 8th-March 11th)</p> <p><u>CLASS CHANGE</u> • Take Action! Techniques (Friday 10:30)</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

CHSWC SOCIAL MEDIA

Check out     @TheCHSWC

CHSWC@heightsseniortv on: **Or** type in the search/browser box: CHSWC and #CHSWC

PRESENTATIONS

- Deaf & Hard of Hearing Program, DHH (Monday-Friday, 10am)
- IRS, Tax Scam, Anika Pompey (8th)
- Maurice Marshall-Metro Adjustor (16th)
- Ask the Doctor-Influenza (18th)
- Solar For All, Alvin Jones, DOEE (25th)
- DC Hamilton Relay, Jenny Pearson (26th)

