


















Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 TRIP-Celebrating Women History Month, Panel Discussion, DC Cameo Club, Rebecca Washington, MLK Jr. Library, 9am</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION- "Give Your Brain a Boost", Alexandra Horgan, Humana</p> <p>3:00 Open Gym & Game Room</p>	<p>4 TRIP - National Harbor Shopping, 11am</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>12:00 Lunch</p> <p>1:00 PRESENTATION- Medication and the Older Adult/Medication Bingo, Belita Lynum, DC National Guard</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p> 	<p>5</p> <p>10:00 ASSEMBLY MEETING Speaker-Troy Prestwood, President Ward 8 Democrat</p>  <p>12:00 Lunch</p> <p>1:00 Zumba</p>  <p>3:00 Open Gym & Game Room</p> 	<p>6</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL- Notes from the Universe "A Journaling Experience"</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>  	<p>7</p> <p>10:30 Take Action! Techniques</p>  <p>11:00 DC Chess Federation (on-line)</p>  <p>12:00 Lunch</p> <p>1:00 SOCIAL- Sadie Hawkins Dance, LaKeeta Burnette, Community Grapevines</p>  <p>3:00 Open Gym & Game Room</p>
<p>10</p> <p>9:30 Spiritual Studies</p> <p>10:00 Mini Commission, Guleford BoBo</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p>  <p>1:00 SOCIAL-Teresa Smith -</p>  <p>3:00 Open Gym & Game Room</p>	<p>11</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p>  <p>1:00 PRESENTATION- Reinventing Retirement, Reimagining Roles, Sandra White, Dept of Employment Services</p> <p>2:00 Line Dancing</p>  <p>3:00 Sibley Club Memory *</p> <p>3:00 Open Gym & Game Room</p>	<p>12</p> <p>9:30 Technology & The Metaverse</p>  <p>12:00 Lunch</p>  <p>12:00 PRESENTATION- AARP Meeting Local #4870, Phillip Pannell</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p> 	<p>13</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>11:00 PRESENTATION - Brain Health, "Ask a Health Professional", MedStar</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p>  <p>1:00 SOCIAL- Crocheting/ Knitting</p> <p>1:00 Nutrition, Patricia's Peas & Q's, Focus on Kidneys (NEW)</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>	<p>14</p> <p>9:30 PRESENTATION-Clear Captions, Rupali Dewan</p> <p>10:30 Take Action! Techniques</p>  <p>11:00 DC Chess Federation (on-line)</p>  <p>12:00 Lunch</p> <p>1:00 SOCIAL- Paint & Conversation, Office Tyler, District 7</p>  <p>3:00 Open Gym & Game Room</p>
<p>17</p> <p>8:30 Enhance Fitness (returns)</p> <p>9:30 Spiritual Studies</p> <p>10:00 "Ask a Lawyer", Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION-Earned Income Tax Credit, Anika Pompey, IRS</p> <p>3:00 Open Gym & Game Room</p> 	<p>18</p> <p>9:00 Blood Pressure Readings*</p> <p>10:00 Matter of Balance</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>12:00 Lunch</p> <p>1:00 Book Club-"Lost in the City" by Edward P. Jones</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 & Game Room</p>	<p>19</p> <p>8:30 Enhance Fitness (returns)</p> <p>9:30 Technology & The Metaverse</p>  <p>10:00 CHSWC Advisory Board</p> <p>10:30 Pilates</p>  <p>11:30 Movie Time *</p>  <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>3:00 Open Gym & Game Room</p> 	<p>20 First day of Spring</p>  <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea (Last Class)</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:30 Pokeno / Phase10</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p>	<p>21 TRIP-Blossom Tea Party, DACL/Events DC, Washington Convention Center, 11am</p> <p>9:30 Enhance Fitness (returns)</p> <p>10:30 Take Action! Techniques</p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL</p>  <p>3:00 Open Gym & Game Room</p> 

<p>24</p> <p>8:30 Enhance Fitness (returns)</p> <p>9:30 Spiritual Studies</p> <p>10:00 “Ask a Lawyer”, Sczerina Perot, AARP</p> <p>11:00 DC Chess Federation (in-person)</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 * </p> <p>1:00 SOCIAL– National Women’s History Month, State’s Attorney Aisha Braveboy & Councilwomen Anita Bonds</p> <p>3:00 Open Gym & Game Room</p>	<p>25</p> <p>9:00 Blood Pressure Readings *</p> <p>10:00 Matter of Balance (last class)</p> <p>11:00 Nutrition-Atoms Apple with Dr. Amy </p> <p>12:00 Lunch</p> <p>1:00 Sibley Club Memory (In-house) </p> <p>2:00 Line Dancing </p> <p>3:00 Open Gym & Game Room</p> <p></p>	<p>26</p> <p>8:30 Enhance Fitness (returns)</p> <p>9:30 Technology & The Metaverse </p> <p>10:30 Pilates </p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION-Savings, Joni Edwards, Capital One</p> <p>3:00 Open Gym & Game Room</p> <p> </p>	<p>27</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>10:30 CHSWC Choir *</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 * </p> <p>1:00 SOCIAL-Crocheting/Knitting </p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>2:00 Active Living Everyday</p> <p>3:00 Open Gym & Game Room</p> <p> </p>	<p>28 TRIP-Sister Act, Ford Theater, 11am (Fee)</p> <p>9:30 Enhance Fitness (returns)</p> <p>10:30 Take Action! Techniques </p> <p>10:30 Food Demo With Chef Herb </p> <p>11:00 DC Chess Federation (on-line)</p> <p>12:00 Lunch</p> <p>1:00 SOCIAL-</p> <p></p> <p>3:00 Gym & Game Room</p> <p> </p>
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RECREATION/SOCIALIZATION - Daily 8:30am -4pm

CLASS NEW/CHANGES

- Nutrition, Patricia’s Peas & Q’s, Focus on Kidneys (NEW 13th)
- Enhance Fitness (returns 17th)

AWARENESS THIS MONTH

- National Women’s History Month
- National Kidney Month
- Brain Awareness Month
- National Colorectal Cancer Awareness Month



“Friendship Bench conversations available”



SOCIAL

- Notes from the Universe “A Journaling Experience” (Thursday, 1st & 3rd)
- Crocheting/Knitting (Thursday 2nd & 4th)
- Sadie Hawkins Dance, LaKeeta Burnette, Community Grapevines (7th)
- Community News, Teresa Smith (10th)
- Paint & Conversation, Office Tyler, District 7 (14th)
- National Women’s History Month, Councilwomen Anita Bonds & MD State’s Attorney Aisha Braveboy & (24th)
- BINGO (28th)



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 un-mute 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

You Tube @heightsseniortv7481

PRESENTATIONS

- “Give Your Brain a Boost”, Alexandra Horgan, Humana (3rd)
- Medication and the Older Adult / Medication Bingo, DCNG (4th)
- Reinventing Retirement, Reimagining Roles, Sandra White, Dept of Employment Services (11th)
- AARP Meeting Local #4870, Phillip Pannell (12th)
- Brain Health, “Ask a Health Professional”, MedStar (13th)
- Clear Captions, Rupali Dewan (14th)
- Earned Income Tax Credit, Anika Pompey, IRS (17th)