





Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness 9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP  12:00 Lunch 12:30 Pokeno / Phase 10 * 1:00 Fit & Strong (last day) 1:00 TABLING-State Health Insurance Assistance Program (SHIP)</p>	<p>3 Recreation/Socialization-8:30am-4pm TRIP- Arundel Mall, 10am 9:00 Blood Pressure Readings*  10:00 Matter of Balance 10:00 SOCIAL-Crafty Creations w/Community Grapevines  12:00 Lunch 2:00 Line Dancing  3:00 Sibley Club Memory * 3:00 Open Gym & Game Room</p>	<p>4 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness 9:00 "Dilo en Espanol" with Senora Chelsea* 9:00 DC Chess Federation (in-person) 10:00 ASSEMBLY MEETING  12:00 Lunch  2:00 Tai Chi  3:00 Open Gym & Game Room</p>	<p>5 Recreation/Socialization-8:30am-4pm 9:00 Tight Body  10:00 Line Dancing  10:00 CHSWC Member Check-in, Virtual 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL- Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym & Game Room</p>	<p>6 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness 10:00 Food Demo w/Chef Herb  10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch  1:00 SOCIAL-  3:00 Open Gym & Game Room</p>
<p>9 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness  9:30 Spiritual Studies 10:00 Tai Chi 10:00 "Ask a Lawyer", Deborah Wright, AARP 10:00 Mini Commission, Gulford BoBo  11:00 SOCIAL-Ladies Tell It All 12:00 Lunch 12:30 Pokeno / Phase 10 * 3:00 Open Gym & Game Room</p>	<p>10 Recreation/Socialization-8:30am-4pm 9:00 "Dilo en Espanol" with Senora Chelsea* (this week only) 9:00 Blood Pressure Readings* 10:00 Matter of Balance 10:00 SOCIAL-Crafty Creations w/Community Grapevines 12:00 Lunch 1:00 "Sewing Seeds" with Ace-Symmetric 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room</p>	<p>11 Recreation/Socialization-8:30am-4pm TRIP-Red White & You, DACL, Panorama Room, 9am 8:45 Enhance Fitness 9:00 DC Chess Federation (in-person) 9:30 Technology & The Metaverse 10:30 Senior Stretch Therapy Class  12:00 Lunch 12:30 PRESENTATION-AARP Meeting Local #4870 2:00 Tai Chi 3:00 Open Gym & Game Room</p>	<p>12 Recreation/Socialization-8:30am-4pm VIRTUAL-Denying Gravity, Safe at Home 2:30pm 9:00 Tight Body  10:00 Line Dancing  10:00 Advisory Board 11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 1:00 SOCIAL-Notes from the Universe "A Journaling Experience" 1:00 Nutrition-Atoms Apple with Dr. Amy  3:00 Open Gym & Game Room</p>	<p>13 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness 10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line)  12:00 Lunch 1:00 SOCIAL - Program  3:00 Open Gym & Game Room</p>
<p>16 </p>	<p>17 Recreation/Socialization-8:30am-4pm 9:00 Blood Pressure Readings* 10:00 Matter of Balance 12:00 Lunch  1:00 SOCIAL-Book Club- Open discussion-Next Book 1:00 CHSWC Member Check-in, Virtual 2:00 Line Dancing 3:00 Sibley Club Memory * 3:00 Open Gym & Game Room </p>	<p>18 Recreation/Socialization-8:30am-4pm VIRTUAL-Mayor's Budget Engagement Forum , time, ???  8:45 Enhance Fitness 9:00 "Dilo en Espanol" w/Senora Chelsea * 9:00 DC Chess Federation (in-house) 9:30 Technology & The Metaverse 10:00 Advisory Board 10:30 Senior Stretch Therapy 11:30 Movie Time * 12:00 Lunch 12:00 PRESENTATION-CED Meeting, Mustafa Abdul-Salaam, AARP 12:30 Spiritual Studies 2:00 Tai Chi 3:00 Open Gym & Game Room</p>	<p>19 Recreation/Socialization-8:30am-4pm TRIP-DACL Performance Oversight Hearing , Wilson Bldg, 9:30am 9:00 Tight Body  10:00 Line Dancing  11:00 Chair Yoga  12:00 Lunch 12:30 Pokeno / Phase10 * 1:00 SOCIAL- Crocheting/ Knitting 1:00 Nutrition-Atoms Apple with Dr. Amy  1:30 SOCIAL-Plants & Blooms ReImagined, Kaifa Anderson-Hall 3:00 Open Gym & Game Room</p>	<p>20 Recreation/Socialization-8:30am-4pm 8:45 Enhance Fitness 10:00 Food Demo w/Chef Herb  10:30 Take Action! Techniques 11:00 DC Chess Federation (on-line) 12:00 Lunch  1:00 SOCIAL- Vera Yaa-Ana, Performer/Story-Teller, Drumming, Dancing & Storytelling, Commission on the Arts & Humanities 3:00 Open Gym & Game Room</p>

<p>23 Recreation/Socialization-8:30am-4pm</p> <p>8:45 Enhance Fitness</p> <p>9:30 Spiritual Studies</p> <p>10:00 Tai Chi</p> <p>10:00 "Ask a Lawyer", Deborah Wright, AARP</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase 10 *</p> <p>1:00 PRESENTATION-Ranked Choice Voting Workshop, Jaloney Coulter, Board of Elections</p> <p>3:00 Open Gym & Game Room</p>  	<p>24 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Blood Pressure Readings *</p>  <p>10:00 Matter of Balance</p>  <p>12:00 Lunch</p> <p>1:00 "Sewing Seeds" with Ace-Symmetric</p> <p>1:30 Sibley Club Memory</p> <p>2:00 Line Dancing</p>  <p>3:00 Open Gym & Game Room</p>	<p>25 Recreation/Socialization-8:30am-4pm</p> <p>8:45 Enhance Fitness</p> <p>9:00 "Dilo en Espanol" with Senora Chelsea *</p> <p>9:00 DC Chess Federation (in-person)</p> <p>9:30 Technology&The Metaverse</p> <p>10:30 Senior Stretch Therapy</p> <p>11:30 Movie Time *</p> <p>12:00 Lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 PRESENTATION- "Ask a Doctor" Medication, Metabolism & Maintaining a Healthy Lifestyle, Howard Univ. , Ward 8 Health Council & FSFSC</p> <p>2:00 Tai Chi</p> <p>3:00 Open Gym & Game Room</p>	<p>26 Recreation/Socialization-8:30am-4pm</p> <p>9:00 Tight Body</p> <p>10:00 Line Dancing</p> <p>11:00 Chair Yoga</p> <p>12:00 Lunch</p> <p>12:30 Pokeno / Phase10 *</p> <p>1:00 </p> <p>1:00 SOCIAL-Notes from the Universe "A Journaling Experience"</p> <p>1:00 Nutrition-Atoms Apple with Dr. Amy</p> <p>3:00 Open Gym & Game Room</p>	<p>27 Recreation/Socialization-8:30am-4pm</p> <p>8:45 Enhance Fitness</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- Curtis "Blues" Maillioux, Performer of Acoustic Blues Music, National Theater Foundation</p> <p>3:00 Open Gym & Game Room</p>  
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NEW CLASS/CHANGES

- "Dilo en Espanol" with Senora Chelsea* (10th)
- Enhance Fitness-Time Change to 8:45am
- Advisory Board Meeting (12th)



TRIP - DACL "Red, White & You" Valentine Day Event (11th)



AWARENESS MONTH

National Cancer Prevention Month
Rare Disease Day (28th)



(4th)

The theme for Black History Month 2026 is "A Century of Black History Commemorations," marking 100 years since the establishment of Black History Week. The significance of the Theme celebrates the centennial of organized efforts to recognize and commemorate black history, initiated by Dr. Cater G. Woodson in 1926. This theme emphasizes the importance of understanding how these commemorations have evolved from 2 week-long observance into a month-long celebration that highlights the contributions and achievements of Black individuals throughout history.



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



@heightsseniortv7481

PRESENTATIONS

- AARP Meeting Local #4870 (11th)
- Denying Gravity, Safe at Home (12th)
- Community Economic Development (CED) Meeting , AARP (18th)
- Ranked Choice Voting Workshop, Jaloney Coulter, Board of Elections (23rd)
- "Ask a Doctor", Ward 8 Health Council & FSFSC (25th)

SOCIAL

- Bingo (6th & 26th)
- Ladies' Tell It All (9th)
- Curtis "Blues" Maillioux, National Theater Foundation (27th)