














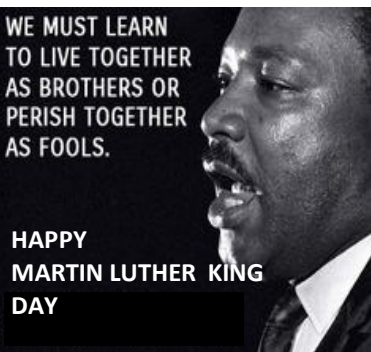


















Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30 Tai Chi 9:30 Spiritual Studies 10:00 Enhance Wholeness Lifestyle 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 1:00 Healthy & Powerful 2:00 CHSWC Virtual Voyages 3:00 </p>	<p>4 9:00 Active Living Every Day 10:00 NUTRITION - Atoms Apple with Dr. Amy 11:00 DC State Chess Fed. 12:00 Chair Yoga 1:00 Just Rock-Voice 2:00 Line Dancing  3:00 Sibley Club Memory</p>	<p>5 8:30 Tai Chi 9:30 Pilates 10:30 CHSWC Assembly Meeting  12:00 Fitness w/Kojak 1:00 A Sprinkle of Gentle Yoga 3:00 Zumba Dance </p>	<p>6 National Technology Day 9:00 Tight Body (In-house)  10:00 Line Dancing 11:00 Just Rock-Music Theory  1:00 NUTRITION - Atoms Apple with Dr. Amy 3:00 Active Living Every Day</p>	<p>7 9:30 Fitness w/Kojak  11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 Tai Chi 2:00 Just Rock - Song Writing 3:00 Cinema Time BYOP </p>
<p>10 8:30 Tai Chi 9:30 Spiritual Studies 10:00 Enhance Wholeness Lifestyle 10:30 Ole Skool Dancing 11:30 Just Rock - Piano 1:00 Healthy & Powerful 2:00 CHSWC Virtual Voyages 3:00 </p>	<p>11 9:00 Active Living Every Day 10:00 NUTRITION - Atoms Apple with Dr. Amy 11:00 DC State Chess Fed.  12:00 Chair Yoga 1:00 Just Rock-Voice 2:00 Line Dancing 3:00 Sibley Club Memory </p>	<p>12 8:30 Tai Chi 9:30 Pilates 10:30 Smart Tech/SocialMedia 11:00 Just Rock-Drums 11:30 Fitness w/Kojak 12:30 Spiritual Studies 1:00 PRESENTATION - Ward 8 Services, Aisha Bailey, ERFSC 2:00 PRESENTATION-Insurance Mini Fair (Various Vendors) 3:00 Zumba Dance </p>	<p>13 Make Your Dreams Come True Day 9:00 Tight Body (In-house) 9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing  11:00 Just Rock-Music Theory 1:00 NUTRITION - Atoms Apple with Dr. Amy 3:00 Active Living Every Day</p>	<p>14 National Dress Up Your Pet Day 9:30 Fitness w/Kojak 10:30 NUTRITION Food Demo with Dr. Amy  11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 Tai Chi 2:00 Just Rock - Song Writing 3:00 </p>
<p>17 CENTER CLOSED  WE MUST LEARN TO LIVE TOGETHER AS BROTHERS OR PERISH TOGETHER AS FOOLS. HAPPY MARTIN LUTHER KING DAY</p>	<p>18 9:00 Active Living Every Day 10:00 NUTRITION - Atoms Apple with Dr. Amy  11:00 DC State Chess Fed. 12:00 Chair Yoga 1:00 Just Rock-Voice 2:00 Line Dancing 3:00 Sibley Club Memory </p>	<p>19 8:30 Tai Chi 9:30 Pilates 10:30 Smart Tech/SocialMedia 11:00 Just Rock - Drums  11:30 Fitness w/Kojak 12:30 Spiritual Studies 1:00 A Sprinkle of Gentle Yoga 3:00 Zumba Dance </p>	<p>20 9:00 Tight Body (In-house)  9:00 Intro to Spanish with Senora Chelsea 10:00 Line Dancing  11:00 Just Rock-Music Theory 1:00 NUTRITION - Atoms Apple with Dr. Amy 3:00 Active Living Every Day </p>	<p>21 9:30 Fitness w/Kojak  11:00 DC State Chess Fed. 11:30 CHSWC at "The Gathering" 1:00 Tai Chi  2:00 Just Rock-Song Writing 3:00 Cinema Time BYOP </p>

<p>24</p> <p>8:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>1:00 Healthy & Powerful</p> <p>2:00 CHSWC Virtual Voyages</p> <p>3:00 Black History 366</p> 	<p>25</p> <p>9:00 Active Living Every Day</p> <p>10:00 NUTRITION- Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 Chair Yoga</p> <p>12:00 PRESENTATION- Pay Attention to Politics: Committee of the Whole</p> <p>1:00 Just Rock-Voice</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p>	<p>26</p> <p>8:30 Tai Chi</p> <p>9:30 Pilates</p> <p>10:30-Smart Tech/ SocialMedia</p>  <p>11:00 Just Rock - Drums</p> <p>11:30 Fitness w/Kojak</p> <p>12:30 Spiritual Studies</p>  <p>3:00 Zumba Dance</p>	<p>27</p> <p>9:00 Tight Body (In-house)</p> <p>9:00 Intro to Spanish with Senora Chelsea</p>  <p>10:00 Line Dancing</p> <p>11:00 Just Rock-Music Theory</p> <p>1:00 NUTRITION - Atoms Apple with Dr. Amy</p>  <p>3:00 Active Living Every Day</p>	<p>28</p> <p>9:30 Fitness w/Kojak</p> <p>10:30 FOOD DEMO -Food Demo with Chef Herb</p>  <p>11:00 DC State Chess Fed.</p> <p>11:30 CHSWC at "The Gathering"</p> <p>1:00 Tai Chi</p> <p>2:00 Just Rock-Song Writing</p> <p>3:00 Cinema Time BYOP</p>
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<p>31</p> <p>8:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>1:00 Healthy & Powerful</p> <p>2:00 CHSWC Virtual Voyages</p> <p>3:00 "Google Universe"</p>
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National Mentor Month **Veganuary Month**

Healthy Weight Week (16-22nd)



National Vision Board Day (8th) -What's your vision for the new year?

Celebration of Life Day (22nd) **National Compliment Day (24th)**

National Spouses Day (26th)

National Inspire Your Heart With Art Day (31st)


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


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

PRESENTATIONS

- Ward 8 Services, Aisha Bailey (12th)
- Insurance Mini Fair: Medicare, Medicaid, Lincoln Heritage, United Healthcare, Dept. of Healthcare Finances (13th)
- Pay Attention To Politics: COW (25th)
- Food Demo - Chef Herb, UDC (28th)
- "Google Universe" (31st) – 5th Monday, just this month)

