

Friendship Heights Village Center



Calendar of Events 2008

A P R I L

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		<p>1</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Yoga 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>2</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1:30 p.m.: Lincoln's Other White House 7:30 p.m.: Concert: Silver Strings</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Atonement</p>	<p>4</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. – 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>5</p> <p>8:15 a.m.: Walking Club</p>	
<p>6</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Yoga 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>9</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Diagnosing Heart Disease 7:30 p.m.: Concert: Marc Gottlieb</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Homage to Beverly Sills 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Dan in Real Life</p>	<p>11</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>12</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Saturday Storytime</p>	
<p>13</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Yoga 12:30 p.m.: Vision Support Group 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>16</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Depart for Lincoln's Cottage 7:30 p.m.: Concert: Baltimore Mandolin Quartet</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: "Eating for Energy"</p>	<p>18</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 10:30 a.m.- 12:30 p.m.: Container Garden Workshop 1 p.m.: Bridge Group 1 p.m.: Refresher Bridge 1 p.m.: Shingles Shots 3 p.m.: Advanced Bridge</p>	<p>19</p> <p>8:15 a.m.: Walking Club</p>	
<p>20</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Wisconsin Place Rec Center Meeting</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Yoga 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>23</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Friday Morning Music Club</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 7:30 p.m.: Book Signing with Dee Dee Myers</p>	<p>25</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group 1 p.m.: Refresher Bridge 1:30 p.m.: History Lecture on Wilson 3 p.m.: Advanced Bridge</p>	<p>26</p> <p>8:15 a.m.: Walking Club</p>	
<p>27</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 7:30 p.m.: Book Signing with Judith Viorst</p>	<p>29</p> <p>7:30 a.m.: Depart for Frida Kahlo trip 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Yoga 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>30</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Seagar and Sison</p>	<p>Save the Date:</p> <p>Community Day Celebration</p> <p>Tuesday, May 13</p>			

Shuttle bus hours

Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

