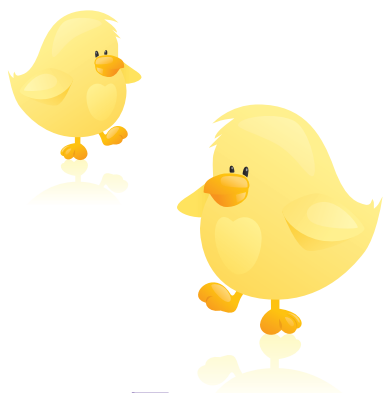




A P R I L

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



<p>5</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>6</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>7</p> <p>9:30 a.m.: Depart for Brandywine Valley 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 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>1</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Vocal Arts Society</p>	<p>2</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 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Top Hat</p>	<p>3</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group</p>	<p>4</p> <p>8:15 a.m.: Walking Club</p>
<p>12</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>13</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 6:30 – 8 p.m.: Community Day</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>8</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Oh, My Aching Back! 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Mike Gillespie</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 7 p.m.: Movie: Marley and Me Passover Begins</p>	<p>10</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>11</p> <p>8:15 a.m.: Walking Club</p>
<p>19</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception</p>	<p>20</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 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</p>	<p>15</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Robert Mitchell</p>	<p>16</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 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Tom Ricks: The Gamble</p>	<p>17</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 1:30 p.m.: Tea and Talk: Frida Kahlo and Diego Rivera</p>	<p>18</p> <p>8:15 a.m.: Walking Club</p>
<p>26</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 5 to 7 p.m.: Shred-It 7 p.m.: Mat Pilates</p>	<p>22</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: QuinTango</p>	<p>23</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 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Aaron Miller: The Much Too Promised Land</p>	<p>24</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 1 p.m.: Bridge Group</p>	<p>25</p> <p>8:15 a.m.: Walking Club</p>
<p>26</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 5 to 7 p.m.: Shred-It 7 p.m.: Mat Pilates</p>	<p>29</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Lecture on Nutrition: "Conscious Eating" 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Mendelssohn Piano Trio</p>	<p>30</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 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: James Thurber on President Obama's First 100 Days</p>	<p>24</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 1 p.m.: Bridge Group</p>	<p>25</p> <p>8:15 a.m.: Walking Club</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.

Produce Market returns next month

Twin Springs Fruit Farm returns to the Village on Saturday, May 2. Look for details in the May *Village News*.

