Friendship Heights Village Center



Calendar of Events 20

U G Т **THURSDAY MONDAY TUESDAY** WEDNESDAY **FRIDAY SATURDAY SUNDAY** 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m.: Great Books 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Resistance 11 a.m.: Chair Exercise 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9:30 a.m.: Tai Chi 9 a.m. – 1 p.m.: Twin Training For Seniors with Tonya Springs Current Events 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Fall Prevention 1 p.m.: Strength Training 1 p.m.: Portraiture in Pencil 10:30 a.m.: Strength 1 – 2:45 p.m.: Blood with Tonya and Pastel Training with Cheryl Pressure Screening 6 p.m.: Scrabble 1 p.m.: Bridge Group 7 p.m.: Concert: Ericka 1 p.m.: Bridge Group 3 – 4 p.m.: Tea 7 p.m.: Movie:Hotel for **Ovette and Friends** 2:30 p.m.: Drawing and 3 – 5 p.m.: Suburban Painting Nurse Specialist 7 p.m.: Café Muse 10 11 12 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee 8 a.m.: Depart for 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi and Sunday Papers Rehoboth 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 11 a.m.: Chair Exercise 9:30 a.m.: Tai Chi 11:30 a.m. - 1:30 p.m.: 10 a.m.: Great Books 1 p.m.: Fall Prevention 1 p.m.: Water Slide 11 a.m. - 4 p.m.: Village **Art Reception** 10:30 a.m.: Strength 10:30 a.m.: Resistance for Children Playtime 1 – 2:45 p.m.: Blood Training with Cheryl Training For Seniors Pressure Screening 1 p.m.: Health Insurance 6 p.m.: Scrabble 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 7 p.m.: Movie: Rachel Counseling 3 – 4 p.m.: Tea 1 p.m.: Portraiture in Pencil **Getting Married** 3 – 5 p.m.: Suburban 1 p.m.: Bridge Group and Pastel Nurse Specialist 2:30 p.m.: Drawing and 1 p.m.: Suburban Lecture: Lungs 7 p.m.: Concert: The **Martin Family** 9:15 .m.: Drop-in Tai Chi 9:30 a.m. – 1:30 p.m.: Coffee 10 a.m.: Great Books 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village and Sunday Papers 1 p.m.: Strength Training 1 p.m.: Fall Prevention 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 11 a.m.: Depart for Springs Playtime with Tonya Wegmans Current Events 1 – 2:45 p.m.: Blood 1 p.m.: Bridge Group 11 a.m.: Chair Exercise 10:30 a.m.: Strength Pressure Screening 6 p.m.: Scrabble with Tonya Training with Cheryl 3 – 4 p.m.: Tea 7 p.m.: Movie: Coraline 1 p.m.: Portraiture in Pencil 1 pm.: Bridge Group 3 – 5 p.m.: Suburban and Pastel Nurse Specialist 7 p.m.: Concert: Dixie **Power Trio** 26 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m. - 2 p.m.: 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club MVA Bus and Sunday Papers 1 p.m.: Fall Prevention 11 a.m.: Chair Exercise 11 a.m. – 4 p.m.: Village 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin Playtime 10 a.m.: Great Books with Tonya Current Events Springs 1 – 2:45 p.m.: Blood 10:30 a.m.: Strength 1 p.m.: Strength Training 1 p.m.: Portraiture in Pencil 6 p.m.: Scrabble Pressure Screening Training with Cheryl with Tonya and Pastel 3 – 4 p.m.: Tea 7 p.m.: Movie: Flash of 7 p.m.: Concert: Marc-1 pm.: Bridge Group 1 p.m.: Bridge Group Genius 3 – 5 p.m.: Suburban Nurse Specialist Wingreen 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m.: Great Books and Sunday Papers 1 p.m.: Bridge Group

Shuttle bus hours



Monday through Friday

Saturday and Sunday

6:40 a.m. to 9:40 p.m. 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.

Celebrating Community and Cuisine in the Village

Mark your calendars for the Third Annual Taste of Friendship Heights on Saturday, Sept. 12, from noon to 5 p.m. at the Villlage Center. This rain-or-shine event features great food from local restaurants including Indique Heights, Lia's, Rock Creek, Potomac Pizza, Gifford's, Alfio's, Bambulé, Maggiano's and more. There will be live music, a moon bounce for the children, and face painting. Players from the American University Basketball team will also show off their skills. This event is sponsored by the Friendship Heights Village Council and the Friendship Heights Urban Network.

