

Friendship Heights Village Center



Calendar of Events 2010

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 9:15 a.m.: Fit Forever 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	4 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Great Music series: The Concert Overture, Part 2 7 p.m.: Concert: Barbara Martin and Mac Walter	5 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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Creation	6 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	7 7:30 a.m.: Depart for Tanglewood 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
8 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 8 P.M.: Friendship Heights Council Meeting	10 Tuesday, August 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	11 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Better Treatments for Women 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Washington Revels Sea Shanties	12 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 6:15 p.m.: Scrabble 7 p.m.: Movie: Diary of a Wimpy Kid	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:30 a.m.: Depart for County Fair 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	18 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Great Music series: Romantic-era Musical Nationalism 7 p.m.: Concert: Ming Hui Chinese Dancers	19 8:15 a.m.: Walking Club 9 a.m. to 12 p.m.: Skin Cancer Screenings 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: The Messenger	20 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
22 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m. – 2 p.m.: MVA Bus 10:30 a.m.: Resistance Training For Seniors 2:30 p.m.: Acrylic or Oil Painting	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	25 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7 p.m.: Concert: Robert Redd/ William Wright Tribute to Benny Goodman	26 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: The Last Song	27 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 2:30 p.m.: Acrylic or Oil Painting	31 8:15 a.m.: Walking Club 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist				

A big thank you to Brighton Gardens of Friendship Heights for providing bottled water during the summer months for people standing in line at the MVA Mobile Office.

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.

Cafe Muse presents...

This month's Café Muse, on **Monday, Aug. 2, at 7 p.m.**, presents authors Patricia Davis and Henry Israeli.

Patricia Davis is the author of the play, *Alternative Methods*, and co-author with Dianna Ortiz of *The Blindfold's Eyes: My Journey from Torture to Truth*.

Henry Israeli is the author of *Child of Nature*, *Praying to the Black Cat*, and *New Messiahs* and in translation *Fresco: the Selected Poetry of Luljeta Lleshanaku*.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksd.com.