



M A R C H

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Create your own beautiful container garden

Mary Phillips Quinn of The Abundant Backyard returns to the Village Center to offer a two-hour workshop on creating a stunning springtime container garden on **Friday, April 18, from 10:30 a.m. to 12:30 p.m.** Mary incorporates a lifetime of gardening experience and a passion for using organic materials into her presentations. Participants will receive hands-on instruction, a container, soil, and plants. The cost is \$40 per person. Sign up at the Village Center by March 21 and pay \$36. The deadline is April 11. Space is limited.



1

8:15 a.m.: Walking Club

2

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3

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

4

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

5

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
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Culkin School of Irish Dance

6

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: La Vie En Rose

7

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

8

8:15 a.m.: Walking Club

9

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

10

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
6:30 p.m.: Beginning Spanish
7 p.m.: Yoga
8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING

11

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Depart for National Cathedral
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

12

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
3 p.m.: Chair Yoga
1 p.m.: Suburban Lecture: Arthritis, Vascular Disease and Chronic Infections
7:30 p.m.: Concert: Jack Stanton

13

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.: David Stewart: The Summer of 1787

14

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
2 p.m.: Candace Ridington: A Visit with Clara Schumann

15

8:15 a.m.: Walking Club

16

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17

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
7:15 p.m.: Depart for Strathmore



18

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
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

19

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
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Richard Miller

20

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.: Daniel Schorr: Come to Think of It

21

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

22

8:15 a.m.: Walking Club

23

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24

10 a.m. – 2 p.m.: MVA Bus
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
11:30 a.m.: Flexible Stretch And Strength
1 p.m.: Bridge Group
1 p.m.: Strength Training with Tonya
2:30 p.m.: Drawing and Painting
6:30 p.m.: Beginning Spanish

25

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
7 p.m.: Mat Pilates

26

10:15 a.m.: Yiddish
11 a.m.: Strength Training with Tonya
1 p.m.: "What Do You Mean I Can't Eat That?"
1 p.m.: Health Insurance Counseling
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Jim Vandelly

27

8:15 a.m.: Walking Club
9 a.m.: Depart for Kennedy Center
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: Elizabeth-The Golden Years

28

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

29

8:15 a.m.: Walking Club

30

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

31

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
7:30 p.m.: Ike Leggett



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.