

Friendship Heights Village Center

Calendar of Events 2008

F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

The U.S. Parole Commission will host its 15th Annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 27 at 11:30 a.m.** The theme of this year's program is "Carter G. Woodson and the Origins of Multiculturalism" and the guest speaker is accomplished storyteller Janice Greene. All are invited to attend; registration is not necessary.

<p>3</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</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 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Café Muse 7 p.m.: Yoga</p>	<p>5</p> <p>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</p>	<p>6</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 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Mike Gillespie</p>	<p>7</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 12:15 p.m.: Depart for Evergreen House 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Hair-spray</p>	<p>1</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>2</p> <p>8:15 a.m.: Walking Club</p>
<p>10</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>11</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 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga</p>	<p>12</p> <p>8:15 a.m.: Walking Club Primary Election Day No classes today</p>	<p>13</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 1 p.m.: Suburban Lecture: Stroke Update 7 p.m.: Swing Dance with Seth Kibel</p>	<p>14</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 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Crossing Delancey</p>	<p>15</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>16</p> <p>8:15 a.m.: Walking Club</p>
<p>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>Presidents Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books</p>	<p>19</p> <p>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 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>20</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: Virginia Lum and John Touchton</p>	<p>21</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.: Mark Penn: Microtrends</p> <p>8:15 a.m.: Walking Club</p>	<p>22</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>23</p> <p>8:15 a.m.: Walking Club</p>
<p>24</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>9:15 a.m.: Fit-4-Ever 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 7 p.m.: Yoga 7:30 p.m.: Howard Kurtz: Reality Show</p>	<p>26</p> <p>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</p>	<p>27</p> <p>10:15 a.m.: Yiddish 11:30 a.m.: African-American History Month Program 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Sidwell Friends Chamber Chorus</p>	<p>28</p> <p>9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 7 p.m.: Movie: Michael Clayton</p>	<p>29</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: James K. Polk</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.

You can help someone achieve success

Help a local woman dress for success by donating a new or nearly new suit to the "Dress for Success – Send One Suit" campaign in March. Once again the Friendship Heights Village Center will be taking part in this nationwide effort to help low-income women enter the workforce and stay employed. As a result of this campaign, each Dress for Success client receives one suit when she has a job interview and a week's worth of separates when she gets the job.

From **March 3 through March 7**, Village residents are asked to bring a gently used woman's Spring or Summer suit to the Village Center between the hours of 9 a.m. and 8 p.m. The suits should be clean, appropriate for interviews; coordinated, contemporary skirt and pant suits, blazers and jackets. Also accepted are contemporary blouses that coordinate with suits. Larger-size suits, sizes 16 and above, are particularly needed.

Dress for Success cannot use suits and dresses that are not interview-appropriate, sportswear or casual clothes, jewelry, belts, undergarments or men's clothing.