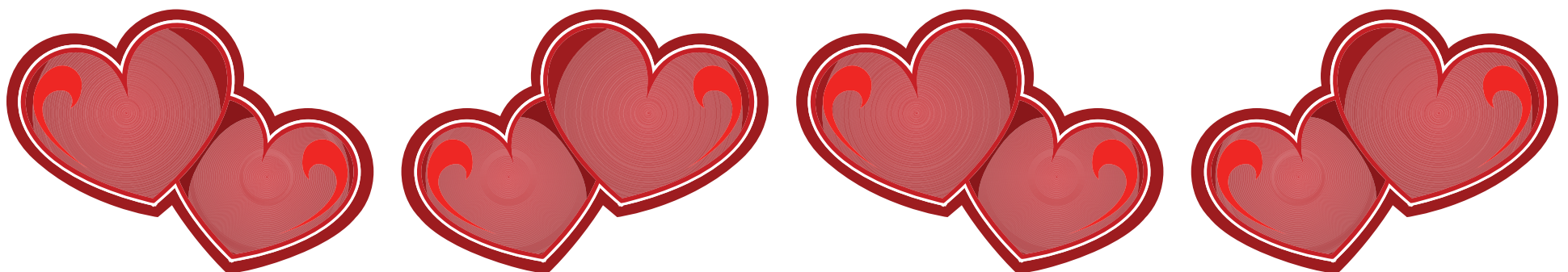


# Friendship Heights Village Center



# Calendar of Events 2009

F E B R U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>2</b> 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 7 p.m.: Yoga 7 p.m.: Café Muse	<b>3</b> 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	<b>4</b> 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 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Ellyn Crawford</b>	<b>5</b> 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 <b>7 p.m.: Movie: The Dark Knight</b>	<b>6</b> 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	<b>7</b> 8:15 a.m.: Walking Club <b>3 p.m.: Book Signing with Gwen Ifill</b>
<b>8</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>9</b> 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 <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>10</b> 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	<b>11</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 p.m.: Suburban Lecture: Depression</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture 3 p.m.: Chair Yoga <b>4:30 p.m.: Depart for L'Auberge</b> 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Vocal Express</b>	<b>12</b> 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 <b>7 p.m.: Movie: Young@Heart</b>	<b>13</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group <b>1:30 p.m.: Tea and Talk: "Lincoln's Life in Music"</b>	<b>14</b> 8:15 a.m.: Walking Club
<b>15</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>16</b> <b>Presidents Day Center Open 9 a.m. to 2 p.m.</b>  10 a.m.: Great Books	<b>17</b> 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 7 p.m.: Mat Pilates	<b>18</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Sandy Lederman</b>	<b>19</b> 8:15 a.m.: Walking Club 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 <b>7 p.m.: Movie: Get Smart</b>	<b>20</b> 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	<b>21</b> 8:15 a.m.: Walking Club
<b>22</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>23</b> 9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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	<b>24</b> 8:15 a.m.: Walking Club 1 p.m.: Fall Prevention <b>12:15 p.m.: Depart for Homewood Museum</b> 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	<b>25</b> 10:15 a.m.: Yiddish <b>11:30 a.m.: African-American History Month Program</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Susan Jones and Caliente</b>	<b>26</b> 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 <b>7 p.m.: Movie: The Duchess</b>	<b>27</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>12 p.m.: Lunch</b> <b>1 p.m.: "Songs for the Greatest Generation"</b> 1 p.m.: Bridge Group	<b>28</b> 8:15 a.m.: Walking Club



## 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.

## Thank you to our generous neighbors

A big thank you to all the Village residents who donated 345 pounds of canned and boxed food to needy families in Montgomery County. The food was delivered to Manna Food Center in Rockville and donated toys were taken to a "Toys for Tots" collection site just before the holidays.

The U.S. Parole Commission will host its 16th annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 25 at 11:30 a.m.** The theme of this year's program is "Quest for Black Citizenship in the Americas." All are invited to attend; registration is not necessary.