



F E B R U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p>1</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 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.: Yoga 7 p.m.: Café Muse</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 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 7 p.m.: Mat Pilates</p>	<p>3</p> <p>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 3 p.m.: Chair Yoga</p>	<p>4</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Curtis Roosevelt</p>	<p>5</p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>6</p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone 10:30 a.m.: Galileo for Children</p>
<p>7</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>8</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 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.: Yoga 8 P.M.: Friendship Heights Council Meeting</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 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 7 p.m.: Mat Pilates</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 9:15 a.m. Depart for Air & Space 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Healthy Eating for Older Adults 1 p.m.: Portraiture 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Spice of Life</p>	<p>11</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Anne Kornblut</p>	<p>12</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 2 p.m.: Tea and Talk: Romance Writing</p>	<p>13</p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p>14</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>15</p> <p>Presidents Day Center Open 9 a.m. to 2 p.m.</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books</p>	<p>16</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</p>	<p>17</p> <p>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</p>	<p>18</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Amelia</p>	<p>19</p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>20</p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</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 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Mark Shields</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 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 7 p.m.: Mat Pilates</p>	<p>24</p> <p>11 a.m.: Chair Exercise with Tonya 11:30 a.m.: African-American History Program 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Robert Statham</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Depart for Cezanne Exhibit 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 7 p.m.: Movie: The Hurt Locker</p>	<p>26</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>27</p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p>28</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>						

Children’s Art Classes in February and March

Millie Shott, Friendship Gallery curator, continues her ever-popular children’s art classes with new programs in February and March.

The first four-week series will include mixed media. Students will complete projects ranging from fused glass to origami to making valentines. It begins **Thursday, Feb. 4 and continues each Thursday through Feb. 25.**

In March, a four-week series on fused glass begins on **Thursday, March 4 and continues through Thursday, March 25.**

The programs are designed for school age students, ages 6 to 11. Each class lasts 90 minutes, from 4 to 5:30 p.m.

The cost is \$100 for each four-week session, and includes instruction and materials. Sign up at the Village Center. Class size is limited, so sign up as soon as possible. Please call the Village Center at 301-656-2797 for more information.



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.