



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

The NSO and Joshua Bell at Wolf Trap

Join us for a night of beautiful music with award-winning violinist Joshua Bell and the NSO on **Thursday, July 22**, at Wolf Trap National Park for the Performing Arts.

For more than two decades, Joshua Bell has enchanted audiences worldwide with his breathtaking virtuosity and tone of rare beauty. The evening's program will include Bruch's *Scottish Fantasy*, Liszt's *Hungarian Rhapsody No. 2*, Gershwin's *Cuban Overture*, and, Respighi's *Roman Festivals*. Emil de Cou will conduct.

We will leave the Center at 7 p.m. and should return by 11 p.m. The cost, which includes transportation, a seat in the Front Orchestra, and driver's tip, is \$75.

<p>4</p> <p>Center open 9 to 2 2 to 4 p.m.: Fourth of July Celebration</p> 	<p>5</p> <p>Federal Holiday</p> <p>Center open 9 a.m. to 2 p.m.</p>	<p>6</p> <p>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</p>	<p>7</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 7:30 p.m.: Great Music series: Richard Wagner 7 p.m.: Concert: Silver Strings Quartet</p>	<p>1</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Valentine's Day</p>	<p>2</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>3</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p>11</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>12</p> <p>9:15 a.m.: Fit 4-Ever 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</p> <p>NO COUNCIL MEETING IN JULY</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9 a.m.: Depart for Annapolis 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</p>	<p>14</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 1 p.m.: Suburban Lecture: The Pain Connection 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Lyrical Rhythzz</p>	<p>8</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Dear John</p>	<p>9</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 2 p.m.: Tea and Talk: Exploring Washington</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. - 2 p.m.: MVA Bus 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>20</p> <p>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 to 7 p.m.: Glaucoma and Vision Screenings 8:15 a.m.: Walking Club</p>	<p>21</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 7:30 p.m.: Great Music series: The Concert Overture 7 p.m.: Concert: Greg Harrison Band</p>	<p>15</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Last Station</p>	<p>16</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>17</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit 4-Ever 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.: Book Signing with Jerry Wolman</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Depart for Nemours 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Seamus Kennedy</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m. - 2 p.m.: Children's Water Play 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Painting 7 p.m.: Depart for Wolf Trap 7 p.m.: Movie: The Princess and the Frog</p>	<p>23</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>24</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 11 a.m.: Caring for Family Treasures</p>
<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit 4-Ever 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.: Book Signing with Jerry Wolman</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Depart for Nemours 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Seamus Kennedy</p>	<p>29</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Clash of the Titans</p>	<p>30</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>31</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</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.

Taste of Friendship Heights: Saturday, September 25

Mark your calendar for this wonderful community event, now in its fourth year. You will have the opportunity to taste food from terrific local restaurants right here at the Village Center.

- Participants include Bambulé, Capital Grille, Courtyard by Marriott, Indique Heights, Lia's, Maggiano's, M Cafe/Famoso, Potomac Pizza, Sunrise Brighton Gardens, Tynan Coffee & Tea, Whole Foods and more!
- Live music, face painting, moon bounce, and AU basketball
- A portion of the proceeds to be donated to charity.
- Watch for more information in the August and September *Village News*. Also visit www.tasteoffriendshipheights.com.
- Co-sponsored by the Village of Friendship Heights and the Friendship Heights Urban Network (FHUN).

