



**O C T O B E R**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**MVA Bus at the Village**

Monday, October 25  
Monday, November 22  
Monday, December 20  
10 a.m. to 2 p.m.



<p><b>3</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>4</b></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 <b>7 p.m.: Café Muse</b></p>	<p><b>5</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p><b>6</b></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 <b>6 p.m.: Sign-ups for the Greenbrier</b> <b>7:30 p.m.: Concert: Silver Strings</b></p>	<p><b>7</b></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 <b>7 p.m.: Book Signing with Itztak Brook</b></p>	<p><b>1</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. to 3 p.m.: AARP Safe Driving</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>2</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>12 p.m.: Landon Symphonette</b></p>
<p><b>10</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>11</b></p> <p><b>Columbus Day Center Open</b> <b>9 a.m. to 2 p.m.</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors Shuttle Bus runs on a weekend schedule</p>	<p><b>12</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates <b>8 p.m.: Friendship Heights Council Meeting</b></p>	<p><b>13</b></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 <b>1 p.m.: Suburban Lecture: "Your Arch Enemy"</b> 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: Igor Stravinsky <b>7:30 p.m.: Concert: Joyce Nierow</b></p>	<p><b>14</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting <b>3 to 7 p.m.: Flu Shots</b> 6:15 p.m.: Scrabble <b>7 p.m.: Movie: Yoo Hoo, Mrs. Goldberg</b></p>	<p><b>15</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. to 2 p.m.: Flu Shots</b> 10:30 a.m.: Coffee and Current Events</p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>17</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>18</b></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 <b>7:30 p.m.: Book signing with Norah O'Donnell and Geoff Tracy</b></p>	<p><b>19</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 6:30 p.m.: Beginning Spanish 7 p.m.: Pilates</p>	<p><b>20</b></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 <b>2 p.m.: Tea and Talk: Jay Mallin on Cuban Trade Embargo</b> <b>7:30 p.m.: Concert: Hui O Ka Pua 'Ilima</b></p>	<p><b>21</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Book Signing with Chris Kimball</b></p>	<p><b>22</b></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 <b>12 – 4 p.m.: Collage Workshop with Millie Shott</b></p>	<p><b>23</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>24</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>25</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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</p>	<p><b>26</b></p> <p>8:15 a.m.: Walking Club <b>8:45 a.m.: Depart for Philadelphia</b> 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse 5 p.m.: Beginning Bridge 6:30 p.m.: Beginning Spanish 7 p.m.: Pilates</p>	<p><b>27</b></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.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music S <b>7:30 p.m.: Concert: Scary Stories</b></p>	<p><b>28</b></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 <b>5 - 7 p.m.: Shred-It Truck</b> 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Shutter Island</b></p>	<p><b>29</b></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 <b>2 p.m.: Tea and Talk: Food Safety</b> <b>7p.m.: Children's Halloween Bingo</b></p>	<p><b>30</b></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.

Village Council meetings are held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be **Tuesday, Oct. 12, at 8 p.m.** The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.

