



A P R I L

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

There's a new bridge club in town

Looking for a bridge game? Village resident Nancy White has volunteered to organize a bridge club that will meet Mondays from 1 to 4 p.m. at the Village Center, beginning **May 2**. Call Nancy at 301-652-4119 and leave your name and phone number. She will try to match people according to playing level. Participants are encouraged to bring partners. Cards will be supplied.

<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 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga</p>	<p>5</p> <p>8:15 a.m.: Walking Club 8:30 a.m.: Depart for Richmond 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge</p>	<p>6</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: The ABC's of Blood Pressure 5 – 7 p.m.: Oral Cancer Screenings 7:30 p.m.: Concert:Vocal Arts Society</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Inception</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.: Water Color Painting</p>	<p>2</p> <p>8:15 a.m.: Walking Club</p>
<p>10</p> <p>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 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge 5 to 7 p.m.: Shred-it 7 p.m.: Pilates 7:30 p.m.: Great Courses: Poe's Legacy</p>	<p>13</p> <p>6:30 to 8 p.m.: Community Day</p> 	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Cokie and Steve Roberts</p>	<p>8</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.: Water Color Painting</p>	<p>9</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>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</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist</p>	<p>20</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.: Tales in the Village with Slash Coleman</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:The Red Shoes</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 12 p.m.: Special Lunch 1 p.m.: Concert 1 p.m.: Water Color Painting</p>	<p>16</p> <p>8:15 a.m.: Walking Club</p>
<p>24</p> <p>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 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 1 p.m.: Balance and Fall Prevention 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses: Nathaniel Hawthorne</p>	<p>27</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 2 p.m.: Choral Ensemble: concert and class 5:30 p.m.: Depart for Nationals Park 7:30 p.m.: Concert:Friday Morning Music Club</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Daniel Serwer on Peacebuilding</p>	<p>22</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.: Water Color Painting</p>	<p>23</p> <p>8:15 a.m.: Walking Club</p>
<p>30</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting</p>	<p>29</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 2 p.m.: Choral Ensemble: concert and class 5:30 p.m.: Depart for Nationals Park 7:30 p.m.: Concert:Friday Morning Music Club</p>	<p>30</p> <p>8:15 a.m.: Walking Club 10 a.m.- 1p.m.: Children's Art Workshop</p>	<p>17</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.: Water Color Painting</p>	<p>18</p> <p>8:15 a.m.: Walking Club</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.

The Village Book Club will meet this month on **Tuesday, April 19, at 11 a.m.** The book selection is *Hotel on the Corner of Bitter and Sweet* by Jamie Ford.

