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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge 7 p.m.: Pilates	4 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 2 p.m.: Choral Ensemble 7:30 p.m.: Concert: Bravura Chamber Ensemble	5 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: Mao's Last Dance	6 9:15 a.m.: Drop-in Tai Chi 10 a.m. – 3 p.m.: AARP Driver Safety Program 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting	7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
8 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9 7 a.m. to 8 p.m.: COUNCIL ELECTION 10 a.m.: Great Books 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 9 a.m.: Depart for Ladew 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: <i>The Scarlet Letter</i>	11 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 7:30 p.m.: Concert: Kinor Dancers	12 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 Sarah Pekkanen	13 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 2 p.m.: Meet the Lieutenant Governor	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
15 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	16 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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book Signing with Diana Henriques: The Wizard of Lies	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	18 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: John Philip Sousa: The Man and his Music 7:30 p.m.: Tales in the Village- Willa Brigham	19 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.: Meeting with Brian Frosh	20 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	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette
22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL SWEARING-IN 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10:30 a.m.: Depart for Baltimore 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: <i>Hawthorne's "A"</i>	25 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 7:30 p.m.: Concert: L'Arbesque Baroque	26 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: Black Swan	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 Memorial Day Center open 9 a.m. to 2 p.m. Shuttle bus on weekend schedule 10 a.m.: Great Books	31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist	<p>To market, to market</p> <p>Twin Springs Fruit Farm will set up its market on Saturday, May 7, from 9 a.m. to 1 p.m., and will be a welcome fixture every Saturday on the portico of the Friendship Heights Village Center until mid-November.</p> <p>During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, peppers and garlic. They will also feature fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies, North Carolina strawberries, baked goods, jams, apples, cheese and eggs.</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.

Last call for Follies and Ladew Gardens

A few tickets remain for these two terrific trips in May and June.

On **Tuesday, May 10**, we'll travel just north of Baltimore to the beautiful Ladew Topiary Gardens. We'll enjoy a luncheon, tour the Manor House and stroll through the delightful gardens. What a wonderful way to spend a spring day! We'll depart from the Center at 9 a.m. and should return by 4:30 p.m. The cost is \$59. The deadline to sign up is May 3.

On **Wednesday, June 1**, we'll see Stephen Sondheim's Tony Award-winning *Follies*, which stars Bernadette Peters and is directed by Eric Schaeffer. The story is set at a reunion of former chorus girls and focuses on two couples and their memories of singing and dancing in the lively vaudevillian days between the two World Wars.

We will leave the Center at 6:30 p.m. and return by 11 p.m. The cost of the trip, which includes an Orchestra ticket (discounted 10%), transportation, and all gratuities is \$115.