



S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Welcome autumn with the Landon Symphonette

Join the Landon Symphonette Chamber Ensemble as the musicians present a lunchtime concert on **Saturday, Sept. 24, from noon to 1:30 p.m.** at the Village Center.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Seating is limited.



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| <p>4</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> | <p>5</p> <p>Labor Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books</p> <p>Shuttle Bus runs on weekend schedule</p> | <p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist</p> | <p>7</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 7 p.m.: Concert: Thomas Pandolfi</p> | <p>8</p> <p>8:15 a.m.: Walking Club 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: Ahead of Time</p> | <p>9</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 2 p.m.: Tea and Talk: Placenames of Chevy Chase</p> | <p>10</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 a.m.: Great Books 1 p.m.: Bridge Club 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>13</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Benito Cereno</p> | <p>14</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Treatments for Women 1 p.m.: Health Insurance Counseling 6:15 p.m.: Depart for the Kennedy Center 7 p.m.: Concert: Barbara Martin and Mac Walter</p> | <p>15</p> <p>8:15 a.m.: Walking Club 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 7:30 p.m.: Book Signing with Stephen Tankel: Storming the World Stage</p> | <p>16</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.: Creating with Inks</p> | <p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 – 5 p.m.: Taste of Friendship Heights</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.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 5 p.m.: One-Day Bridge 7 p.m.: Yoga 7 p.m.: Café Muse</p> | <p>20</p> <p>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p> | <p>21</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Tea and Talk: Carol Bessette 7 p.m.: Concert: Tales in the Village featuring Adam Booth</p> | <p>22</p> <p>8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with James Glassman: Safety Net</p> | <p>23</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.: Collage Workshop</p> | <p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12-1:30p.m.: Landon Symphonette</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 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 1 p.m.: Bridge Club 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 Patricia Mote</p> | <p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Walt Whitman</p> | <p>28</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling</p> | <p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Jane Eyre</p> | <p>30</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.: Susan Wranik: "Save Your Memory and Your Mind"</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.

Cafe Muse presents...

This month's Café Muse, on **Monday, Sept 19, at 7 p.m.**, presents Megan Snyder-Camp and Michele Wolf.

Megan Snyder-Camp is the author of *The Forest of Sure Things*, winner of the 2008 Tupelo Press/Crazyhorse First Book Award.

Michele Wolf is the author of *Conversations During Sleep*, winner of the Anhinga Prize for Poetry, *The Keeper of Light*, and most recently *Immersion*, selected by Denise Duhamel for the Hilary Tham Capital Collection, Word Works.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.