



O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

2

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3

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
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Café Muse

4

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
11 a.m.: Writing Your Life
1 p.m.: Balance And Coordination
12 – 4 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2 – 4 p.m.: Suburban Nurse Specialist
7 p.m.: Mat Pilates

5

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
7:30 p.m.: Concert: Emil Chudnovsky

6

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Bridesmaids

7

9:15 a.m.: Drop-in Tai Chi
10 a.m. to 2 p.m.: Flu Shots
10:30 a.m.: Coffee and Current Events
1 p.m.: Water Color Painting

8

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

9

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
11:30 a.m. – 1:30 p.m.: Art Reception

10

Columbus Day Center Open 9 a.m. to 2 p.m.
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
Shuttle Bus runs on weekend schedule

11

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: Whitman
8 P.M.: Friendship Heights Council Meeting

12

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.: Suburban Lecture: Hip and Knee Replacement
1 p.m.: Health Insurance Counseling
7:30 p.m.: Concert: Susan Jones Jazz Quartet

13

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Spanish
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 Dana Priest: Top Secret America

14

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

15

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

16

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17

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
2:30 p.m.: Acrylic or Oil Painting
5 p.m.: Zumba
7 p.m.: Yoga

18

7:30 a.m.: Depart for Nashville
8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
11 a.m.: Writing Your Life
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

19

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
7:30 p.m.: Tales in the Village featuring El-louise Schoettler

20

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Spanish
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 p.m.: Movie: Pirates of the Caribbean: On Stranger Tides

21

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

22

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

23

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24

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
2:30 p.m.: Acrylic or Oil Painting
5 p.m.: Zumba
7 p.m.: Yoga

25

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
5 p.m.: Bridge class
5 – 7 p.m.: Shred-It
7:30 p.m.: Great Courses: Whitman

26

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
7:30 p.m.: Concert: Ginny Carr

27

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Spanish
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 p.m.: Movie: The House on Haunted Hill

28

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
1 p.m.: How Feet and Balance Affect Pain

29

8:15 a.m.: Walking Club
9 a.m.: Help the Homeless Mini – Walk
9 a.m. – 1 p.m.: Twin Springs

30

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
2 p.m.: Halloween Party for Children

31

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
2:30 p.m.: Acrylic or Oil Painting
5 p.m.: Zumba
7 p.m.: Yoga



Shred-It Truck returns October 25

A truck from Shred-It will park on Friendship Boulevard next to the Village Center on **Tuesday, Oct. 25, from 5 to 7 p.m.** This is a special service for Village residents only.



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.