

Friendship Heights Village Center



Calendar of Events 2011

N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



		<p>1</p> <p>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 5 p.m.: Bridge class 7 p.m.: Mat Pilates</p>	<p>2</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 7:30 p.m.: Concert: Porgy and Bess Program featuring Ericka Ovette</p>	<p>3</p> <p>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 p.m.: Movie: Of Gods and Men</p>	<p>4</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m.: AARP Driver Safety 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Water Color Painting 7 – 9 p.m.: Craft Fair Preview Party</p>	<p>5</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. – 2 p.m.: Craft Fair</p>
<p>6</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</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 7 p.m.: Café Muse 7 p.m.: Yoga</p>	<p>8</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 5 p.m.: Bridge class 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Whitman – Poet of Death</p>	<p>9</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.: Suburban Lecture: Tummy Troubles 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Antonio Guiliano</p>	<p>10</p> <p>8:15 a.m.: Walking Club 11 a.m.: Depart for Amish Market 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 p.m.: Movie: Ahead of Time</p>	<p>11</p> <p>Veterans Day Center Open 9 a.m. to 2 p.m.</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><i>Shuttle bus runs on weekend schedule</i></p>	<p>12</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette</p>
<p>13</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>14</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 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</p>	<p>15</p> <p>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 5 p.m.: Bridge class 7 p.m.: Mat Pilates</p>	<p>16</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.: Chef Nikki Haddad: Healthy Holidays 7:30 p.m.: Tales in the Village featuring Anne Sheldon</p>	<p>17</p> <p>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 1 – 3 p.m.: Hearing Screenings 6:15 p.m.: Scrabble 6:45 p.m.: Painting 7:30 p.m.: Book Signing with John Bredar</p>	<p>18</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 1 p.m.: Therapeutic Massage</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>20</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Depart for Charles Town</p>	<p>21</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 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 7:30 p.m.: Lafe Solomon on The National Labor Relations Act</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: The Whitman Legacy</p>	<p>23</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Health Insurance Counseling No Concert</p>	<p>24</p> <p>Happy Thanksgiving! Center Closed</p> 	<p>25</p> <p>Center Open 9 a.m. to 2 p.m.</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>26</p> <p>8:15 a.m.: Walking Club</p>
<p>27</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</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</p>	<p>29</p> <p>8 a.m.: Depart for New York 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 7 p.m.: Mat Pilates</p>	<p>30</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 7:30 p.m.: Concert: Roseanne Conway</p>	<p>Food and Toy Collection at the Village Center from November through mid-December</p>  <p>See page 5 for details</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.

Free Hearing Screenings

Come to the Village Center for a free hearing screening on **Thursday, Nov. 17, between 1 and 3 p.m.** Lauren K. Dickstein, a Doctor of Audiology from Sibley Memorial Hospital, will be here to provide this quick 5 minute test. It is not appropriate for people who already wear hearing aids. Please call 301-656-2797 to make an appointment.

