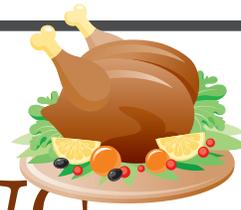




Friendship Heights

VILLAGE NEWS



White Christmas

page 3

NOVEMBER 2011

301-656-2797

VOLUME 26, NO. 6

Shopping really is an art at the Village Center

Art and shopping aficionados will rejoice at the opportunities that abound at the Friendship Heights annual "Holiday Affair" artisan fair. Our own art gallery/ shopping spot returns to the Village Center on **Friday, Nov. 4, from 7 to 9 p.m., and Saturday, Nov. 5, from 10 a.m. to 2 p.m.**

This isn't your average craft fair — all items must be handcrafted by the individual artists! You'll find something for everyone from jewelry, pottery and basketry to fiber arts and fused glass and florals. Bring the whole family to the Village Center for unique gifts and gift ideas. Admission is free. For information, call the Village Center at 301-656-2797.



The NLRB and its complaint against Boeing

Lafe Solomon, Acting General Counsel for the National Labor Relations Board, will speak at the Village Center on **Monday, Nov. 21, at 7:30 p.m.** His remarks are titled "The National Labor Relations Act: Enforcing a New Deal Statute in Today's Economy" and touch on some of the issues and challenges he has faced including the complaint he issued in April against the Boeing Co., which has received widespread public attention.

The General Counsel, appointed by the President to a 4-year term, is independent from the Board and is responsible for the investigation and prosecution of unfair labor practice cases. Mr. Solomon was named by President Obama in June 2010. He has supervisory authority over all Regional Offices and guides policy on issuing complaints, seeking injunctions, and enforcing the Board's decisions. The complaint filed against Boeing alleges that the company violated labor laws when it opened a new production line for its 787 airplane in South Carolina, a right-to-work state. Mr. Solomon said the company's motive constituted illegal retaliation against workers for exercising their right to strike and has proposed that Boeing move the work back to its unionized Puget Sound facilities. This action has angered business groups and some politicians, who said it was an unwarranted attempt by the government to interfere with a fundamental corporate decision.

Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



Tea at the National Cathedral

Celebrate the season with one of the area's most beautiful architectural masterpieces when we enjoy a tour and tea at the National Cathedral on **Tuesday, Dec. 20.** Our guide will present a Cathedral Highlights tour, which includes all of the must-see features of the Cathedral, and provides the perfect introduction to the history, architecture, and artwork of the Washington National Cathedral for first-time visitors and returning friends. Following our tour, we'll savor tea and scones in the beautiful St. Paul Room overlooking panoramic views of Washington, DC.

We'll depart from the Village Center at 12:30 p.m. and take the short drive to the Cathedral. We should return by 4:30 p.m.

The cost of the trip is \$54 and includes round-trip transportation, tour and tea, and all taxes and gratuities.

Residents may sign up beginning immediately. Nonresidents may sign up beginning Nov. 14. There are 24 spaces available.

CHILDREN'S PROGRAMS

Lunch and a show at the Village Center

Celebrate the holidays on **Wednesday, Dec. 14** with friends and neighbors at the Village Center and enjoy a festive lunch followed by a special holiday show performed by Maureen Ribble of the National Theatre Community Vaudeville.

Maureen is a singer and actress with years of theater experience in the Washington area. She was crowned Ms. Virginia Senior America 2009 and won fourth place at the national pageant! She is back by popular demand for her third performance at the Center. It will begin at 1 p.m.

To make the afternoon really special, come to lunch at **12 p.m.** Chef Nikki Haddad will prepare a delicious meal of herb roasted chicken, rice pilaf, and salad. Dessert will be cheesecake. The cost is \$12. **Please reserve your lunch by Dec. 7.** There are 40 spaces available; a minimum of 30 is required.

Refine your driving skills with the Driver Safety Program

The AARP Driver Safety Program will be offered **Friday, Nov. 4, from 10 a.m. to 3 p.m.** at the Village Center. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP.

Students must bring to class with them their driver's license and a ball-point pen. Barbara Newland will be the instructor. Please register at the Village Center.





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Friendship Heights VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the December issue is November 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Explore the abundance at the Amish Market

It's not too late to sign up for our trip to the Dutch Amish Market in Germantown on **Thursday, Nov. 10**. If you have visited the market before you are aware of the wonderful fresh products and tempting selections that await you! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located on site so you can enjoy a leisurely lunch (not included).

We'll leave the Center at 11 a.m. and return by 3 p.m. The price for the trip is \$23 for transportation—lunch is on your own.

A tinsel-trimmed evening at Toby's

Even if you can't hear sleigh bells in the snow, you can enjoy Irving Berlin's *White Christmas* at Toby's Dinner Theatre. Please join us for dinner and an evening performance of this classic musical on **Sunday, Dec. 11**.

This happy and refreshing show is an adaptation of the beloved movie in which two ex-GI's, now famous entertainers, save the Vermont resort of their former commanding general. It is chock full of tap dancing and huge musical numbers. Some of Berlin's best known songs are here: "Sisters," "Count Your Blessings," "Let Yourself Go," "Blue Skies," "I've Got My Love to Keep Me Warm," and, of course, "I'm Dreaming of a White Christmas."

Before the performance, we'll enjoy a buffet that includes steamship round, roast turkey, baked Virginia ham, steamed shrimp, stuffed chicken breast, pasta, vegetables, salad bar and a selection of delicious desserts. There is a full service cash bar.

Children 7 and older are welcome if accompanied by an adult. We will leave the Village Center at 4:15 p.m. (after the Skins game!) and return before 10 p.m. The cost, which includes dinner, ticket, transportation and all gratuities, is \$69; for children age 7 to 12, \$64. After Nov. 10, the cost rises to \$75 for all tickets. 'Tis the season!

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Photographing Presidents

John Bredar, executive producer of National Geographic Television and three-time Emmy Award winner, will discuss his book, *The President's Photographer: Fifty Years Inside the Oval Office*, at the Village Center on **Thursday, Nov. 17, at 7:30 p.m.**

Mr. Bredar's book, written as a companion volume to a PBS special last year, offers a fascinating behind-the-scenes look at the world of presidential photographers, who serve as both visual historians and key links between the American public and the chief executive. It contains 175 photos of high drama and turmoil as well as moments of family fun and intimacy. The first president to be photographed was James Polk; John F. Kennedy was the first president to have an official photographer. Pres. Obama's photographer and staff produce up to 20,000 pictures a week.

Mr. Bredar is a documentary filmmaker and senior executive producer of National Geographic Specials. He has won the Peabody Award as well as three Emmys. He wrote and produced his first film for National Geographic in 1989. Since then he has written, produced and directed 25 more. Copies of the book will be available for purchase. Sign up by calling 301-656-2797.

Cooking for happy and healthy holidays

Nikki Haddad, a personal chef who specializes in fresh, healthy cuisine, will prepare a festive recipe or two and give lots of hints on how to eat healthy and still enjoy the holiday season in a cooking demonstration at the Village Center on **Wednesday, Nov. 16, at 2 p.m.**

Her business, The Little Chef, has been teaching cooking classes at Suburban Hospital for 5 years and in various other locations in the area. Come and learn how to prepare delicious dishes – and enjoy some samples too!

Please sign up by calling 301-656-2797.

Hail to the Redskins!

David Elfin will discuss his book, *Washington Redskins: The Complete Illustrated History*, at the Village Center on **Thursday, Dec. 1, at 7:30 p.m.**

Mr. Elfin's book covers nearly 80 seasons of Redskins football, profiling all the great players, games, and moments up to today. David Elfin has been following Washington-area sports teams since the late 1960s and has been writing about them for nearly as long, including for the *Washington Post* and the *Washington Times*. He spent 12 years on the board of the Pro Football Writers of America and currently serves as the Washington representative on the Pro Football Hall of Fame selection committee.

Copies of the book will be available for purchase. Sign up by calling 301-656-2797. A terrific holiday gift!



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'Tis the season to share: food and toy collection

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County, and nearly every county nonprofit organization relies on Manna to provide essential food to their clients. Manna feeds about 3,300 families each month at fourteen locations throughout the county. One of every four Montgomery County residents is at risk of hunger and nearly 30% of all MCPS students qualify for a free or reduced price meal.



Please bring donations to the Village Center from November through mid-December; they will be delivered to Manna before the holidays. The food most needed includes cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Fresh fruits and vegetables cannot be accepted.

Last year Village residents donated 354 pounds of canned and boxed food; let's try for 400 pounds this year! New toys will also be collected and delivered to needy children in the area.

Respond, if you please!

There are two good reasons to let us know if you plan to attend a program at the Village Center. The first is we'll know how many chairs to set up and how large a room to use. Secondly, while it is rare that we need to cancel a program, when it does happen we make every effort to reach each name on the sign-up list. So if you want to come to an evening lecture or afternoon "talk and tea"—and you want to find a chair, cookie and/or speaker there—tell us. We're just a phone call away!



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Bachelor of Science, Licensed Massage Therapist
Legacy Therapeutic Massage*

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Friday, November 18, 2011 1:00 p.m. - 2:00 p.m.

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Friendship Heights Village Center
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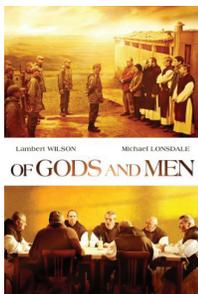
All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Nov. 3, 7 p.m. — Movie — *Of Gods and Men* — When a crew of foreign workers is massacred by an Islamic fundamentalist group, fear sweeps through the region. The army offers them protection, but the monks refuse. Should they leave? Despite the growing menace in their midst, they slowly realize that they have no choice but to stay... come what may. This film is loosely based on the life of the Cistercian monks of Tibhirine in Algeria, from 1993 until their kidnapping in 1996. Rated PG-13. Running Time: 122 minutes.



Thursday, Nov. 17, 7:30 p.m. — Book Signing with John Bredar — See page 4 for details.

Thursday, Nov. 24 — Center Closed — Happy Thanksgiving.

Thursday, Nov. 10, 7 p.m. — Movie — *Ahead of Time* — After becoming the world's youngest Ph.D. at the age of 20, accomplished journalist and humanitarian Ruth Gruber journeyed to the Soviet Arctic, covered the Nuremberg Trials and bravely escorted America-bound Holocaust refugees. This inspiring documentary weaves together archival clips, vintage photos, candid interviews and verité footage of the still-lively 97-year-old Gruber. Not rated. Running Time: 73 minutes.



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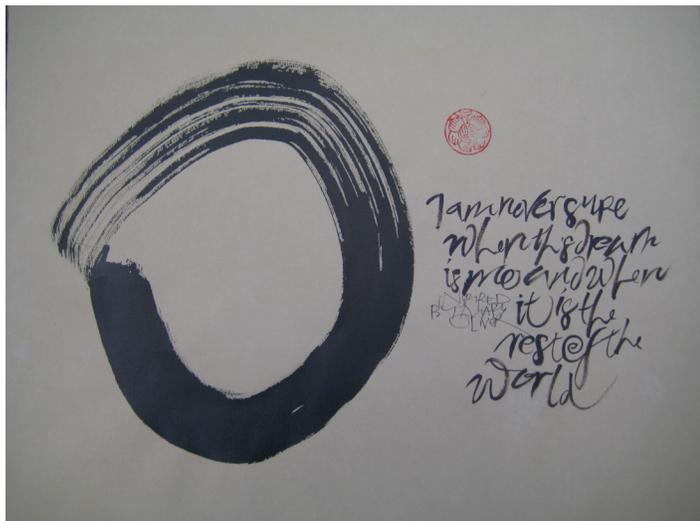
Beer Tasting Friday November 18th 5-8pm

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Sat 9am - 9pm
Sun 9am - 7pm

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ART and CULTURE



"This Dream" by Chris Tischer



"The Sea" by Marta Legeckis

Washington Calligraphers to exhibit in November

The Washington Calligraphers Guild will exhibit this month in Friendship Gallery. Founded in 1976, the Guild is a nonprofit organization of approximately 500 American and international lettering artists of all skill levels, from professional scribes to enthusiastic beginners and even some non-calligraphers who appreciate the lettering and book arts. It is recognized as one of the most active calligraphic groups in the world. The Guild offers monthly program meetings as well as an extensive workshop program, which are open to members and the general public. WCG also administers the annual Graceful Envelope Contest, in cooperation with the National Association

of Letter Carriers, AFL-CIO. The contest celebrates the art of calligraphy in correspondence. For more information, please visit www.calligraphersguild.org.

The exhibit runs from November 1 to December 3. All are invited to a reception to meet the artists on **Sunday, Nov. 13, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Create a masterpiece in an evening!

Give a piece of art this holiday season—hand-painted by you! Spend an evening sipping cider, listening to music, and creating a pastel painting of sand dunes and beach grass with award-winning artist and musician James Taylor on **Thursday, Dec. 8, from 5:30 to 8:30 p.m.** at the Village Center.

James has exhibited, taught and performed at the Village Center and is loved by the many children who have attended the summer art camp. In his life he has been a rock-and-roll drummer, a draftsman for TVA, a policeman in Knoxville and a teacher in Montgomery County.

Sparkling cider and light refreshments will be served. All supplies, including a smock, will be supplied. You will go home with a work of art ready to be framed.

The cost of the three-hour workshop is \$50. A minimum of 8 students is required; the maximum is 10.



"Sand Dunes" by James Taylor

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>Shuttle bus runs on weekend schedule</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.





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 1. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Feb. 2. Maximum number is 14.

ART AND MUSIC WITH JAMES TAYLOR

This one-time workshop, taught by award-winning pastel artist and musician James Taylor, takes place Thursday, Dec. 8, from 5:30 to 8:30 p.m. Students will create a pastel seascape painting and take home a work of art ready to be framed. Sparkling cider and light refreshments will be served. All supplies, including a smock, will be supplied. Cost is \$50. A minimum of 8 students is required; the maximum is 10. See page 7 for more information.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Nov. 2. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Dec. 14 (class will not meet Nov. 23).

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Dec. 1. Class

emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$155 for nonresidents. Last class is Feb. 9 (class will not meet Dec. 29).

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 5-week class begins Nov. 22. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$55 for residents; \$60 for nonresidents. Session ends Dec. 20. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

CHAIR EXERCISE

This 6-week class begins Nov. 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 14.

MAT PILATES

The 6-week session begins Nov. 1. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and

proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Gingerrusteach@yahoo.com. Session ends Dec. 6.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Nov. 11. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 23 (class will not meet Nov. 25).

STRENGTH TRAINING WITH TONYA

This 6-week class begins Nov. 14. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Dec. 19.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers

free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. **Please note new times.**

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday evening. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, visit www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renowned for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 1 to 4 p.m. All are wel-

come; cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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Medicine/Foot Surgery Early Morning Hours

CONCERTS

Performances will be held each Wednesday from 7:30 to 8:30 p.m. in Huntley Hall of the Village Center.

Wednesday, Nov. 2 — *Ericka Ovette sings Porgy and Bess* — Jazz vocalist Ericka Ovette presents a program of selections from the opera *Porgy and Bess*. Joined by pianist Jerry Allen, Ericka brings Catfish Row to life, weaving together the characters and story with many memorable tunes including *Summertime*, *I Got Plenty of Nothin'*, and *It Ain't Necessarily So*.

Wednesday, Nov. 9 — *Antonio Guiliano* — Antonio Guiliano is currently serving his nation as a master vocalist and National Anthem soloist for the U.S. Army Chorus. He studied at the College of Music at Loyola University in New Orleans. He has appeared in opera, concerts, and recitals throughout the U.S. and Europe.

Wednesday, Nov. 16 — *Tales in the Village featuring Anne Sheldon* — Anne Sheldon is a children's librarian, storyteller, adjunct instructor at University of Maryland, and poet. She has worked as a poet-in-the-schools with elementary-aged children in Kentucky, Maryland, and Washington, D.C. Her most recent book, *The Adventures of the Faithful Counselor*, is a verse narrative set in ancient Sumer. Her poems have appeared in *Poet Lore*, *The Dark Horse*, and *Edge City Review*, among others.

Wednesday, Nov. 23 — *Night before Thanksgiving* — NO CONCERT.

Wednesday, Nov. 30 — *Roseanne Conway* — Pianist Roseanne Conway has been performing since she was 16 when she appeared with the Seattle Symphony. She studied at both the University of Washington and the University of Colorado, and then in Europe where she won awards for study in Germany and Austria. She will perform a holiday program, which includes music from the *Nutcracker*, and other popular Christmas music.

Charles Town's calling

Just a few spaces remain for our trip to Hollywood Casino Charles Town Races on **Sunday, Nov. 20**. We'll depart the Village Center at 10:30 a.m. and arrive by noon in time for brunch on the Skyline Terrace. We should return to Friendship Heights by 6:30 p.m. The cost of the trip is \$64, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. For additional information, call the Village Center at 301-656-2797.

Landon Symphonette presents the Four Seasons

Richard Weilenmann will conduct Vivaldi's *Four Seasons*, with the Landon Symphonette Chamber Ensemble at the Village Center on **Saturday, Nov. 12 at 12 p.m.** This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

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TO YOUR HEALTH

Vision Support Group: Age-Related Macular Degeneration (ARMD)

Join Richard A. Garfinkel, MD, one of the leading macular degeneration specialists in the Washington area, on **Thursday, Nov. 17, at 12:30 p.m.**, for lunch and an update on the progress that has been made in the treatment of ARMD.

ARMD is a common eye disease among people age 50 and older. In the past 20 years much has been learned about ARMD. The disease gradually destroys the center portion of the eye (macular) which provides sharp vision for seeing objects clearly. However, there are many myths and a lot of mystique that surround a diagnosis of ARMD.

Dr. Garfinkel is a past medical advisor of the Macular Degeneration Network of the Prevention of Blindness Society of Metropolitan Washington. Please bring your questions and take advantage of this chance to "ask the expert." Information is power!

A complimentary light lunch will be served. Please call 301-656-2797 to reserve a spot. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Remember—you don't have to have poor sight to participate.

The benefits of therapeutic massage

Join Jane Walton, massage therapist and operations specialist at Legacy Therapeutic Massage, at the Village Center on **Friday, Nov. 18, at 1 p.m.** and learn about the benefits of therapeutic massage specifically for older adults.

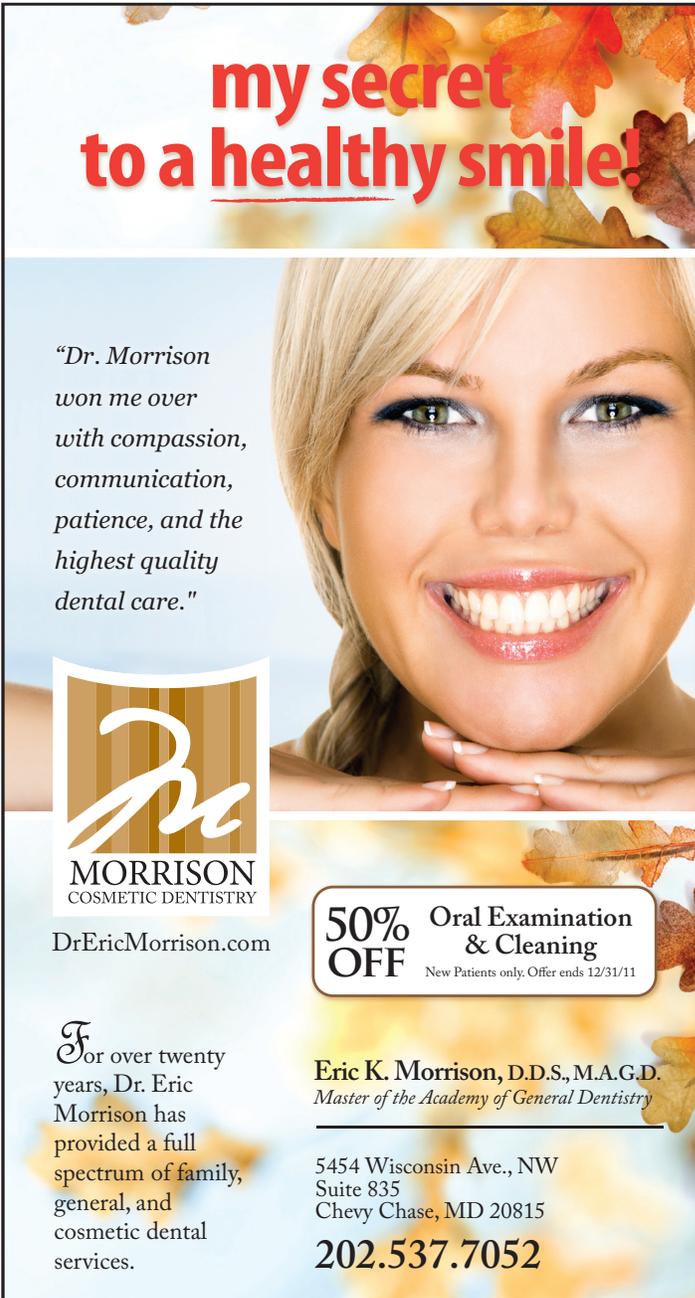
Therapeutic massage can provide increased relaxation, improved circulation, pain relief, accelerated healing from injury and illness, and improvement in length and quality of sleep. When performed by properly trained massage therapists, massage can provide symptomatic relief from many common conditions that occur with age, such as arthritis, cancer, diabetes, stroke, and Alzheimer's.

This free program is provided through a partnership between the Village of Friendship Heights and Family & Nursing Care. Please call the Center at 301-656-2797 to let us know if you plan to attend. Refreshments will be served and door prizes will be given. Free massage demonstrations will be offered as part of the presentation.

Tummy Troubles

What causes indigestion, constipation and acid reflux? Are these common problems related to the food we eat? How do you know what to take for discomfort when there are so many over-the-counter medications advertised? Gastroenterologist Dr. Naveen Gupta will answer these questions at this month's Suburban Health Lecture at the Village Center on **Wednesday, Nov. 9, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



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Cafe Muse presents...

This month's Café Muse, on **Monday, Nov. 7, at 7 p.m.**, presents poets Erin Murphy, Meredith Davies Hadaway, and Barbara Crooker, with a tribute to Chasen Gaver.

Erin Murphy is the author of four books of poetry, most recently *Word Problems*. She is associate professor of English at Penn State Altoona. Meredith Davies Hadaway is the author of *Fishing Secrets of the Dead* and *The River is a Reason*, and is an adjunct instructor in English at Washington College. Barbara Crooker's books are *More, Line Dance*, winner of the Paterson Award for Literary Excellence; and *Radiance*, winner of the 2005 Word Press First Book competition.

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.wordworksd.com.

The Village Book Club will meet this month on **Tuesday, Nov. 15, at 11 a.m.** The book selection is *In the Garden of the Beasts* by Erik Larson. New members are welcomed.

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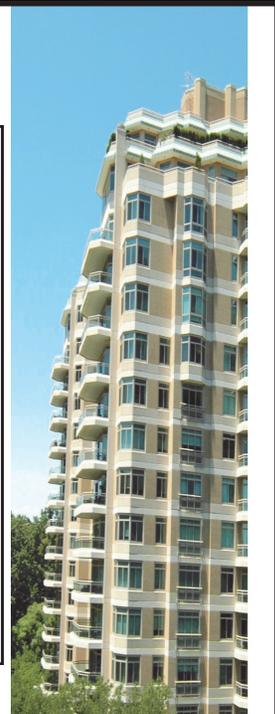


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Brighton Gardens of Friendship Heights is built around a resident-centered approach to senior living, giving our residents options to meet their individual needs and wishes. We offer a variety of living arrangements, spacious apartments, personalized assistance and care, premium amenities and services, and excellent dining options.

Join us for a free event:

Supporting a Family Member with Memory Loss

Wednesday, November 9
Presentation from 7:00-8:00 PM
Please rsvp to 301-656-1900

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- Spacious Assisted Living apartments with kitchenette, full bath and generous closet space
- A specialized memory impairment neighborhood
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Brighton Gardens of Friendship Heights 301-656-1900 www.bgfriendshipheights.com 5555 Friendship Boulevard

Assisted Living • Memory Care

November 2011 The Village News 15

Village Council Corner

Reach the Village website with your smartphone

We have created a QR (Quick Response) code to connect to the Village's website through your smartphone. QR codes are becoming increasingly popular in advertising. A QR code is a type of barcode that provides information when scanned with a smartphone application. Apps for scanning the codes are available on most smartphones.



When you scan this code (at right) you will be taken directly to our website. It will appear every month on the back page of the newsletter. Give it a try!

Sign up for website updates

If you would like to receive regular emails about updates to our website, send an email to jmansfield@friendshipheightsmd.gov. You will then receive an email each month telling you the site has been updated. The message will include a direct link to our website.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

Important MVA info for drivers

Maryland's Motor Vehicle Administration (MVA) has announced that drivers can add three emergency contacts to their driver's license so police will know whom to contact in case of an emergency. The emergency contact information is stored electronically on your driver's license and will be available only to authorized law enforcement personnel.



Correction: County smoking law

Last month we reported that the County passed a smoking ban affecting playgrounds and multi-family residential common areas. We have since learned that the only playgrounds affected are those on private property.

At the October 11 Council meeting, Council member Len Grant reported on plans for the Village Centennial in 2014. He also announced members to serve on the Village Centennial Committee.

All Centennial Committee meetings will be open to the public.

November 2011 events calendar