



**M A Y**

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



<p><b>6</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>7</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting <b>7 p.m.: Café Muse</b> 7 p.m.: Yoga</p>	<p><b>1</b></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 7 p.m.: Mat Pilates</p>	<p><b>2</b></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 <b>2 p.m.: Appraisals with Tom Weschler</b> <b>7:30 p.m.: Concert: Jim Logan</b></p>	<p><b>3</b></p> <p>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.: Chair Yoga/ Meditation 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Town Hall Meeting with County Executive Ike Leggett</b></p>	<p><b>4</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m.: AARP Driver Safety</b> 10:30 a.m.: Coffee and Current Events</p>	<p><b>5</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>10 a.m.: Mother's Day Workshop</b></p>
<p><b>13</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>14</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>8</b></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 <b>5 – 7 p.m.: Shred-It</b> <b>7:30 p.m.: Great Courses: "Huckleberry Finn, American Orphan"</b> 7 p.m.: Mat Pilates</p>	<p><b>9</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 p.m.: Suburban Lecture: Sleep Disorders</b> 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Kinor Dancers</b></p>	<p><b>10</b></p> <p>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 <b>12 p.m.: Depart for Rosa Mexicano</b> 1 p.m.: Chair Yoga/ Meditation 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Extremely Loud and Incredibly Close</b></p>	<p><b>11</b></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><b>12</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>20</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>21</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books <b>10 a.m. – 2 p.m.: MVA Bus</b> 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 5:30 p.m.: Art and Music with James Taylor 7 p.m.: Yoga</p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordinating 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>16</b></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.: Photography class <b>2 p.m.: Tea and Talk: First Ladies</b> <b>7:30 p.m.: Tales in the Village- Stephen Hollen as Mark Twain</b></p>	<p><b>17</b></p> <p>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 12:30 p.m.: Vision Support 1 p.m.: Chair Yoga/ Meditation 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: The Descendants</b></p>	<p><b>18</b></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><b>19</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>27</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>28</b></p> <p style="text-align: center;"><b>Memorial Day Center open</b> <b>9 a.m. to 2 p.m.</b></p> <p>10 a.m.: Great Books</p> <p style="text-align: center;"><b>Shuttle Bus runs on weekend schedule</b></p>	<p><b>22</b></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 7 p.m.: Mat Pilates <b>7:30 p.m.: Great Courses: Pudd'nhead Wilson</b></p>	<p><b>23</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling <b>1 p.m.: Caring for Your Ears, Nose and Throat</b> <b>7:30 p.m.: Concert: Isis Trio</b></p>	<p><b>24</b></p> <p>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 <b>7 p.m.: Movie: Joyful Noise</b></p>	<p><b>25</b></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><b>26</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
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**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.

## Lunch at Rosa's

Please join us for lunch at Rosa Mexicano on **Thursday, May 10**. Our menu will include Rosa's famous Guacamole en Molcajete, prepared at our tables; a choice (choose at sign-up) of Salmon en Manchamanteles (grilled salmon with black beans, zucchini and roasted corn, served over a mole of ancho chiles and tropical fruits) or Enchiladas Rancheras (two soft corn tortillas filled with corn, chayote, mushrooms and spinach served in a mild tomato sauce); and, Flan de Rosa (vanilla flan infused with espresso served on a warm brownie, topped with Mexican cinnamon whipped cream) for dessert. Coffee, soft drinks and iced tea are included; other drinks are "on your own."

The special price is \$39 and includes gratuity. We will meet at the Village Center at noon and walk together to the restaurant. If you prefer, you can take the shuttle bus to the Metro stop and walk the remaining block and a half. **Please sign up no later than May 6.**