



Friendship Heights

VILLAGE NEWS



Memphis

page 3

MAY 2012

301-656-2797

VOLUME 26, NO. 12

It's time to get your red (or pinstripes) on!

Cheer for your favorite team when the Washington Nationals play the New York Yankees in an evening game **Friday, June 15.**

We'll arrive at Nationals Park in plenty of time for dinner ("on your own") and there are lots of choices. Near our seats are Shake Shack, The Pit, Dupont Deli, and, the traditional Nats Dogs. Also in the park are Ben's Chili Bowl, Hard Times Café, and Field



of Greens. Then sit back and enjoy the game. We have our usual seats - under cover and near an elevator. It's an easy walk with very few stairs- perfect for all ages!

We will leave the Center at 5:30 p.m. The cost of the trip, which includes a ticket in Section 237, transportation, and driver gratuity is \$65.

Residents and one guest may sign up immediately; nonresidents may sign up May 12. There are 24 spaces available.

A speech therapy group at the Center

Is your speech impaired due to a health-related disorder or a stroke? Do you need help processing information and making yourself understood? Come to the Village Center on **Tuesday, June 12, at 2 p.m.**, to learn new strategies and techniques to communicate better.

Susan Wranik, MS, CCC-SLP, Certified Speech- Language Pathologist, will lead a support group for adults who would like to express themselves better. The group, free and sponsored by Suburban Hospital, will meet monthly for one hour. May is National Stroke Awareness Month. Come give this group a try!

A Summertime Escape to The Tides

Trade the stifling summer heat of Washington for the gentle breezes of Tidewater Virginia as we escape to the Tides Inn for a three-day retreat **July 31 through August 2.** The Tides Inn, named the best resort in Vir-

ginia by Travel and Leisure magazine, is a three-hour drive but a world away from Washington. Bordered by the Rappahannock River, the Potomac River and the Chesapeake Bay, the Tides Inn offers resort luxury like no other. While our trip emphasizes relaxation, we'll also see a few treasures of the Tidewater during our stay. We'll tour and dine at a magnificent and historical mansion. Visit an 18th century church, and travel by boat to Tangier Island, a remote piece of land seemingly untouched by time.

We'll depart from the Village Center on **Tuesday, July 31 at 8 a.m.** En route to The Tides, we'll tour and enjoy lunch at Stratford Hall. This beautiful estate was home to two signers of the Declaration of Independence and birthplace of Robert E. Lee. Travel and Leisure calls Stratford Hall "the most stunning of all the river

Continued on page 2



Tidewater Virginia, continued from page 1

plantations." For lunch, you may choose Southern fried chicken and mashed potatoes or Quiche Lorraine and a garden salad. For dessert, cool off with apple pie a la mode. A choice of iced tea or coffee is included.

Before checking in to the Tides, we'll visit Historic Christ Church in Irvington. For more than 300 years, a church has stood at the present site of Historic Christ Church. The first, most likely a wood-framed structure, was built under the direction of John Carter and finished in 1670. In 1730, John's son, Robert "King" Carter, colonial Virginia's most powerful planter, proposed to build a brick church at his own expense. Finished in 1735, Christ Church was the most finely crafted Anglican parish church in all of colonial Virginia.

That afternoon, we'll check in to the Tides Inn and Resort for two days featuring fine cuisine and hospitality, Tidewater style. Your package includes one dinner in the resort's Chesapeake Club. You may choose to dine there Tuesday or Wednesday evening. Reservations are recommended.

Later you can enjoy evening activities including board and parlor games in the View Room or just relaxing by the water before settling in to your deluxe guest room offering waterfront views of the Carters Creek and lush gardens.

The next morning enjoy breakfast at the Tides before you partake in any of the numerous activities at the Tides. You may choose to bike, kayak, crab, enjoy a croquet match, or try a round of golf at the complimentary par 3 course. Or you may choose to just relax by the pool or by the resort's beach area.

There is also a world-class spa on the property if you need a little pampering. The spa offers a full-range of massage, facial and body treatments.

If you'd like to explore the surrounding area, you can visit the charming towns of Irvington or Kilmarnock, just a few minutes away, where you'll find quaint shops, lovely restaurants and an antique gallery.

That evening, we'll board an oyster boat, Faded Glory, for an hour-long sunset cruise along Carters Creek. Space is limited on the boat, so you can choose between a 5 p.m. ride or a 6 p.m. ride.

That evening, you're on your own for dinner. You may choose to dine in one of the resort's restaurants.

Thursday morning, we say goodbye to the Tides and head out to Tangier Island. We'll take a 90-minute boat ride aboard the Chesapeake Breeze to Tangier Island

Tangier Island is a quaint island in the middle of the Chesapeake Bay where families earn their living from the blue crab. Once on the island, we'll have a family-style lunch featuring the traditional Chesapeake fare. You'll have time to explore the island, see crab shanties, wander along the commercial docks, and stroll the narrow streets before we board the boat for the return to the

mainland.

Then we're homeward bound. We'll make a quick stop en route for a fast-food dinner before returning to Friendship Heights around 8 p.m.

The cost of the trip, which includes round-trip transportation, deluxe accommodations for two nights, two breakfasts, two lunches, one dinner, a cruise aboard Faded Glory, boat ride to and from Tangier Island, and all taxes and gratuities, is \$575 per person based on double occupancy if you sign up by May 30. The cost is \$599 per person based on double occupancy for sign-ups after May 30. The single supplement is \$199. A deposit of \$300 is due at sign-up. This is fully refundable until May 30. The balance is due June 30.

Sign-ups begin immediately for Village residents. Non-residents may sign up beginning May 9. There are 28 spaces available.



Friendship Heights
VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

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 June issue is May 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...

Lunch and a show at the Village Center

Two Village favorites return for a special lunch and concert on **Wednesday, June 6.**

Maureen Ribble of the National Theatre Community Vaudeville, will perform Broadway tunes and patriotic songs at **1 p.m.** Maureen, a former Ms. Virginia Senior America, is a singer and actress with years of theater experience in the Washington area. This will be her fourth performance at the Village Center.

But first join your friends and neighbors for a lovely meal prepared by Chef Nikki Haddad at **12 p.m.** The luncheon menu will be a cranberry chicken salad sandwich made with chunks of chicken breast, tangy cranberries, scallions and fresh greens served with pasta salad and fresh fruit. Dessert will be cheesecake. The cost is \$11. **Please reserve your lunch by June 1.** There are 40 spaces available; a minimum of 30 is required. Sign up today at the Center.



See the roof-raising *Memphis!*

Join us for an evening performance of *Memphis* at the Kennedy Center on **Thursday, June 28.** This rollicking musical won four Tony Awards in 2010. From the first notes of its electrifying opening number to the rousing finale, *Memphis* explodes off the stage with some of the best singing and dancing ever on Broadway.

The play is set in the 1950s nightclubs, radio stations and recording studios of the musically-rich city and follows the careers and relationship of a white radio DJ and a black singer. We promise you'll leave the theater humming. This is a show for the whole family. Young people especially will appreciate songs by David Bryan and Joe DiPietro.

We'll depart from the Center at 6:30 p.m. and return before 11 p.m. The cost of the trip, which includes transportation, a discounted seat in the first tier, and driver gratuity, is \$109. After May 15, the cost will be \$119. Children ten and older are welcome if they are accompanied by an adult.

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Tea and talk: the role of black soldiers in the Civil War

Wilbert Luck will present a program on the 55th Massachusetts (Colored) Volunteer Infantry Regiment, a sister unit to the 54th Regiment made famous by the movie "Glory," at the Village Center on **Friday, June 1, at 2 p.m.** The 55th, former slaves recruited from all

Tea and talk: America's First Ladies

Elaine Flynn will give a talk titled "Our Fascinating First Ladies" at the Village Center on **Wednesday, May 16, at 2 p.m.**

Ms. Flynn tells her stories dressed as Alice Roosevelt Longworth whose stepmother was a first lady. Her cousin Eleanor was the longest serving first lady and Alice herself was in and out of the white house from the days of Benjamin Harrison to the days of Richard M. Nixon. Ms. Flynn is a Washington DC tour guide and has been a docent at many historic homes. She recently performed at the National Portrait Gallery.

After the presentation, please stay for tea. Call the Center at 301-656-2797 to reserve a seat.

the northern states by white political activists, fought at Honey Hill, S.C., in November 1864- part of Sherman's "march to the sea."

Mr. Luck, retired from the Federal Government, developed an interest in the Civil War after viewing a painting of black soldiers in battle. He spent five years researching the 55th Mass. before writing his book, *Journey to Honey Hill*.

After the presentation, please stay for tea. Call the Center at 301-656-2797 to reserve a seat.



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Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

Caring for your ears, nose and throat

Dr. Thomas Winkler and Dr. Candace Thorp of Chevy Chase ENT and Audiology will present a program on hearing health at the Village Center on **Wednesday, May 23, at 1 p.m.**



Topics covered will include the natural aging process of the ears, nose and throat and the signs, challenges and treatment of hearing loss. Please sign up by calling 301-656-2797.

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Ike Leggett at the Center

Montgomery County Executive Ike Leggett will hold a town hall meeting at the Village Center on **Thursday, May 3, at 7 p.m.** This will be a great chance for residents to voice their concerns to the County Executive. Sign up by calling 301-656-2797. Bring your questions and concerns!



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

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

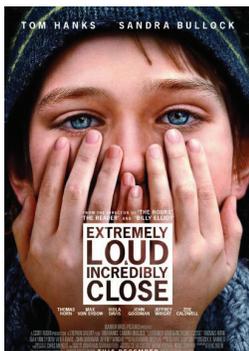
• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch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

Thursday, May 3, 7 p.m. — Town Hall Meeting with Ike Leggett — see page 5 for details.

Thursday, May 10, 7 p.m.

— **Movie — *Extremely Loud and Incredibly Close***

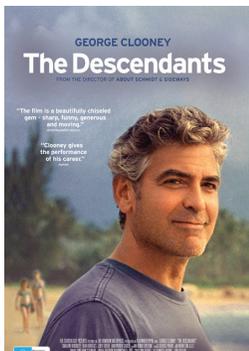
Oskar, a nine-year-old boy who lost his father in the 9/11 attacks on the World Trade Center, is convinced that his dad left a final message for him somewhere in the city. Upon finding a mysterious key in his father's closet, Oskar sets out in search of the lock it fits. Feeling disconnected from his grieving mother and driven by a tirelessly active mind, Oskar has a journey of discovery that takes him beyond his loss and leads to a greater understanding of the world. Stars Tom Hanks, Sandra Bullock, Thomas Horn, and Zoe Caldwell. Rated PG-13. Running Time: 129 minutes



Thursday, May 17, 7 p.m.

— **Movie — *The Descendants***

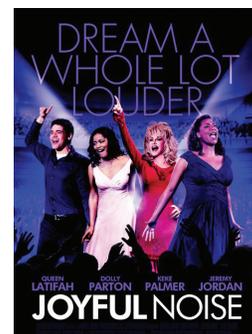
— Set in Hawaii, *The Descendants* is a sometimes humorous, sometimes tragic journey for Matt King, the father of two girls, who is forced to reexamine his past and embrace his future when his wife suffers a boating accident off of Waikiki. The event leads to a rapprochement with his young daughters while Matt wrestles with a decision to sell the family's land handed down from Hawaiian royalty and the missionaries. Stars George Clooney, Judy Greer and Matthew Lillard. Rated R. Running Time: 115 minutes



Thursday, May 24, 7 p.m. — Movie — *Joyful Noise*

— The small town of Pacashau, Georgia, has fallen on hard times, but the people are counting on the Divinity Church Choir to lift their spirits by winning the National Joyful Noise Competition. The choir has always

known how to sing in harmony, but the discord between two leading ladies now threatens to tear them apart. Their newly appointed director Vi Rose Hill, stubbornly wants to stick with their tried-and-true traditional style, while the fiery G.G. Sparrow thinks tried-and-true translates to tired-and-old. Shaking things up even ore is the arrival of G.G.'s rebellious grandson who has a ear for music and an eye for Vi Rose's daughter. Stars Queen Latifah, Dolly Parton, and Keke Palmer. Rated Pg-13. Running Time: 118 minutes



Thursday, May 31, 7 p.m. —

Movie — *The Artist*

— It's 1927 in Hollywood and George Valentin is a silent movie superstar. The advent of talkies will sound the death knell for his career and see him fall into oblivion. For young extra Peppy Miller, it seems the sky's the limit-major movie stardom awaits. *The Artist* tells the story of their interlinked destinies. Stars Jean Dujardin, Berenice Bejo, Malcolm McDowell, John Goodman, and Missi Pyle. Rated Pg-13. Running Time: 100 minutes



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ART and CULTURE

Dolls and quilts on display in Friendship Gallery

Cloth & Chocolate, a Montgomery County group of quilters, and the G Street Doll Club will exhibit in the Friendship Gallery during the month of May.

Cloth & Chocolate (the name inspired by the two passions of the artists) is made up of a diverse group of eight award-winning quilt artists and teachers from the region. This year the group challenged themselves to create a series of quilts titled "Transitions." Each artist created three quilts hung together to illustrate a transition. These as well as other quilts will be on exhibit.

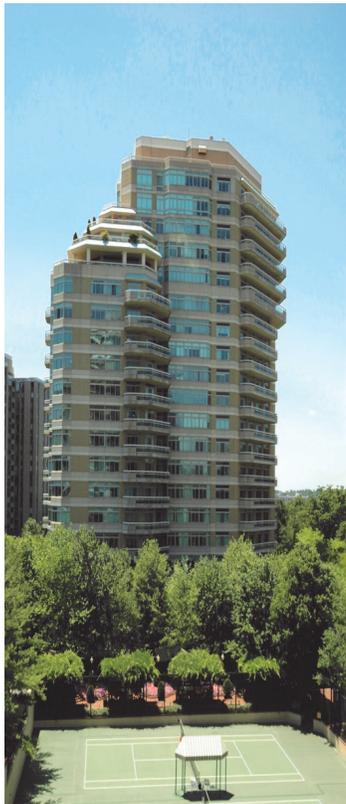


Quilt piece by Ruth Cohen; Marionette by Judi Ward

The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. These dolls are very sophisticated works of art and all are delightful.

The show runs from May 1 to June 2. All are invited to a reception to meet the quilters on **Sunday, May 6, 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 certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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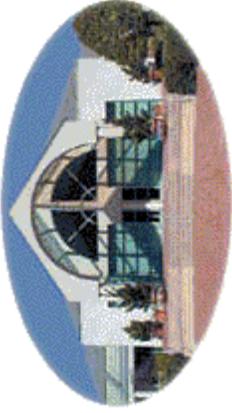
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Friendship Heights Village Center



Calendar of Events 2012

M

SUNDAY

MONDAY

TUESDAY

A

WEDNESDAY

Y

THURSDAY

FRIDAY

SATURDAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 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	7 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.: Café Muse 7 p.m.: Yoga	8 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	2 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.: Appraisals with Tom Weschler 7:30 p.m.: Concert: Jim Logan	3 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 7 p.m.: Town Hall Meeting with County Executive Ike Leggett	4 9:15 a.m.: Drop-in Tai Chi 10 a.m.: AARP Driver Safety 10:30 a.m.: Coffee and Current Events	5 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 10 a.m.: Mother's Day Workshop
13 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	14 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	15 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 Coordination 3 - 4 p.m.: Tea	16 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 2 p.m.: Tea and Talk: First Ladies 7:30 p.m.: Tea	17 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	18 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	19 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
6 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	7 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.: Café Muse 7 p.m.: Yoga	8 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 - 7 p.m.: Shred-It 7:30 p.m.: Great Courses: "Huckleberry Finn, American Orphan" 7 p.m.: Mat Pilates	9 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Sleep Disorders 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kinor Dancers	10 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 p.m.: Depart for Rosa Mexicano 1 p.m.: Chair Yoga/Meditation 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Extremely Loud and Incredibly Close	11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	12 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs

<p>20</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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 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>6 p.m.: FriendsHIP Heights Council Meeting</p> <p>2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</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 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Pudd'nhead Wilson</p>	<p>7:30 p.m.: Rates in the Village- Stephen Hollen as Mark Twain</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.: Photography class 1 p.m.: Health Insurance Counseling 1 p.m.: Caring for Your Ears, Nose and Throat Trio 7:30 p.m.: Concert: Isis Trio</p>	<p>6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Descendants</p>	<p>24</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 7 p.m.: Movie: Joyful Noise</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>25</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p>27</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</p> <p>Memorial 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>29</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>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 1 p.m.: Photography class 7:30 p.m.: Concert: Thomas Pandolfi</p>	<p>31</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 6:45 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Artist</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.**



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 (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 4. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Aug. 13. (Class will not meet June 25). Minimum number of students is 10; maximum is 14.

ART AND MUSIC WITH W. JAMES TAYLOR

This one-time workshop, taught by award-winning pastel artist and musician W. James Taylor, will be held Monday, May 21, from 5:30 to 8 p.m. Students will create a chalk pastel mountain landscape (“Almost Heaven”) and take home a work of art ready to be framed. Sparkling cider and light refreshments will be served and we’ll enjoy a song or two from James. All supplies, including a smock, will be supplied. Cost is \$50. A minimum of 8 students is required; the maximum is 10. Teenagers are welcome.

BASIC PHOTOGRAPHY (Cont.)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins May 9. Meets Wednesdays from 1 to 4 p.m. The cost is \$120. The class is open to new students as well as those from the first session. Students will become skilled at using their cameras; understand how to see available light as it touches chosen objects; learn about composition and selecting subjects; and, prepare a beginning portfolio of photographs. Students must bring a camera

to class; digital cameras are preferred. If you don’t own one, you may use what you have and process the film on your own. The last class is June 13.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins May 30. 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 \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is July 18 (class will not meet June 27 or July 4)

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins May 3. 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 July 12 (class will not meet June 28).

BRIDGE

OVERCALLING AND DOUBLING

This 2-week series taught by Frank Shull will take place on Tuesday, June 19 and Tuesday, June 26, from 5 to 7 p.m. Students will review two types of hand play. One will be the overcall, which means bidding after the opponent has bid. Students will learn what is required

and what the partner needs to bid in response. Secondly, students will review the takeout double after the opponent has bid. Players will learn what a double means and how a partner responds. A minimum of 8 students is required; maximum is 20. The cost is \$30 for residents; \$35 for nonresidents. This class is for experienced players.

EXERCISE AND FITNESS

CHAIR EXERCISE

This 6-week class begins May 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 June 13.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins June 8. 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 July 20 (class will not meet June 29).

STRENGTH TRAINING WITH TONYA

This 6-week class begins June 4. 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 July 16 (class will not meet June 25).

YOGA (Day)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 24. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$85 for residents; \$90 for nonresidents. Session ends Aug. 5.

YOGA (Evening)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 25. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$85 for residents; \$90 for nonresidents. Session ends Aug. 6.

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.

COFFEE AND CURRENT EVENTS

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

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$2 per class.

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, renown 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. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome; 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.

Shredding Truck Returns to the Village Center

On **Tuesday, May 8, from 5 to 7 p.m.**, a truck from "Shred-it" will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service.



CONCERTS

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

Wednesday, May 2 — Jim Logan — Jazz Clarinetist Jim Logan and pianist Elizabeth Hill perform classical and contemporary pieces including *Solo de Concours* by Andre Messenger, *Victor's Tale* by John Williams, *Sonata for Clarinet* by Johannes Brahms, *Benniana* by Steven Harlos, and a trio of songs by George Gershwin.

Wednesday, May 9 — Kinor Dancers — The Kinor Dance Company celebrates its 40th year of entertaining with a performance at the Village Center. "Our repertoire includes reconstructed dances from decades ago to brand new pieces, inspired by momentous occasions and intense emotions," said Barbara Supovitz, Kinor Dance Company founder, artistic director, choreographer, and performer. "My choreography combines Israeli and modern dance and music to express the rich multicultural heritage of the Jewish people."

The program will feature *Golden Celebration/Golden Five* inspired by a long and loving marriage; *A Time to Mourn, A Time to Dance*, illuminating verses from Ecclesiatics; the uplifting *Or*, a dance of light and hope; the evocative *Sands of Sinai*, and *Remembrance*, which incorporates movement from pieces created over the past 40 years. Also on the program is the intense *Dream of Hope, Dream of Despair* from Supovitz' Holocaust Suite. The soloist, Colleen Barnes, said the dance has always awed her, but a trip to Auschwitz, "gave me a deeper understanding of the suffering and the emotion behind the choreography."

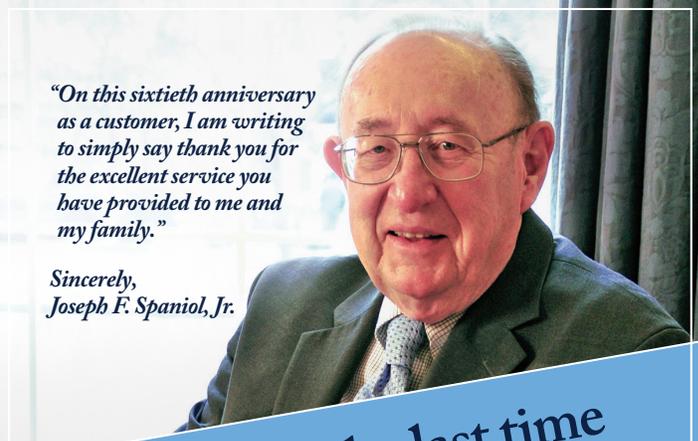
This performance features Ms. Supovitz and fellow dancers Kerry Aradhya, Colleen Barnes, Pamela Broberge, Miriam Cramer, Rachel Elazer, Hayley North, Julia Balsley, and Ivan Davila.

Wednesday, May 16 — Tales in the Village featuring Stephen Hollen as Mark Twain — In the finest tradition of American storytelling, you are invited to laugh, learn, and enjoy the Appalachian wit and wisdom of award winning humorist, writer, poet and storyteller, Stephen Hollen. One of the achievements he is most proud of is receiving the 2005 Heritage Award at the Appalachian Festival in Cincinnati, Ohio.

Wednesday, May 23 — Isis Trio — The Isis Trio is composed of flutist Amy A. Thomas, cellist Marion Baker and pianist Virginia Lum. The performance will feature solos, duets, and trios of Eastern European

composers, including Rachmaninoff, Igor Stravinsky, Bohuslav Martinu and more.

Wednesday, May 30 — Thomas Pandolfi — The young American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide, and showered with superlatives by critics for his passionate artistry and amazing technique. His orchestral appearances often feature not only the beloved masterpiece concerti by Tchaikovsky, Rachmaninoff and Liszt, but also the equally brilliant ones by Paderewski, Rubinstein and Moszkowski. Additionally in the "Pops" genre, Thomas is considered a leading interpreter of the works of George Gershwin.



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Hitting 'snooze' on your sleep cycle

Are you getting enough sleep? Donna M. Gonella, RN, BSN from Suburban Hospital's Sleep Disorders Center, will explain the incidence, causes and latest treatment options for sleepless nights at this month's Suburban Lecture at the Village Center on **Wednesday, May 9, at 1 p.m.** Learn about circadian rhythm (popularly referred to as a body clock) and how getting a restful



night's sleep can improve one's overall health and wellbeing.

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

Vision Support Group: Protecting your sight from the sun

Join the Vision Support Lunch and Learn group on **Thursday, May 17, at 12:30 p.m.** and learn what you



need to know when purchasing sunglasses. Ultraviolet (UV) radiation is a possible risk for eye disease. Dr. William Davis will discuss current thinking on protecting your sight.

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.

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WHICH LOAN AND TIMEFRAME SUITS YOU?

My general assessment based on client feedback and conversations with lenders:

30 Year Fixed Rate Loan: In the early years, more of your monthly payment goes toward interest and as equity builds more will apply to the principal. These are ideal for buyers who plan to remain in a property for more than 10 years and/or want to ensure stable mortgage payment costs for the life of their loan.

15 Year Fixed Rate Loan: Since the loan term is shorter, more of your monthly payment goes toward paying down the principal. The interest rate is considerably lower than the 30 year but the monthly payment will be higher because of the shorter term. A great fit for a non-first time homebuyer who may anticipate retirement in 12-15 years.

5, 7, 10 Year ARM: Life of loan is usually 30 years with the monthly payment amount fixed for the initial term of 5, 7, or 10 years. After the initial fixed term, the rate will adjust based on various market factors and broader rate guidelines. These loans have extremely attractive rates and are ideal for those who know they might sell in 10 years or less and/or have the ability to pay off the loan if rates spike upward.

Call me for a more detailed explanation. I'm here to help!

Cafe Muse presents...

This month's Café Muse, on **Monday, May 7, at 7 p.m.**, presents poets Karren LaLonde Alenier and Yahia Lababidi.

Karren LaLonde Alenier is author of six collections of poetry, including Looking for Divine Transportation, winner of the 2002 Towson University Prize for Literature, and her latest book, *On a Bed of Gardenias: Jane and Paul Bowles*. Her works appear widely in the Mississippi Review, Jewish Currents, Poet Lore and other publications. Her jazz opera, *Gertrude Stein Invents a Jump Early On*, premiered at New York City's Symphony Space, Thalia Theater, in 2005. Composer John Supko is collaborating with her on *How Many Midnights*, an opera about Jane and Paul Bowles. She writes for Scene4 Magazine at scene4.com.

The Village Book Club will meet this month on **Tuesday, May 15, at 11 a.m.** The book selection is *The Namesake* by Jhumpa Lahiri.

Egyptian-American Yahia Lababidi is the author of a new poetry collection, *Fever Dreams*; an essay collection, *Trial by Ink: From Nietzsche to Belly Dancing*; and a collection of aphorisms, *Signposts to Elsewhere*, selected as a 2008 Book of the Year by The Independent (UK). Lababidi's work also appears in several anthologies, including *Literature: An Introduction to Reading and Writing* and *Geary's Guide to the World's Great*

Continued on page 15

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www.getwell-rehab.com

Continued from page 14

Aphorists. His writing has been translated into seven languages.

Café Muse opens at 7 p.m. in the Village Center 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.word-worksdc.com.

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Assisted Living • Memory Care

Village Council Corner

Community Day celebrated in style

Council member Elizabeth Harris (left) and Mayor Melanie White joined residents in a spontaneous dance with the Dixie Power Trio during our Community Day festival on April 13. We celebrated the 26th anniversary of the Village Center with music, barbeque and honored guests.



'Liberated' grocery carts are Village eyesore

We are experiencing an epidemic of abandoned shopping carts in the Village, especially in the areas surrounding Willoughby Park. "Borrowing" these carts is stealing. Please leave the carts at the store where they belong!

Then there are the bicycles...

Village regulations prohibit leaving personal property on Village public area. We are enforcing the law by tagging bicycles chained to Village fences and light posts with a warning notice, and then confiscating them if they are not removed. Reclaiming the bikes requires identification of the owner and the bicycle at the Village Center. A citation is then issued (\$100 fine) before the bike can be reclaimed. Bikes will be kept for no longer than 30 days before they are donated or trashed (depending on condition). Please cooperate and take your bike home with you!

Council action at the April 16 meeting:

- Confirmed second year of Village audit proposal.



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

May 2012 events calendar