



Friendship Heights

# VILLAGE NEWS



Rehoboth

page 3

AUGUST 2012

301-656-2797

VOLUME 27, NO.3

## Black Watch at the Shakespeare Theatre

Join us for an evening of extraordinary theater when we attend the National Theatre of Scotland's production of *Black Watch* at the Shakespeare Theatre Company's Harman Hall on **Thursday, Sept. 20.**

Described as "a soul-piercing production...authentic and astonishing" by The Washington Post, *Black Watch* has received standing ovations and enjoyed sold-out performances everywhere it has appeared, nationally and around the world and received 22 awards.

The play portrays soldiers in the Black Watch regiment of the British Army serving in Iraq during 2004 and reveals what it means to be part of the legendary Scottish regiment, what it means to be part of the war on terror, and what it means to make the journey home again.

Tickets to *Black Watch* are only available to STC



season subscribers – so don't miss out on this special opportunity! We will leave the Village Center at 7 p.m. and return around 11 p.m. The cost, which includes a seat in Center Orchestra (at a 20 percent discount), transportation and driver gratuity, is \$59. Residents and one guest may sign up immediately; nonresidents may sign up August 14. There are 19 spaces available. The play contains strong language and is not appropriate for children under thirteen.

## See what's news at the Newseum

Immerse yourself in the world's greatest news stories when we visit the Newseum on **Thursday, Sept. 13.** Touted as the "world's most interactive museum," the Newseum features 15 theaters and 14 galleries in its seven-level building. The Today's Front Page Gallery presents front pages from more than 80 international papers. The Newseum's Berlin

Wall Gallery includes the largest display of sections of the Berlin Wall outside of Germany. Visitors to the Newseum get the chance to play reporter, TV journalist, researcher or editor. In the Interactive Newsroom, you can test your skills as a reporter using interactive kiosks. You even get the chance to give a live news update on camera. Throughout this news museum are

history of news and newsgathering, of freedoms associated with the press, and of the courageous reporters who brought historic events to the people through the power of the press.

We'll depart from the Village Center at 10 a.m. and take the short drive downtown to the Newseum. You'll be on your own to explore the museum at your leisure. This allows you to view



the exhibits at your own pace. Lunch is on your own. You may choose to grab a quick bite at The Food Section, the Newseum's food court, which features deli sandwiches, burgers, soups, salads, pizza, pasta, a daily special, sides, and desserts.

**Continued on page 2**

# CHILDREN'S PROGRAMS

## Recognizing outstanding volunteers... and a terrific bus

During our annual July 4th celebration, The Friendship Heights Village Council honored two Village residents for their outstanding volunteer efforts. The council also recognized the efforts of the staff of the Maryland Motor Vehicle Administration's Mobile Office when it presented this year's Elizabeth Scull Award.

From top right, Mayor Melanie Rose White presents a community service award to Village resident Gertrude Slifkin.

At center, Stephanie Olshan receives a community service award from Mayor White. At bottom right, Sean Adgeron, Deputy Administrator for the MVA Mobile Office accepts the Elizabeth Scull Award on behalf of the MVA Mobile Office staff.



Photos by Joel Williams

### Newseum, Continued from page 1

For a more upscale experience, you may opt to dine in The Source, Wolfgang Puck's fine dining restaurant in the Newseum. In addition to a vast array of gourmet starters, entrees and desserts, The Source also offers a \$40 prix fixe luncheon special.

You'll also have plenty of time to view additional exhibits such as "Blood and Ink: Front Pages from the Civil War," "Every Four Years: Presidential Campaigns and the Press," and "G-Men and Journalists." The cost of the trip, which includes round-trip transportation and admission to the Newseum, is \$39.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Aug. 14. There are 25 spaces available. The deadline to sign up is Sept. 6.

*Please note that while the tour is self-guided, this trip may require a lot of walking.*



"The Porch" by Diana Webb, student of Llewellyn Berry, Village Instructor of Basic Photography. For information on class offerings, see "Classes and Clubs" on pages 10 and 11.



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto: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 September issue is August 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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**Julian P. Mansfield**

# ON the GO...

## Seafood, Shopping and the last of the summer sun

It's not too late to join us as we travel to the Delaware shore in late August. A few spaces remain for our trip to Rehoboth Beach on **Thursday, Aug. 23**. Stroll on the boardwalk, savor a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the Board walk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$53. Sign-ups begin immediately. Children over 5 years old are welcome but must be accompanied by an adult. There are 45 spaces available.



# PUZZLED

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## July 4<sup>th</sup> art show: patriotism and paint

The 2012 "Three Cheers for the Red, White and Blue" art show at Friendship Gallery exhibited 39 area artists and their Fourth of July interpretations. Cash prizes were awarded to the winners chosen by juror Millie Shott. First place was awarded to Bob Peavy for "Independence Day at the Archives." Second place was awarded to Susan Lenczowski for "Stars, Stripes and Shadow." Third place winner was Frank R. Palumbo for "Patriotic Postal Covers." Honorable Mention awards were presented to Joseph Ardizzzone, Linda Syverson Guild, Lois Levitan, and, Vicky Surles. Congratulations to all!



## The devil within

The Village Center has a new resident! Come by the reading room and see our new Red Devil, a large cichlid fish in the aquarium tank over the non-fiction books. The *Amphilophus labiatus* is a freshwater fish, which has razor sharp teeth, strong jaws and is very aggressive (our new friend lives alone!) Despite their behavior, these intelligent fish can form bonds with humans. This fish has been seen "dancing" with a staff member!

The Red Devil is a male and he needs a name. If you have a suggestion, please submit it to the front desk. Be sure to include your name and phone number- the person whose suggestion is chosen will win five tickets to the Taste of Friendship Heights in September.

### Friendship Gourmet Market

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

## Try our classes – for free!

In September, all Village exercise instructors will offer one free demonstration class. Demo classes will be open to everyone and participants will be expected to join in the activity. This is an opportunity to try something new and see if it's right for you before you register. On pages 10 and 11, dates for demo classes are included in the individual descriptions. (Please note that this applies only to Village sponsored classes, not YMCA or OASIS classes).



## Great courses DVDs available to borrow

The Tuesday evening Great Courses series has ended, but residents are welcome to check out the DVDs – *one at a time* – at the Village Center front desk. Course guidebooks for both “Classics of American Literature” and “How to Listen to and Understand Great Music” that list and describe all the lectures will be available to read before making a selection. There are also VHS tapes of other courses, including “The History of Ancient Rome,” in the reading room.

The Village Center and Council thank Dr. Al Muller for donating the literature series and leading the discussion group for nearly two years.



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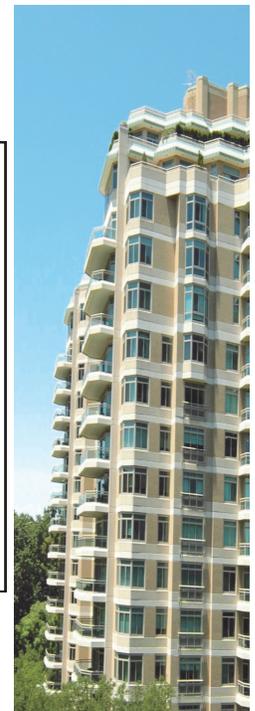
**Renovated PH #17D** 2,770 SF~ \$1,995,000  
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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## A Note from the Program Directors

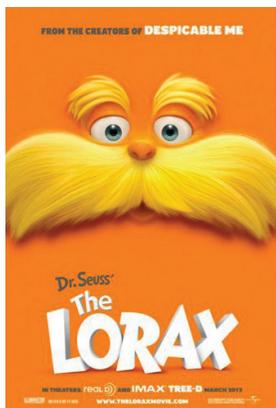
As a courtesy to our speakers, authors and performers...

• 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, Aug. 2 , 7 p.m. —**

**Movie — *Dr. Seuss's The Lorax***

— The 3D feature *Dr. Seuss's The Lorax* is an adaptation of Dr. Seuss's classic tale of a forest creature who shares the enduring power of hope. The animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. Stars the voices of Zac Efron, Taylor Swift and Danny DeVito. Rated PG. Running Time:-95 minutes.



of the Oakland A's and the guy who assembles the team, who has an epiphany: all of baseball's conventional wisdom is wrong. Forced to reinvent his team on a tight budget, Beane will have to outsmart the richer clubs. The onetime jock teams with Ivy League grad Peter Brand in an unlikely partnership, recruiting bargain players that the scouts call flawed, but all of whom have an ability to get on base, score runs, and win games. It's more than baseball, it's a revolution - one that challenges old school traditions and puts Beane in the crosshairs of those who say he's tearing out the heart and soul of the game. Rated PG-13. Running Time: 113 minutes.

**Thursday, Aug. 23- 7 p.m. —**

**Movie — *The Hunger Games***

— *The Hunger Games* are a nationally televised event in which "Tributes" must fight with one another until one survivor remains. Pitted against highly-trained Tributes who have prepared for these Games their entire lives, Katniss is forced to rely upon her sharp instincts as well as the mentorship of drunken former victor Haymitch Abernathy. If she's ever to return home to District 12, Katniss must make impossible choices in the arena that weigh survival against humanity and life against love. Stars Jennifer Lawrence, Josh Hutcherson, and Liam Hemsworth. Rated PG-13. Running Time: 142 minutes.



**Thursday, Aug. 9, 7 p.m. —**

**Movie — *The Lucky One*** — U.

S. Marine Sergeant Logan Thibault returns from his third tour of duty in Iraq, with the one thing he credits with keeping him alive—a photograph he found of a woman he doesn't even know. Learning her name is Beth and where she lives, he shows up at her door, and ends up taking a job at her family-run local kennel. Despite her initial mistrust and the complications in her life, a romance develops between them, giving Logan hope that Beth could be much more than his good luck charm. Stars Zac Efron, Taylor Schilling and Blythe Danner. Rated PG-13. Running Time:101 minutes.



**Thursday, Aug. 30 — 7 p.m.**

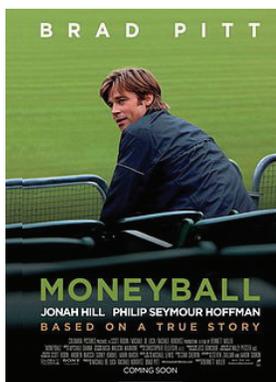
**— Movie — *The Artist*** — Hol-

lywood 1927. George Valentin is a silent movie superstar. The advent of the 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, and John Goodman. Rated PG-13. Running Time. 100 minutes.



**Thursday, Aug 16, 7 p.m. —**

**Movie — *Moneyball*** — Based on a true story, *Moneyball* is a movie for anybody who has ever dreamed of taking on the system. Brad Pitt stars as Billy Beane, the general manager



# ART and CULTURE

## Two artists to exhibit in Friendship Gallery

Artists Catherine Read and Shirley Storms will exhibit in the Friendship Gallery during the month of August.

Catherine Read creates mosaic art and sculpture and apprentices to Alfredo Ratinoff. She will exhibit images from the Dyke Marsh Wetland area in Virginia. Ten of the images were commissioned for a mosaic wall in Wales and England.

Shirley Storms is a mixed media artist who creates art by a process called "assemblage"- putting together found objects to make two- or three-dimensional compositions. Her materials include acrylic paints, wa-

tercolors, hand-dyed papers, natural and man-made objects.

The show runs from August 1 to 26. All are invited to a reception to meet the artists on **Sunday, August 12, 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.



"Ferns" by Catherine Read and "Jerimiah's Party" by Shirley Storms



Insight into Determinants of Exceptional Aging and Longevity

### Looking to Exceptional Agers to Help Unlock the Secrets for a Long, Healthy Life

Researchers from the National Institute on Aging want to know why some people live in excellent health into their 80's, 90's and older while others face failing health much sooner. To unlock the secret of exceptional aging, researchers are recruiting healthy, active seniors 80 years and older into the **IDEAL Study**. The "exceptional agers" who qualify for the IDEAL study can walk a quarter of a mile unassisted without pain or shortness of breath, have no significant memory loss or cognitive impairment, and have no serious medical conditions. IDEAL study participants will become part of the longstanding Baltimore Longitudinal Study of Aging (BLSA). Each year they will go to Harbor Hospital for a complete physical and cognitive assessment. If conditions change, the annual assessment can be done in the participant's home as well.

Dr Ferrucci, the principal investigator of the study, says, "...we hope to identify the mechanisms that are critical for exceptional aging and longevity. In the future, these mechanisms could be enhanced, therefore allowing many more people to be healthy and productive up to very late in their life." These volunteers will be making an enormously important contribution to our knowledge about aging. It is a generous legacy to those who come after.

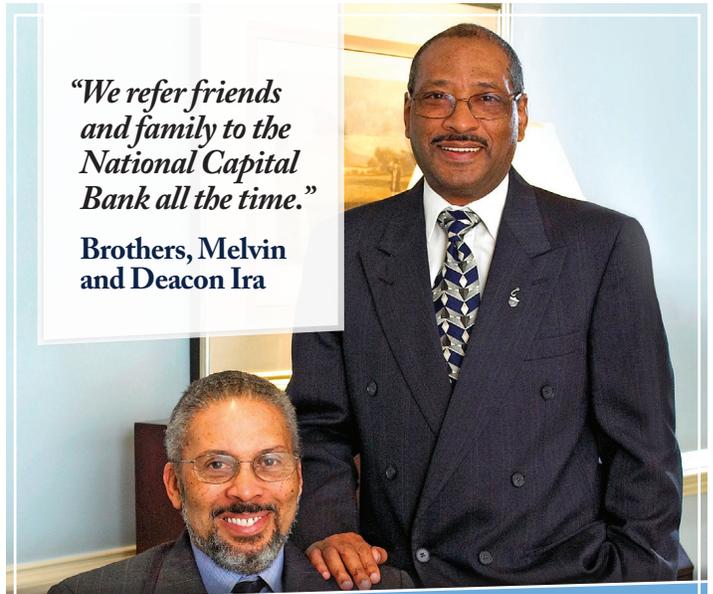
If you or someone you know might qualify as an exceptional ager you can email [IDEAL@westat.com](mailto:IDEAL@westat.com) for more information. If you are interested in participating in the IDEAL Study, call toll-free 1-855-80 IDEAL (1-855-804-3325) to see if you qualify.



National Institute on Aging  
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# Friendship Heights Village Center



# Calendar of Events 2012

## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1</b></p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p><b>7 p.m.: Concert: Rick Whitehead Trio</b></p>	<p><b>2</b></p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Ji</p> <p>11 a.m. - 4 p.m.: Village Playtime</p> <p>6:15 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Movie: The Lorax</b></p>	<p><b>3</b></p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. - 1 p.m.: Twin Springs</p> <p>10:30 a.m.: Basic Photography</p>
<p><b>5</b></p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>6</b></p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>12:30 p.m.: Bridge Club</p> <p>2:30 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Café Muse</b></p> <p>7 p.m.: Yoga</p>	<p><b>7</b></p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Ji</p> <p>12 - 4 p.m.: Blood Pressure Screening</p> <p>3 - 4 p.m.: Tea</p> <p>2 - 4 p.m.: Suburban Nurse Specialist</p>	<p><b>8</b></p> <p><b>1 p.m.: Suburban Lecture: "Neuropathic Pain"</b></p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>1 p.m.: Health Insurance Counseling</p> <p><b>7 p.m.: Concert: Bill Wright's Salute to Bennie Goodman</b></p>	<p><b>9</b></p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Ji</p> <p>11 a.m. - 4 p.m.: Village Playtime</p> <p>6:15 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Movie: The Lucky One</b></p>	<p><b>10</b></p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. - 1 p.m.: Twin Springs</p> <p>10:30 a.m.: Basic Photography</p>
<p><b>12</b></p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p> <p><b>11:30 a.m. - 1:30 p.m.: Art Reception</b></p>	<p><b>13</b></p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>12:30 p.m.: Bridge Club</p> <p>2:30 p.m.: Acrylic or Oil Painting</p> <p><b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>14</b></p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Ji</p> <p>12 - 4 p.m.: Blood Pressure Screening</p> <p>2 p.m.: Speech Therapy and Support Group</p> <p>3 - 4 p.m.: Tea</p> <p>2 - 4 p.m.: Suburban Nurse Specialist</p>	<p><b>15</b></p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p><b>7 p.m.: Concert: IONA</b></p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Ji</p> <p>11 a.m. - 4 p.m.: Village Playtime</p> <p>6:15 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Movie: Moneyball</b></p>	<p><b>17</b></p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. - 1 p.m.: Twin Springs</p>
<p><b>19</b></p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>20</b></p> <p>10 a.m.: Great Books</p> <p>10 a.m. - 2 p.m.: MVA Bus</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>12:30 p.m.: Bridge Club</p>	<p><b>21</b></p> <p>8:15 a.m.: Walking Club</p> <p>11 a.m.: Village Book Club</p> <p>12 - 4 p.m.: Blood Pressure Screening</p> <p>3 - 4 p.m.: Tea</p> <p>2 - 4 p.m.: Suburban Nurse Specialist</p>	<p><b>22</b></p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>1 p.m.: Health Insurance Counseling</p> <p><b>7 p.m.: Concert: Robert Glenn Jazz Ensemble</b></p>	<p><b>23</b></p> <p><b>8 a.m.: Depart for Rehoboth</b></p> <p>8:15 a.m.: Walking Club</p> <p>11 a.m. - 4 p.m.: Village Playtime</p> <p>6:15 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Movie: The Hunger Games</b></p>	<p><b>24</b></p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p><b>25</b></p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. - 1 p.m.: Twin Springs</p>
<p><b>26</b></p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>27</b></p> <p>10 a.m.: Great Books</p> <p>12:30 p.m.: Bridge Club</p>	<p><b>28</b></p> <p>8:15 a.m.: Walking Club</p> <p>12 - 4 p.m.: Blood Pressure Screening</p> <p>3 - 4 p.m.: Tea</p> <p>2 - 4 p.m.: Suburban Nurse Specialist</p>	<p><b>29</b></p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p><b>7 p.m.: Concert: Barbara Martin</b></p>	<p><b>30</b></p> <p>8:15 a.m.: Walking Club</p> <p>11 a.m. - 4 p.m.: Village Playtime</p> <p>6:15 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p><b>7 p.m.: Movie: The Artist</b></p>	<p><b>31</b></p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</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.



# 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 Sept. 10. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Nov. 19 (class will not meet Oct. 8).

### ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 20. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 29. Minimum number of students is 10; maximum is 14.

### BASIC PHOTOGRAPHY

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Sept. 8. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. The final product of the class is the preparation of 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 Nov. 3 (class will not meet Oct. 6).

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 12. 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 experi-

ence in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Oct. 24 (class will not meet on Sept. 26).

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 13. 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 \$155 for residents; \$165 for nonresidents. Last class is Nov. 15.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 6-week class begins Sept. 11. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 24 (class will not meet Oct. 16). Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students. **A free demonstration class will be held Sept. 4, at 1 p.m.**

### CHAIR EXERCISE

This 6-week class begins Sept. 12. 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 Oct. 24 (class will not meet Oct. 17). **A free demonstration class will be held Sept. 5, at 11 a.m.**

### CHAIR YOGA/MEDITATION

Move your body, deepen your breath, and calm your mind. This 6-week class begins Sept. 13 and will focus on using movement and meditation to enhance physical and mental ease. Meets Thursdays from 1 to 2 p.m. Cost is \$70 for residents; \$75 for nonresidents. Wear non-restrictive clothing for sitting comfortably in a chair. Instructor Kathryn Chiariello is a certified Kripalu Yoga teacher. Minimum number of students is 4; maximum is 10. Last class is Oct. 18. **A free demonstration class will be held Sept. 6 at 1 p.m.**

### MAT PILATES

The 6-week session begins Sept. 11. 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 Oct. 23 (class will not meet Sept. 25). **A free demonstration class will be held Sept. 4, at 7 p.m.**

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 14. 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 Oct. 26 (class will not meet Oct. 5). **A free demonstration class will be held Sept. 7, at 10:30 a.m.**

## **STRENGTH TRAINING WITH TONYA**

This 6-week class begins Sept. 17. 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 Oct. 29 (class will not meet Oct. 15).

**A free demonstration class will be held Sept. 10, at 1 p.m.**

## **SKY VALLEY TAI JI (Thursday)**

This 6-week class begins Sept. 13. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 18.

**A free demonstration class will be held Sept. 6, at 9:30 a.m. for both Tuesday and Thursday students.**

## **SKY VALLEY TAI JI (Tuesday)**

This 6-week class begins Sept. 11. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 16. **A free demonstration class will be held Sept. 6, at 9:30 a.m. for both Tuesday and Thursday students.**

## **YOGA (Day)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 23. 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 \$122 for residents; \$129 for nonresidents. Session ends Dec. 16 (class will not meet Oct. 7, Nov. 11 and 25). **A free demonstration class will be held Sept. 9 at 9 a.m.**

## **YOGA (Evening)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 24. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$122 for residents; \$129 for nonresidents. Session ends Dec. 17 (class will not meet Oct. 8, Nov. 12 and 26).

**A free demonstration class will be**

**held Sept. 10 at 7 p.m.**

## **YOGA FOR RUNNERS**

This 6-week class will shine attention on areas of the body that runners should nurture, but all yoga students are welcome. Meets Wednesdays from 6-7pm. and begins Sept. 12. Cost is \$70 for residents, \$75 for non-residents. In this class we will encourage focus, flexibility and recovery as complements to your training. Bring a playful attitude and a yoga mat and be prepared to work and relax. Teacher Kathryn Chiariello is an experienced marathoner and certified yoga teacher. Session ends Oct. 17. Maximum number is 10.

## **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.

### **CONCERTS**

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

### **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.

## **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 for bridge or bridge plus (duplicate bridge); 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.

## **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.

# CONCERTS

Concerts will be held from 7:00 – 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of rain or excessive heat, the performance will be moved indoors to Huntley Hall in the Village Center. Concertgoers may want to bring insect repellent – the mosquitoes seem to enjoy the performances too.

**Wednesday, Aug. 1 — Rick Whitehead Trio** — Rick Whitehead is the recipient of the Washington Area Musician's Association 2007 award as "Best Jazz Instrumentalist". He was the featured guitar soloist for the USAF Band's Airmen of Note for 22 years and toured throughout the United States, Far East, and South America with the group. Originally from Miami, Whitehead started playing the guitar at age 11. By the time he was 18, he was performing on Shows on the Beach and worked with Connie Francis, Sandler and Young, Jayne Morgan, Glen Campbell and others.

**Wednesday, Aug. 8 — Bill Wright's Salute to Bennie Goodman** — Clarinetist Bill Wright was a member of the National Symphony Orchestra for more than 30 years. He has toured in Europe, Asia and South America, as well as performed throughout the Washington area. His performance will feature a salute to the famed bandleader Bennie Goodman.

**Wednesday, Aug. 15 — IONA** —IONA's music is a unique acoustic weave of the traditional music of Scotland, Ireland, Wales, Cornwall and the Isle of Man. Conceived in 1986, IONA was the musical offspring of lead singer, bouzouki, guitar, and bodhran player Barbara Ryan and wind section, Bernard Argent. It has grown to include fiddler Jim Queen, bass guitar player Chuck Lawhorn and dancer Kathleen Larrick. They are all seasoned performers who involve their audiences with history and cultural backgrounds of the music, humor and energy.

**Wednesday, Aug. 22 — The American Songbook with the Robert Glenn Jazz Ensemble.** The band features Will Tynch (tenor sax), Tim Havrilla (trumpet/flugelhorn), Charles Banning (bass), Dave Nuttycombe (percussion), and Robert Glenn (keyboards, vocals) and performs an eclectic mix of jazz, blues, and pop standards, from Brazilian bossa nova to Chicago blues, from George Gershwin to Billy Joel. The Ensemble will have you tapping your toes, bobbing your head, and singing along.

**Wednesday, Aug. 29 — Barbara Martin and friends**—singer/songwriter Barbara Martin will perform

12 The Village News August 2012

jazz standards with a few original tunes. She'll be joined by Robert Redd on the piano and John Previti on the bass.



## GetWell Rehabilitation, LLC

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### Physical Therapy Office New Location Grand Opening!

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##### Friendship Heights

4601 N Park Ave., #10C  
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(at the Elizabeth Arcade,  
free garage parking!)

phone 202-237-1313 | [fh@getwell-rehab.com](mailto:fh@getwell-rehab.com)

[www.getwell-rehab.com](http://www.getwell-rehab.com)

# TO YOUR HEALTH

## Neuropathic Pain: A Different Kind of Pain



Neuropathic pain is chronic pain that results from injury to the nervous system due to several conditions and diseases. Yvonne D'Arcy, CRNP, pain management and palliative care nurse at Suburban Hospital, will highlight some of these diseases and conditions, how they affect the nerves, and

how neuropathic pain is treated at this month's Suburban Lecture at the Village Center on **Wednesday, August 8, at 1 p.m.**

Her book, *How to Manage Pain in the Elderly*, was named Book of the Year by the American Journal of Nursing in 2011.

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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**A&A**  
HEARING  
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## Cafe Muse presents...

This month's Café Muse, on **Monday, August 6, at 7 p.m.**, presents Goethe Institute's Time Shadows Translations moderated by Lane Jennings. The evening features poets Sunil Freeman, Brian Gilmore, Rod Jellema, and Fred Joiner and includes a tribute to Ernie Wormwood.

Sunil Freeman is the author of two books including *Surreal Freedom Blues*. Brian Gilmore is the author of two books including *Jungle Nights and Soda Fountain Rags: Poem for Duke Ellington*. Rod Jellema is the author of five books including *Incarnality: the Collected Poems*. Fred Joiner has been published in such magazines as *Callaloo*, *Gargoyle*, and *Black Diaspora*. Eleanor Ernestine (Ernie) Wormwood (1946-2012) taught English and political science at St. Mary's College of Maryland. She was published in *Gargoyle*, *Antietam Review*, and *Innisfree*.

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.wordworksdc.com](http://www.wordworksdc.com).

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The Village Book Club will meet this month on **Tuesday, August 21, at 11 a.m.** The book selection is *The Astaires* by Kathleen Riley.

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# Fourth of July fun in Friendship Heights



Photos by Joel Williams

## A Unique Senior Living Experience

The moment you walk through our door, you'll feel at home. From our warm, inviting fireplace to our cozy, family-like atmosphere, Brighton Gardens of Friendship Heights is a step above the typical senior residence. For the past 14 years, our caring and experienced staff has been helping seniors live life to the fullest.

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.

Our impressive amenities include:

- Spacious Assisted Living apartments with kitchenette, full bath and generous closet space
- A specialized memory impairment neighborhood
- 24-hour nursing services and emergency call response system
- Medication management services available to all residents
- On-site physical therapy, podiatry, dental and geriatric counseling services
- Full-service beauty/barbershop
- Excellent scheduled recreational activities and outings – diverse choices for a wide range of interests
- Transportation services available to and from medical appointments
- Fine dining featuring a wide range of cuisines and a 24-hour bistro

Call today to learn about our upcoming events or to schedule your personalized tour.

**Every Wednesday in August**  
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**3:30-4:30pm**

Call to R.S.V.P. 301.656.1900



[www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)



Brighton Gardens of Friendship Heights 301-656-1900 [www.bgfriendshipheights.com](http://www.bgfriendshipheights.com) 5555 Friendship Boulevard

Assisted Living • Memory Care

# Village Council Corner

## Taste of Friendship Heights: Saturday, September 29



Mark your calendar for this wonderful Village event, now in its sixth year. You will have the opportunity to taste food from terrific local restaurants right here at the Village Center.

- Participants include Capital Grille, Courtyard by Marriott, Frosting, Indique Heights, Lia's, Maggiano's, P.F. Chang's, Potomac Pizza, Rosa Mexicano, Sunrise Brighton Gardens, Tynan Coffee & Tea, Whole Foods and more!
- Live music, face painting, moon bounce, and American University basketball.
- A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place (CCHFP).
- Watch for more information in the September *Village News*. Also visit [www.tasteoffriendshipheights.com](http://www.tasteoffriendshipheights.com).

ights.com.

- Sponsors include Sam Solovey, Long & Foster (primary sponsor), American University, Capital One Bank, Chevy Chase Florist, Coca-Cola, Eagle Bank, Eye Doctors of Washington, Language Stars, Wisconsin Place.



Photo by Joel Williams

### Council honors Village Centenarian

At our July 4 celebration, the Council honored Village centenarian **Marianne Cook** (shown at left with Mayor Melanie White), a longtime resident of the Elizabeth and Village volunteer. Marianne has played piano at our Tuesday Tea program for many years. She was also honored with a proclamation from the State of Maryland. For more photos of our July 4 celebration, see pages 2 and 15.

The Village Council did not meet in July. **The next Council meeting will be Monday, August 13.**



Friendship Heights

## VILLAGE NEWS

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



### Check out our website:

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**August 2012 events calendar**