

Friendship Heights Village Center



Calendar of Events 2012

O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Call for Volunteers</p> <p>The Friendship Heights Village Center is looking for residents who are interested in volunteering to help out on an on-call basis to answer phones and help with administrative duties at the front desk. Please call Julian Mansfield at 301-656-2797.</p>	<p>1</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6 p.m.: Depart for Opera 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>2</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>3</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 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Robert Statham</p>	<p>4</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Dr. Saralyn Mark: "A Journey Through the Universe of Women's Health"</p>	<p>5</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>7</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Writing in Poetic Forms</p>	<p>8</p> <p>Columbus Day Center Open 9 a.m. to 2 p.m.</p> <p>Shuttle Bus runs on weekend schedule</p> <p>10 a.m.: Great Books 1 p.m.: Strength Training with Tonya</p>	<p>9</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 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>10</p> <p>8 a.m.: Depart for Barnes and Bucks County 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Staying on Your Feet!" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Richard Miller</p>	<p>11</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Bernie</p>	<p>12</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.: Multi Media Arts</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>	
<p>14</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 11:30 a.m.: Writing in Poetic Forms</p>	<p>15</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</p>	<p>16</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 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>17</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Tea and Talk: Secrets of Healthy Aging 1 p.m.: Portraiture in Pencil and Pastel 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Tales in the Village: Seeing Red</p>	<p>18</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 Group 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Best Exotic Marigold Hotel</p>	<p>19</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.: Multi Media Arts 1 p.m.: Ten Warning Signs of Alzheimer's</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 3 p.m.: Brody Public Policy Forum on Ballot Questions</p>	
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Writing in Poetic Forms</p>	<p>22</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 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</p>	<p>23</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 – 7 p.m.: Shred – It 7 p.m.: Mat Pilates</p>	<p>24</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 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Tea and Talk: Early Days of Rock and Roll 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Susan Jones Jazz Quartet</p>	<p>25</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Why Baby Boomers Need to Rethink Retirement</p>	<p>26</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 11 a.m.: Depart for Amish Market 1 p.m.: Multi Media Arts 6:30–8 p.m.: Children's Halloween Bingo</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>	
<p>28</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Writing in Poetic Forms</p>	<p>29</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 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</p>	<p>30</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</p>	<p>31</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 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Annie and Mac</p>	<p>Living a balanced life</p> <p>Dr. Saralyn Mark will discuss her book, <i>Stellar Medicine: A Journey Through the Universe of Women's Health</i>, at the Village Center on Thursday, Oct. 4, at 7:30 p.m.</p> <p>Dr. Mark, an endocrinologist, geriatrician, and women's health specialist, was the first Senior Medical Advisor to the Office on Women's Health within the Department of Health and Human Services and the National Aeronautics and Space Administration (NASA). Her book offers advice to both men and women on maintaining good health even in times of stress. Copies of the book will be available for purchase. Please sign up by calling 301-656-2797.</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.

Save The Date!

National Eye Institute, NIH

World Class Eye Health Education Presentation

"Eye-Brain Connection: 2012"

Saturday, November 17

10 a.m. to 12 p.m. at the Village Center

Free parking on the rear deck of the Courtyard by Marriott

For more information call:
Prevention of Blindness Society
of Metropolitan Washington 202-234-1010

A few tickets remain for the trip to the Kennedy Center on Monday, Oct. 1, to see WNO's *Don Giovanni*. We will leave the Village Center at 6 p.m. The cost, which includes a seat in the Orchestra (at a 20 percent discount), transportation, and driver gratuity, is \$125. Come to the Center and sign up today!