



## N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



### Don't forget to vote

Polls will be open at the Village Center on Tuesday, Nov. 6, from 7 a.m. to 8 p.m.

<p><b>4</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Poetry and Art <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>5</b></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><b>6</b></p> <p>8:15 a.m.: Walking Club</p> <p><b>Election Day</b> <b>All classes canceled</b> <b>Polls Open 7 a.m. to 8 p.m. at the Village Center</b> <b>Shuttle Bus on regular schedule</b></p>	<p><b>7</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel <b>1:15 p.m.: Depart for Glenstone Museum</b> 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners <b>7:30 p.m.: Concert: Bradford and Maribeth Gowen</b></p>	<p><b>1</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime <b>12:15 p.m.: Homeless Veterans Miniwalk</b> 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Dark Shadows</b></p>	<p><b>2</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Multi Media Arts <b>7 to 9 p.m.: Artisan Fair</b></p>	<p><b>3</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>10 a.m. – 2 p.m.: Artisan Fair</b> 10:30 a.m.: Basic Photography</p>
<p><b>11</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>12</b></p> <p><b>Veterans Day Center Open</b> <b>9 a.m. to 2 p.m.</b> <b>Shuttle Bus runs on weekend schedule</b></p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 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 <b>7:30 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 p.m.: Suburban Lecture: "Caring for the Caregiver"</b> 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 <b>7:30 p.m.: Concert: Jeff Smith</b></p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Cecelia Hopkins Porter</b></p>	<p><b>16</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Multi Media Arts</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>10 a.m. to 12:30 p.m.: Eye-Brain Connection</b> 10:30 a.m.: Basic Photography</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Poetry and Art</p>	<p><b>19</b></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 <b>7:30 p.m.: Book Signing with Evan Thomas</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>21</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>No Concert</b></p>	<p><b>22</b></p> <p><b>Happy Thanksgiving!</b> <b>Center Closed</b> <b>No Shuttle Bus</b></p> 	<p><b>23</b></p> <p><b>Center Open</b> <b>9 a.m. to 2 p.m.</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>25</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors <b>10 a.m. – 2 p.m.: MVA Bus</b> 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>28</b></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 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga for Runners <b>7:30 p.m.: Concert: Ashbrook and Oorts</b></p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club <b>9 a.m.: Depart for Richmond</b> 9:30 a.m.: Tai Ji 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 <b>7 p.m.: Movie: The Magic of Belle Isle</b></p>	<p><b>30</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl <b>1 p.m.: The Benefits of Making Art</b></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.

### Call for Volunteers

The Friendship Heights Village Center is looking for residents who are interested in volunteering to help out at the Village Center. Volunteers are needed on an on-call basis to answer phones and help with administrative duties at the front desk. Please contact Village Manager Julian Mansfield at 301-656-2797 or email [jmansfield@friendshipheightsmd.gov](mailto:jmansfield@friendshipheightsmd.gov).

