



D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



You don't have to be a boomer to enjoy Boomer Babes on **Thursday, Dec. 6**. Come for cider and goodies and an entertaining evening with these radio stars! See page 3 for more.



1

8:15 a.m.: Walking Club
10:30 a.m.: Basic Photography

2

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3

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
7 p.m.: Café Muse

4

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

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
7:30 p.m.: Concert: Georgetown Visitation Madrigals

6

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
11 a.m. – 4 p.m.: Village Playtime
1 p.m.: Chair Yoga
6:15 p.m.: Scrabble
7:30 p.m.: 2 Boomer Babes

7

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
1 p.m.: Suburban Lecture: "Routine Health Screenings"

8

8:15 a.m.: Walking Club
10:30 a.m.: Basic Photography

9

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

10

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
7:30 p.m.: Friendship Heights Council Meeting

11

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
12 – 4 p.m.: Blood Pressure Screening
12:30 p.m.: Vision Support Group
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

12

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Holiday Special Lunch
1 p.m.: Holiday Concert
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Health Insurance Counseling
7:30 p.m.: Concert: Kinor Dance Company

13

8:15 a.m.: Walking Club
9 a.m.: Depart for Oatlands
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: The Odd Life of Timothy Green

14

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
11 a.m.: **Children's Cookies and Crafts**

15

8:15 a.m.: Walking Club
10:30 a.m.: Basic Photography

16

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17

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

18

8:15 a.m.: Walking Club
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

19

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
7:30 p.m.: Concert: Tales in the Village

20

8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: Trouble with the Curve

21

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

22

8:15 a.m.: Walking Club
10:30 a.m.: Basic Photography

23

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24

Center Open 9 a.m. to 2 p.m.
Shuttle Bus runs on weekend schedule
10 a.m.: Great Books

25

Merry Christmas!
Center Closed

26

10:15 a.m.: Yiddish
1 p.m.: Health Insurance Counseling
7:30 p.m.: Concert: Friday Morning Music Club

27

8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: Brave

28

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

29

8:15 a.m.: Walking Club
10:30 a.m.: Basic Photography

30

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

31

Center Open 9 a.m. to 2 p.m.
Shuttle Bus runs on weekend schedule
10 a.m.: Great Books

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.

Center closings due to weather

In case of a weather emergency, please call the Village Center at 301-656-2797 to hear information about class and activity cancellations. Usually, the Center is closed if the Federal Government is shut down. A message will be on the Center phone by 8 a.m.

The Village Book Club will meet this month on **Tuesday, Dec. 18, at 11 a.m.** The book selection is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

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 to assist with preparing and serving our weekly afternoon tea on Tuesdays. Please contact Village Manager Julian Mansfield at 301-656-2797 or email jmansfield@friendshipheightsmd.gov.