



Friendship Heights

VILLAGE NEWS



JANUARY 2013

301-656-2797

VOLUME 27, NO. 7

Children's Art Camp
page 2

Hedrick Smith to speak at the Center

One of America's most distinguished journalists, Hedrick Smith, will discuss his book, *Who Stole the American Dream?*, at the Village Center on **Thursday, Jan. 10, at 7:30 p.m.**

The Pulitzer Prize-winning reporter and editor was with the New York Times for 26 years and was a principal panelist on *Washington Week in Review* and a special correspondent for *The NewsHour with Jim Lehrer* for 25 years. His documentary work has won many of television's major awards, including two Emmy Awards. In 1971, as chief diplomatic correspondent, he was a member of the Pulitzer Prize-winning team that produced the *Pentagon Papers* series. In 1974, he won the Pulitzer Prize for International Reporting from Russia and Eastern Europe.



His book *The Russians*, based on his years as New York Times Moscow Bureau Chief, was a No. 1 American best-seller. His next book, *The Power Game: How Washington Works*, was also a major best-seller. His latest book, *Who Stole the American Dream?*, has been hailed by critics for brilliant analysis of political and economic trends and changes in the U.S. over the past 30-40 years. It explains how our nation moved from an era of middle class prosperity and power and effective bipartisan politics to today's polarized politics.

Copies of the book, provided by Politics and Prose, will be available for purchase. Please sign up by calling 301-656-2797.

Award-winning *Metamorphoses* at Arena

Join us for a magical evening on **Saturday, March 9**, when we travel to Arena Stage to see the enchanting Lookingglass Theatre production of *Metamorphoses*.



Set around a pool of water, Tony-winning director Mary Zimmerman has taken a collection of Ovid's myths and created gorgeous imagery, provocative moments and breathtaking storytelling.

When the play opened on Broadway shortly after Sept. 11, 2001, the critics called it a "love letter to the city" and a "balm to despairing New Yorkers agonizing over loss." This special anniversary production features the original cast and all the grace and beauty that won the play the 2002 Tony for Best Direction of a Play as well as four Drama

continued on page 15

Matisse's Dancers and a new wing at the BMA

Catch *Matisse's Dancers* and discover an exciting new wing at the Baltimore Museum of Art with a guided tour of the French artist's exhibition and visit the Museum's new Contemporary Wing on **Wednesday, Feb. 6.**

We'll depart from the Village Center at 9:30 a.m and arrive in Baltimore in time to enjoy a docent-led tour of *Matisse's Dancers*. This intimate exhibition of more than 30 dance-themed prints, drawings, and sculptures by the great French artist Henri Matisse spans three decades of the artist's career—from sculptures created in 1909-11 to delicate drawings of dancers sketched in 1949. The centerpiece of the exhibition is a rarely shown series of 11 transfer lithographs of a dancer/acrobat moving through various positions that evolve into an abstraction of reality, movement, and shape. Following the tour, we'll enjoy a three-course luncheon at the Museum's acclaimed Gertrude's.

The menu includes a choice of soup du jour or house salad, chicken salad or vegetarian sandwich, and mud cake, sorbet or fresh fruit for dessert. A non-alcoholic beverage is also included.

Following lunch, you have ample time to explore the new Contemporary Wing and the collection of Old Masterpieces.

continued on page 2

CHILDREN'S PROGRAMS

A week of fine arts for children

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 24 through Friday, June 28**. Children ages 6 to 12 will learn to make a variety of fine arts projects. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. This camp is run by our curator Millie Shott. Sign up immediately at the Village Center to ensure a space; this camp fills up quickly. Children must have completed kindergarten to qualify. The cost is \$225 per child. After March 1, the cost increases to \$250.

BMA, continued from page 1

You also have time to visit the BMA's terrific gift shop. We should return to the Village Center by 4 p.m.

The cost of the trip is \$68 and includes round-trip transportation, admission to the BMA, docent-led tour of the *Matisse Dancers*, three-course luncheon, and all taxes and gratuities.

Residents may sign up immediately at the Village Center. Non-residents may sign up beginning Jan. 9.

There are 29 spaces available.

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Friendship Heights VILLAGE NEWS

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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 February issue is January 5th. 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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*Mr. Mudd passed away on Dec. 2, 2012

ON the GO...

Spotlight on Village instructor Kathryn Chiariello

Meet Kathryn Chiariello, who teaches Chair Yoga (**Thursdays from 1 to 2 p.m.**) and Evening Yoga (**Wednesdays from 6 -7 p.m.**) at the Center. As a certified Kripalu teacher, she creates classes that balance the development of physical strength and flexibility with mental focus, ease and awareness. She took up yoga over a decade ago to cope with running injuries, and it soon became a central practice in her life. Student Leslie Kefauver describes Kathryn's Chair Yoga class as "a wonderful combination of stretching, strengthening, balancing, and coordinating the body, while relaxing the



Kathryn with students Helen Huntley and Leslie Kefauver.

mind. Kathryn is a patient and cheerful teacher who is easily able to adapt exercises to beginners. I eagerly look forward to her class each week."

Kathryn lives in the Village with her husband, so you might see her around the neighborhood as well as in the classroom! "Yoga is an amazing tool for cultivating health and perspective, and I love to share that with others." And that is what makes Kathryn such a good instructor.

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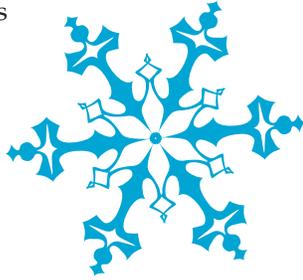


Landon Returns

The Landon Symphonette is a unique group of talented musicians from Landon School and other area schools and colleges playing together with seasoned professionals, in an unrivaled mentoring relationship. Join the Landon Symphonette Chamber Ensemble as the musicians present a lunchtime concert on **Saturday, Jan. 12, from noon to 1:30 p.m.** at the Village Center.

The weekend program will be Tchaikovsky "Humoresque" (oboe, clarinet, horn, bass clarinet/bassoon), Ibert, "tois pieces breve" (flute, oboe, clarinet, horn, bassoon), Mendelssohn, "Concert piece #2" (clarinets & piano), Gounod, "Petite Symphony" (1 flute, 2 clarinets, 2 oboes, 2 horns, 2 bassoons) and Beethoven, "Sextet" (2 clarinets, 2 horns, 2 bassoon.)

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Seating is limited.



While away the day at the NGA

There are still spaces available for our visit the National Gallery of Art on **Tuesday, Jan. 8**. View the galleries in the East and West Wings of the National Gallery and/ or see current exhibits such as *Roy Lichtenstein: A Retrospective* at your own pace. Lunch is on your own. We'll depart from the Village Center at 10 a.m. and should return by 3 p.m. The cost of the trip is \$22. The deadline to sign up is Jan. 3.




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The Boom Box

Worries about finances top the list of concerns for baby boomers. At the October Village boomer gathering it was clear that questions about having enough money for retirement, for possible health issues, whether to purchase long-term care insurance, and when to collect Social Security are serious issues for all of us. On **Thursday, Feb. 7, at 7:30 p.m.**, financial planners Peg Downey and Debbie Gallant will lead a discussion at the Village Center on finances and aging.

Bring all your questions about retirement, the Social Security choices you face, the plans you may want to make for the future, how to address the conflict between current and future needs, how to determine how much is "enough," what insurance you may need, and, how to find the help you need to get personal advice. It promises to be an interesting and interactive evening!

Peg Downey is a founder of Directions for Women, a resource for women and the financial advisors who want to serve them, and retired partner of Money

Plans, a financial planning firm in Silver Spring. Peg was one of the early adopters of both fee-only planning and life planning, is past Chair of the National Association of Personal Financial Advisors (NAPFA), and served as Dean of NAPFA University's College of Communications. She lives in The Elizabeth, a choice she made as a part of her own life planning, when she recognized Friendship Heights as an ideal spot for aging Boomers.

Debbie Gallant is a Certified Financial Planner specializing in life planning. She has additional training in retirement planning and elder care. As a business owner, mother, wife, volunteer in her community and a boomer herself, Debbie knows well the challenges that boomers face.

Please come for socializing and light fare at 7 p.m.; the program will begin at 7:30 p.m. Call 301-656-2797 to reserve a space.



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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, Jan. 3, 7p.m. — Movie

— **The Avengers** — Marvel Studios presents *Marvel's The Avengers*—the Super Hero team up of a lifetime, featuring iconic Marvel Super Heroes Iron Man, The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow. When an unexpected enemy emerges that threatens global safety and security, Nick Fury, Director of the international peacekeeping agency known as S.H.I.E.L.D., finds himself in need of a team to pull the world back from the brink of disaster. Spanning the globe, a daring recruitment effort begins. Rated PG-13. Running Time: 142 minutes.



cions of NYPD Detective Michael Bryer, who will stop at nothing in his pursuits. Stars Richard Gere, Susan Sarandon, and Tim Roth. Rated R. Running Time: 100 minutes.

Thursday, Jan. 31, 7 p.m. — Movie — To Rome with Love — In Woody Allen's ensemble comedy *To Rome With Love*, various lives intersect in the Italian city. The characters include architect John (Alec Baldwin), a young man (Jesse Eisenberg) in love with his girlfriend's best friend, an opera director (Woody Allen) who finds an undiscovered talent in an unexpected place, and Leopoldo (Roberto Benigni), who inadvertently becomes one of the most famous people in Rome. Stars Ellen Page, Alec Baldwin, and Roberto Benigni. Rated R. Running Time: 112 minutes.

Thursday, Jan. 10, 7:30 p.m. — Booksigning with Herdick Smith — see page 1 for details.

Thursday, Jan. 17, 7 p.m. — Movie — Beasts of the Southern Wild — In a forgotten but defiant bayou community cut off from the rest of the world by a sprawling levee, a six-year-old girl exists on the brink of orphanhood. Buoyed by her childish optimism and extraordinary imagination, she believes that the natural world is in balance with the universe until a fierce storm changes her reality. Desperate to repair the structure of her world in order to save her ailing father and sinking home, this tiny hero must learn to survive unstoppable catastrophes of epic proportions. Rated PG-13. Running Time: 91 minutes.

Thursday, Jan. 24, 7 p.m. — Movie — Arbitrage — When we first meet New York hedge-fund magnate Robert Miller on the eve of his 60th birthday, he appears the very portrait of success in American business and family life. But behind the gilded walls of his mansion, Miller is in over his head, desperately trying to complete the sale of his trading empire to a major bank before the depths of his fraud are revealed. Struggling to conceal his duplicity from loyal wife Ellen and brilliant daughter and heir-apparent Brooke, Miller's also balancing an affair with French art-dealer Julie Cote. Just as he's about to unload his troubled empire, an unexpected bloody error forces him to juggle family, business, and crime with the aid of Jimmy Grant, a face from Miller's past. One wrong turn ignites the suspi-

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ART and CULTURE

Camera club to exhibit in Friendship Gallery during January

The North Bethesda Camera Club "Light or Shadow" exhibit this month in Friendship Gallery features photographs where compelling light or shadow is the dominant feature and creates the main interest in the image. Corey Hilz, the juror for this exhibit, selected 50 photographs by 33 NBCC members for the exhibit. The photographs include both monochrome and color images, and encompass a wide range of subjects.



North Bethesda Camera Club photographers have been recognized locally and nationally for their wide range of photographic expertise and creativity. NBCC is one of the oldest camera clubs in the Washington, D.C., area and the first club to win the Camera Club Category in *Nature's Best Photography* magazine's International Photography Competition. NBCC has 150 members, including professional photographers, advanced amateurs, and beginning photographers. For more information about the North Bethesda Camera Club, visit the club's web site at <http://nbccmd.org>. The exhibit runs from Jan. 7 to Feb. 2.

At right, "Key West Sunset" by Claudia Seelig, and at left, "Life and Death – Lights and Shadows" by Stu Mathison

All are invited to a reception to meet the photographers on **Sunday, Jan. 13, 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 activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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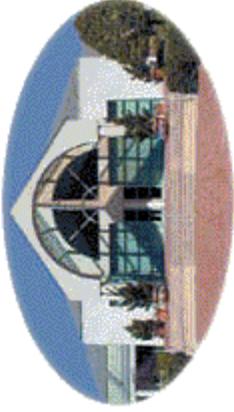
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Friendship Heights Village Center



Calendar of Events 2013

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



J A N U A R Y

6

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

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.: Yoga
7 p.m.: Café Muse

8

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Depart for NGA
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

9

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
**1 p.m.: Suburban
Lecture: Get Your
Back on Track**
1 p.m.: Portraiture in Pencil
and Pastel
1 p.m.: Health Insurance
Counseling
6 p.m.: Yoga with Kathryn
**7:30 p.m.: Concert:
Seraphim**

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
1 p.m.: Chair Yoga
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
Painting
**7:30 p.m.: Book Signing
with Hedrick Smith**

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
1 p.m.: Multi Media Arts

12

8:15 a.m.: Walking Club
9 a.m.: Photography for
Children
10:30 a.m.: Basic
Photography
**12:00 p.m.: Landon
Symphonette**

1

**New Year's Open House
2 to 3:30 p.m.**
**Shuttle Runs
1:30 to 4 p.m.
between residential
buildings only**

2

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish

3

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

4

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

5

8:15 a.m.: Walking Club

13

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**

14

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

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
7 – 9 p.m.: Suburban Nurse

16

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Special Lunch
1 p.m.: Portraiture in Pencil
and Pastel
4:30 p.m.: Beginning Bridge
6 p.m.: Yoga with Kathryn

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
1 p.m.: Chair Yoga
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
Painting

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
1 p.m.: Multi Media Arts

19

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

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

20
 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

21
Martin Luther King, Jr. Day Center Open Shuttle Runs on a weekend schedule
 10 a.m.: Great Books
 10:30 a.m.: Resistance Training For Seniors
 1 p.m.: Strength Training with Tonya

22
 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

23
 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.: Health Insurance Counseling
 4:30 p.m.: Beginning Bridge
 6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: String of Pearls featuring Susan Jones

24
 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: Arbitrage

25
 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

26
 8:15 a.m.: Walking Club
 9 a.m.: Photography for Children
 10:30 a.m.: Basic Photography

27
 9 a.m.: Yoga
 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

28
 9:15 a.m.: Fit 4 Ever
10 a.m. – 2 p.m.: MVA Bus
 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

29
 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

30
 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.: Beginning Bridge
 6 p.m.: Yoga with Kathryn

31
 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: To Rome with Love

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.

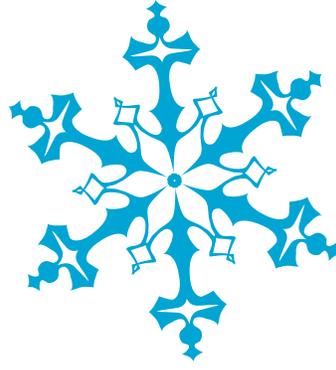


Village Center Hours

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.

Join us for lunch at the Village Center on **Wednesday, Jan. 16, at 12 p.m.**, when we will welcome back Sunrise Brighton Gardens and Chef Laté Lawson as our Special Lunch caterer. The menu will be cream of carrot soup, followed by Garden Chicken (chicken breast stuffed with vegetables), Mediterranean salad, corn, stewed tomatoes, and rolls. Dessert will be chocolate mousse. The cost is \$14 and the deadline to register is Friday, Jan. 11. The maximum number of guests is 25 – sign up soon to enjoy lunch and socializing with your friends and neighbors!



The Village Book Club will meet this month on **Tuesday, Jan. 15, at 11 a.m.** The book selection is *The Plague of Doves* by Louise Erdrich.





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 (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Jan. 10. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends March 14. 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 Jan. 12. 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. Instruction is in the classroom and in the field. Students must bring a camera to class; digital cameras are preferred. The last class is March 2. See examples of Lew's students' work at <https://www.facebook.com/media/set>.

BASIC PHOTOGRAPHY FOR CHILDREN 10 AND OLDER

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Jan. 12. Meets Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Instruction is in the classroom as well as out in the field (not far from the Village Center within the neighborhood). Students

must have a digital camera and a flash drive. Class will not meet Jan. 19 and Feb. 17. The last class is March 16.

MULTI MEDIA ARTS WORKSHOPS

A 6-week course, taught by artist and Village art curator Millie Shott, begins Jan. 11. For beginning and returning students. Meets Fridays from 1 to 3 p.m. Students will work and experiment with colored inks, collage, print making, and liquid acrylics. All supplies are furnished; a \$10 material fee is included in fee. Cost is \$80. Session ends Feb. 15. Minimum of students is 4; maximum number is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan. 9. 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 Feb. 13.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Jan. 10. 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 March 14.

Maximum number of students is 14.

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins Jan. 16. Meets Wednesdays from 4:30 to 6:30 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will learn terminology, how to evaluate and bid hands, how to make finesse work, counting points and more. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. A minimum of 8 students is required; maximum is 12. The cost is \$105 for residents; \$110 for nonresidents. Session ends Feb. 27.

COMPOSITION

WRITING YOUR LIFE BY THE TALE

This 6-week course begins Feb. 26. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will include short writing exercises, discussions and readings. The instructor is journalist Lynne Vance, who has had more than 20 years experience of writing and editing. Cost is \$90. Minimum number is 8; maximum is 10. Class ends April 2.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Jan. 15. 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 Feb. 19. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins Jan. 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 \$75 for residents; \$80 for nonresidents. Session ends Feb. 20.

CHAIR YOGA WITH KATHRYN

This 8-week class begins Jan. 10 and meets Thursdays from 1 to 2 p.m. The class focuses on strengthening and stretching the body in a safe, supported practice. Students stretch and tone the muscles and joints and use simple breathing and meditation practices to bring greater ease to body and mind. Give it a try! Questions? Call Kathryn at 240-743-4294. The cost is \$80 for residents; \$85 for non-residents. Session ends Feb. 28.

EVENING YOGA WITH KATHRYN

This 8-week class begins Jan. 9 and meets Wednesdays from 6 -7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn at 240-743-4294. The cost is \$80 for residents; \$85 for non residents. Session ends Feb. 27.

MAT PILATES

The 6-week session begins Jan. 8. 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. The deadline for signing

up is Mon., Jan. 7, at 5 p.m. **The class will be canceled if we don't have a minimum of 8 students.** Questions? Email Gingerrusteach@yahoo.com. Session ends Feb. 12.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 11. 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 Feb. 15.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Jan. 14. 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 Feb. 18.

SKY VALLEY TAI JI (Thursday)

This 4-week class, taught by Thomas Johnson, begins Jan. 10. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$40 for residents; \$50 for nonresidents. Minimum number is eight. Session ends Jan. 31.

SKY VALLEY TAI JI (Tuesday)

This 4-week class begins Jan. 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$50 for nonresidents. Minimum number is eight. Session ends Jan. 29.

YOGA (Day)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 6. Meets Sundays from 9 to 10:20 a.m. Includes semi-strenuous postures, stretches, and coordinated breathing, and 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 \$105 for residents; \$110 for nonresidents. Session ends March 10 (class will not meet Jan. 20 and Feb. 17)

YOGA (Evening)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 7. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$105 for residents; \$110 for nonresidents. Session ends March 11 (class will not meet Jan. 21 and Feb. 18).

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 \$3 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.

continued on page 12

CONCERTS

Concerts will be held from 7:30 to 8:30 p.m. on the second, third and fourth Wednesdays of the month. The second and fourth Wednesdays will feature musical performances while the third Wednesday will feature storytelling. Performances are held in Huntley Hall of the Village Center.

Wednesday, Jan. 2 — No Concert

Wednesday, Jan. 9 — Seraphim — Founded in 1983, Seraphim has been delighting the Washington area with sweet sounds and warmly blended harmonies for many years. Seraphim performs regularly at the Maryland Renaissance Festival and has sung at the White House, Constitution Hall, Tudor Place, Old Heurich Mansion, Woodlawn Plantation and numerous commercial establishments. Seraphim's voices are Kathleen Peery, soprano; Martha Lawrence, soprano; Phyllis Fong, mezzo-soprano; and Charlotte Knapp, mezzo-soprano. Take a sentimental journey with Seraphim as the group presents favorites such as Don't Sit Under the Apple Tree, La Vie En Rose, Some Enchanted Evening and many, many others.

Wednesday, Jan. 16 — Tales in the Village — Every third Wednesday the Friendship Heights Village Center features a different type of performance art. Tales in the Village welcomes some of the top storytellers in the country.

Wednesday, Jan. 23 — String of Pearls featuring Susan Jones — Violinist Susan Jones is a familiar favorite of Friendship Heights audiences. Known for her exceptional talent in groups ranging from Machaya Klezmer to Maria-chis de Los Compadres, this time Jones brings her trio to the Village Center for an evening of classical music.

Classes/ Clubs continued from page 11

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 or family member over age 13.

VISION SUPPORT

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship

continued on page 14



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TO YOUR HEALTH

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New technology of minimally invasive procedures lends to a shorter hospital stay, smaller incision and a return to work and daily activities much sooner. Dr. David Lin, neurosurgeon at Suburban Hospital, will detail how the latest techniques in back surgery can relieve ongoing pain at this month's Suburban Lecture at the Village Center on **Wednesday, Jan. 9, at 1 p.m.** There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 640
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

Medicare to cover glaucoma testing

The Vision Support Group is happy to report that beginning in 2013 Medicare coverage will pay for preventive tests once a year for people at high risk for glaucoma. Glaucoma is a public health concern called "the sneaky thief of sight" because there are no symptoms. You are at high risk if you have diabetes, a family history of glaucoma, are African American and 50 or older, or are Hispanic and 65 or older.

An eye doctor must perform the test. The patient will pay 20 percent of the Medicare approved amount, and Part B deductible applies for the doctor's visit. Note: Medicare still does not cover routine eye care. However it is the hope of the Prevention of Blindness Society of Metropolitan Washington (a sponsor of the Vision Support Group) to assist area-wide residents with information and guidance on how you can protect your sight through our many programs and share groups. The Vision Support Lunch and Learn will meet again **Thursday, February 21, from 12:30 – 1:30 p.m.** at the Village Center. Read more in February's newsletter. Happy New Year!

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Classes/ Clubs continued from page 12

Heights. Meets one Thursday a month at 12:30 p.m. for 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.



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phone **301-654-9355** | fh@getwell-rehab.com
www.getwell-rehab.com  **find us on facebook**

Cafe Muse presents...

This month's Café Muse, on **Monday, Jan. 7, at 7 p.m.**, presents poets Kathleen Hellen and Kathleen O'Toole.

Kathleen Hellen is the author of *Umberto's Night* (winner of the Washington Writers Publishing House Prize in Poetry in 2012) and *The Girl Who Loved Mothra*. Her work has appeared in *Cimarron Review*; *the Cortland Review*; *Poetry Northwest*; *Prairie Schooner*; and *Witness*; among others; and on WYPR's "The Signal." She is also the winner of the Thomas Merton Poetry Prize. A Pushcart nominee, she is senior editor for the *Baltimore Review*.

Kathleen O'Toole's book, *Meanwhile*, was released in 2011, and her chapbook, *Practice*, in 2005. Her poems have

appeared widely in magazines and journals including *Little Patuxent Review*, *Natural Bridge*, *Poetry*, *Potomac Review* and on line in *Beltway*. Her interest in haiku led her to Towpath Haiku Poets, where she co-edited the 2010 members' anthology *a few stars away*. She has taught writing at Johns Hopkins University.

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.

Metamorphoses at Arena, continued from page 1

Desk Awards, two Drama League Awards, and an Outer Critics Circle Award. As a special treat, we will remain after the performance to meet some of the Lookingglass actors.

We will leave the Village Center at 6:45 p.m. and return before 11 p.m. The cost of the trip, which includes a seat in row D, E or F, transportation and all gratuities, is \$79. Residents with one guest may sign up immediately; nonresidents may sign up Jan. 8. After Feb. 8, the price increases to \$85. There are 29 spaces available (Please note that *Metamorphoses* includes a scene which contains male nudity).

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Village Council Corner

Council will consider applicants for seat vacated by Chip Mudd

Beloved Village Council member Leonard “Chip” Mudd passed away on December 2, 2012. We remember Chip not only as a terrific Council member but as a friend of the community. He will be greatly missed. Look for a tribute to Chip in our 2012 Annual Report to be distributed later this month.



Leonard “Chip” Mudd

The process for filling an empty seat on the Council consists of the following steps:

- 1) Notice is hereby given that the Village Council invites applications for the position of Council member to fill Mr. Mudd’s unexpired term.
- 2) Applicant must be a registered and qualified

- voter of the Village of Friendship Heights, and must be a current resident of the Village.
- 3) A summary of the candidate’s experience and interest must be submitted to Julian Mansfield, Village Manager, 4433 South Park Avenue, Chevy Chase, Maryland 20815. This summary can either be mailed, brought to the Village Center or emailed to jmansfield@friendshipheightsmd.gov.
- 4) Deadline for receipt of the application will be 5 p.m., Friday, February 15, 2013.
- 5) The Council will review the applications and determine if and when interviews are given.
- 6) If the Council decides to make a recommendation to fill the Village Council vacancy, the recommendation will be sent to the Montgomery County Council, which has the ultimate responsibility for making the final decision.
- 7) Any person approved by the County Council will serve until the May, 2013 election.

Council actions at the December 10 meeting:

- Approved banner for use in Village centennial;
- Discussed possible improvements to Willoughby and Page parks.



Friendship Heights

VILLAGE NEWS

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



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January 2013 events calendar