



F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



					<p>1 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>2 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>3 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4 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</p>	<p>5 8:15 a.m.: Walking 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>6 9:15 a.m.: Fit 4-Ever 9:30 a.m.: Depart for BMA 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</p>	<p>7 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Boomers and Finances</p>	<p>8 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>9 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>10 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</p>	<p>11 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</p>	<p>12 8:15 a.m.: Walking Club 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>13 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Preventing a Broken Heart 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: Arias and Love Songs</p>	<p>14 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Valentine's Day</p>	<p>15 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>16 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>17 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18 Presidents Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya Shuttle bus runs on weekend schedule</p>	<p>19 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 4:30 p.m.: French Conversation 6:30 p.m. Chess Group 8:15 a.m.: Walking Club</p>	<p>20 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 12 p.m.: Special Lunch 1 p.m.: Carmen Lattimore: "Me and Moses" 4:30 p.m.: Beginning Bridge 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Tales in the Village</p>	<p>21 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 5:30 p.m.: Depart for La Ferme 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Seven Psychopaths</p>	<p>22 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>23 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>24 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>26 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 4:30 p.m.: French Conversation 6:30 p.m. Chess Group</p>	<p>27 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 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: Ellen Tenenbaum</p>	<p>28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Depart for Baltimore Museum of Industry 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Flight</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.

Thank you generous neighbors!

A big thank you to all the Village residents who donated 340 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provides food for 3,300 households each month; 1,600 "Smart Sacks" are given to elementary school children every week. Donated new toys were delivered to the Montgomery County Family Justice Center for children who have witnessed domestic violence in their families.

