



M A R C H

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Need help with your taxes?

Free AARP tax assistance can be found at these locations. Please call (240) 777-2577- not the Village Center – to make an appointment (required):

<p>Bethesda Library 7400 Arlington Road, Bethesda Mondays 10:30 a.m. to 4 p.m.</p>	<p>Chevy Chase Library 8005 Connecticut Ave., Chevy Chase Thursdays 10:30 a.m. to 4 p.m.</p>
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<p>1</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</p>	<p>2</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>3</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</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 7 p.m.: Yoga 7 p.m.: Café Muse</p>
<p>5</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 4:30 p.m.: French Conversation 6 p.m.: Chess</p>	<p>6</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</p>
<p>7</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Flight</p>	<p>8</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</p>
<p>9</p> <p>8:15 a.m.: Walking Club 6:45 p.m.: Depart for Arena Stage</p>	<p>10</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</p>
<p>11</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 7:30 p.m.: Friendship Heights Council Meeting</p>	<p>12</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 4:30 p.m.: French Conversation 6 p.m.: Chess</p>
<p>13</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Don't Ignore Your Gut Feeling" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Washington Revels</p>	<p>14</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Skyfall</p>
<p>15</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.: Brain Health Workshop</p>	<p>16</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>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 7:30 p.m.: County Police Chief Thomas Manger</p>
<p>19</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 4:30 p.m.: French Conversation 6 p.m.: Chess</p>	<p>20</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.: Playing Defense 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village- Ellouise Schoettler</p>
<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 7 p.m.: Movie:Anna Karenina</p>	<p>22</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</p>
<p>23</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>	<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>
<p>25</p> <p>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</p>	<p>26</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>27</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 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert:Friday Morning Music Club</p>	<p>28</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Wreck-It Ralph</p>
<p>29</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</p>	<p>30</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>31</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers Happy Easter</p>	<p>31</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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.



Shredding Truck Returns to the Village Center

On **Wednesday, April 17, from 5 to 7 p.m.**, a truck from "Shred-it" will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service.

