



A P R I L

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

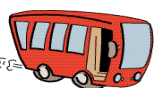


<p>7</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>1</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>2</p> <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>3</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 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Isis Ensemble featuring flute and koto</p>	<p>4</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: Zero Dark Thirty</p>	<p>5</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>6</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>14</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>8</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>9</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 6:30 p.m.: Chess 7 p.m.: Pilates</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Tired of Counting Sheep" 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: Cellist So Sugiyama</p>	<p>11</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: Lincoln</p>	<p>12</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>13</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography 12 to 1:30 p.m.: Community Day</p>
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>15</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>16</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 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 4:30 p.m.: French Conversation 6:30 p.m.: Chess 7 p.m.: Pilates</p>	<p>17</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 5 – 7 p.m.: Shred-It Truck 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village featuring Nick Newlin</p>	<p>18</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 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Life of Pi</p>	<p>19</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. to 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Event 1 p.m.: Water Color Painting</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography 12 p.m.: Landon Symphonette</p>
<p>28</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>23</p> <p>8:15 a.m.: Walking Club 8:30 a.m.: Depart for Fredericksburg 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 6:30 p.m.: Chess 7 p.m.: Pilates</p>	<p>24</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 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Friday Morning Music Club</p>	<p>25</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 7:30 p.m.: Book Signing with Peter Clark</p>	<p>26</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 12 p.m.: Special Lunch 1 p.m.: Concert with Eric Abrahamson 1 p.m.: Water Color Painting</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 10 a.m. – 2 p.m.: Prescription Drug Take-Back Day  10:30 a.m.: Basic Photography</p>
<p>29</p> <p>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</p>	<p>30</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.: Pilates</p>					

Safe driving program still has spaces

The AARP Driver Safety Program will be offered Friday, April 19, from 10 a.m. to 3 p.m., at the Village Center. Mike Walmsley will be the instructor. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

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.

Cafe Muse presents...

This month's Café Muse, on **Monday, April 1, at 7 p.m.**, features poetry from Michelle Chan Brown and Joanna Pearson.

Michelle Chan Brown's *Double Agent* received the 2011 Kore Press First Book Award, selected by Bhanu Kapil. A chapbook, *The Clever Decoys*, is available from LATR editions. Her poetry and reviews have appeared in *Missouri Review*, *Quarterly West*, *Witness* and others; she has been nominated for the Pushcart Prize. She was writer-in-residence at Pomfret School, where she also directed the Broken Bridge Summer Arts Workshop. She currently teaches, writes and edits *Drunken Boat* in Washington, DC.

Joanna Pearson's first book of poetry, *Oldest Mortal Myth*, was selected by Marilyn Nelson for the 2012 Donald Justice Poetry Prize. She's also the author of the young adult novel *The Rites and Wrongs of Janice Wills*. She currently works as a resident physician at Johns Hopkins and lives in Baltimore.

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.