



**M A Y**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**Last Chance for Charles Town**  
A few spaces remain for our trip to Charles Town on **Sunday, May 19**. We'll depart from the Center at 10:30 a.m. and return by 7 p.m. The cost is \$69, includes transportation, buffet, program and all taxes and gratuities. Sign up at the Village Center.

<p><b>1</b></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 <b>7:30 p.m.: Concert:Barrie Goodman</b></p>	<p><b>2</b></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 <b>7:30 p.m.: Book Signing with Anne Barton</b></p>	<p><b>3</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>			
<p><b>5</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>6</b></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 <b>7 p.m.: Café Muse</b></p>	<p><b>7</b></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>	<p><b>8</b></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.: Suburban Lecture: "Demystifying Your Thyroid" 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn <b>7:30 p.m.: Concert:Thomas Pandolfi</b></p>	<p><b>9</b></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 <b>7 p.m.: Boomers and Encore Careers</b></p>	<p><b>10</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography <b>2:45 p.m.: Depart for Nationals Stadium</b></p>
<p><b>12</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>13</b></p> <p><b>7 a.m. to 8 p.m.: COUNCIL ELECTION</b> 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><b>14</b></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 7 p.m.: Pilates</p>	<p><b>15</b></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.: American Songwriters: "Hooray for Hollywood" 4:30 p.m.: Playing Defense <b>7:30 p.m.: Concert: Tales in the Village featuring Susan Gordon</b></p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7:30 p.m.: Book Signing with Richard Breitman</b></p>	<p><b>17</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Event <b>2 p.m.: Tea and Talk: "The American Impressionists at Giverny"</b></p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p><b>19</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>10:30 a.m.: Depart for Charles Town</b> <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>20</b></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><b>21</b></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 <b>7:00 p.m.: Friendship Heights Village Council Swearing-in and Meeting</b></p>	<p><b>22</b></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 1 p.m.: American Songwriters: "The Wit and Wisdom of Cole Porter" 4:30 p.m.: Playing Defense <b>7:30 p.m.: Concert: Kinor Dance Company</b></p>	<p><b>23</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7:30 p.m.: Book Signing with Daniel Stashower</b></p>	<p><b>24</b></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><b>25</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p><b>26</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>27</b></p> <p><b>Memorial Day Center open 9 a.m. to 2 p.m. Shuttle runs on weekend schedule</b>  10 a.m.: Great Books</p>	<p><b>28</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji <b>10 a.m. – 2 p.m.: MVA Bus</b> 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>	<p><b>29</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: American Songwriters: "Stardust Melodies" 4:30 p.m.: Playing Defense <b>7:30 p.m.: Concert:Antonio Guiliano</b></p>	<p><b>30</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7 p.m.: Movie:Hitchcock</b></p>	<p><b>31</b></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>	



**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.

**Time for Spring Cleaning  
GEICO/Goodwill E-cycling Day**

GEICO will host a Goodwill/E-cycling Day on **Saturday, May 11 from 9 a.m. to 12 p.m.** at the building parking lot at 5260 Western Avenue in Chevy Chase. Donations accepted include: electronics (in working condition and with ALL parts, including cords) Radios, stereo systems, mp3 players,VCRs, and DVD players (Goodwill will only accept televisions that have a coaxial cable connection or RCA inputs); small appliances such as toaster ovens, Foreman Grills®, coffee makers, vacuum cleaners, and portable air conditioners; fans that are CPSC approved; microwave ovens in acceptable working condition; computers, all brands, all parts, *any condition*; software programs less than two years old; gaming systems; and cell phones. Other recyclable household items will also be accepted such as clothes, shoes, toys, books, accessories, furniture and lawn equipment (all fuel must be removed prior to donating).

For more information about donating go to [www.dcgoodwill.org](http://www.dcgoodwill.org) and click on Donate.