

Friendship Heights Village Center



Calendar of Events 2013

J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Save the Date

Thursday, July 25: St. Michaels Excursion

<p>2</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>3</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 p.m.: Café Muse</p>	<p>4</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>5</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: "The Wonderful Wizard of Song" 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>6</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 7:30 p.m.: Book Signing with Susan Tejada</p>	<p>7</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>1</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>9</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>10</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>11</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>12</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: "Breathe Easy, Breathe Better" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Annie and Mac</p>	<p>13</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 7:30 p.m.: Book Signing with Veronica Brand</p>	<p>14</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>15</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>16</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>17</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 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.: Book Signing with Leslie Maitland</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 11:30 a.m.: Depart for Range 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse 7 p.m.: Pilates 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>19</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 7:30 p.m.: Concert: Susan Jones and Caliente</p>	<p>20</p> <p>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 7 p.m.: Movie: Silver Linings Playbook 8:15 a.m.: Walking Club</p>	<p>21</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Event 10:30 a.m.: Strength Training with Cheryl 12 p.m.: Special Lunch 1 p.m.: Edita Vinnitskaya in concert</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>23</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>24</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p>26</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 10 a.m.: Depart for the National Mall 1 p.m.: Health Insurance Counseling 4:30 p.m.: Playing Defense 7:30 p.m.: Concert: Jinny Marsh Hot Kugel Band</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 6:15 p.m.: Scrabble 7 p.m.: Movie: Safe Haven</p>	<p>28</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>30</p> <p>9 a.m.: Yoga 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.

The Village Book Club will meet this month on **Tuesday, June 18, at 11 a.m.** The book selection is *The Warmth of Other Suns* by Isabel Wilkerson. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

