



**S E P T E M B E R**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>2</b> <b>Labor Day Center Open 9 a.m. to 2 p.m.</b>  10 a.m.: Great Books  <b>Shuttle bus runs on weekend schedule</b>	<b>3</b> 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.: Pilates	<b>4</b> 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise  <b>No concert—Rosh Hashanah</b>	<b>5</b> 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble <b>7 p.m.: Movie: Chocolat</b>	<b>6</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	<b>7</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography
<b>8</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>9</b> <b>8:30 a.m.: Depart for Amish Farm</b> 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>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>10</b> 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	<b>11</b> 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: "Optimize Your Care"</b> 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn <b>7:30 p.m.: Concert: James Taylor</b>	<b>12</b> 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 p.m.: Movie: The Impossible</b>	<b>13</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	<b>14</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
<b>15</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>16</b> 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 <b>7 p.m.: Café Muse</b>	<b>17</b> 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 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	<b>18</b> 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel <b>2 p.m.: Tea and Talk: "The Lady was a Spy"</b> 6 p.m.: Yoga with Kathryn <b>7:30 p.m.: Tales in the Village</b>	<b>19</b> 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.: Aviva Kempner on The Life and Times of Hank Greenberg</b>	<b>20</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	<b>21</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography
<b>22</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>23</b> 9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</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 <b>7:30 p.m.: Town Hall Meeting with Nancy Floreen</b>	<b>24</b> 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.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates	<b>25</b> 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling <b>2 p.m.: Tea and Talk: Cate Lineberry: The Secret Rescue</b> 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Barbara Martin</b>	<b>26</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji <b>10 a.m.: Depart for Hillwood</b> 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 p.m.: Movie: The Great Gatsby</b>	<b>27</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	<b>28</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography <b>12 – 5 p.m.: Taste of Friendship Heights</b>
<b>29</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>30</b> 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 <b>7:30 p.m.: Book Signing with Kenneth Walsh</b>					

**Chess anyone?**

An informal, drop-in chess group for all levels will begin meeting once a week this fall at the Village Center. The reading room is available for players, but we need to know what day and time work for most people. Call Norman Schiff at 206-713-6079 or Jennie Fogarty at 301-656-2797 with your thoughts.

**News from the Village Center Reading Room**

Our featured author this month is **Elmore Leonard**. Stop by and see the special display the next time you visit the 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.

**Safe driving program**

The AARP Driver Safety Program will be offered **Friday, Oct. 18, 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 their driver's license and a ballpoint pen with them to class. Please register at the Village Center.