



O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



		<p>1</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>2</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 p.m.: Concert: Barbara Papendorp and Amy Conley</p>	<p>3</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 p.m.: Movie: Much Ado About Nothing</p>	<p>4</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m. – 1 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>5</p> <p>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 6:45 p.m.: Depart for Arena Stage</p>
<p>6</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</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>8</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>9</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: "Off on the Right Foot" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge 5 – 7 p.m.: Shred-It Truck 7 p.m.: Concert: Susan Jones and Caliente</p>	<p>10</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 6:30 p.m.: QM2 Passengers Meeting 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Iron Man 3</p>	<p>11</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.: Mixed Media with Millie 1 p.m.: Tea and Talk: Linda Kenyon in The Greatest Ever</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 1 p.m.: Goodwill Pick up at GEICO 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography</p>
<p>13</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>14</p> <p>Columbus Day Center Open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 11 a.m.: Writing Your Life by the Tale 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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>16</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 Master: The Revolutionary Songs of Jerome Kern" 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn 7 p.m.: Concert: Tales in the Village</p>	<p>17</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 7:30 p.m.: Allan Stypeck on Collecting</p>	<p>18</p> <p>9:15 a.m.: Drop-in Tai Chi 10 a.m.: Children's Farm Trip 10 a.m. – 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Mixed Media with Millie</p>	<p>19</p> <p>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</p>
<p>20</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>21</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 7:30 p.m.: Book Signing with Ellen Cassidy</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life by the Tale 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</p>	<p>23</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 Incomparable Melodies of Richard Rodgers" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn 7 p.m.: Concert: Barrie Goodman</p>	<p>24</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.: William Bodde: "Three Crises and Three Presidents"</p>	<p>25</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.: Mixed Media with Millie</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10 a.m. – 2 p.m.: Prescription Drug Take-Back Day 10:30 a.m.: Basic Photography 12-1:30 p.m.: Landon Concert</p>
<p>27</p> <p>7:30 a.m.: Depart for Queen Mary 2 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</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 2:30 p.m.: Acrylic or Oil Painting</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life by the Tale 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>30</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: American Songwriters: "The Fascinating Odysseys of Vernon Duke and Kurt Weill" 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn 7 p.m.: Concert: Ray Apollo Allen</p>	<p>31</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 p.m.: Movie: Psycho</p>	<p>The Village Book Club will meet this month on Tuesday, Oct. 15, at 11 a.m. The book selection is <i>Charming Billy</i> by Alice McDermott. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."</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.

Safe driving program at the Center

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 to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

Off on the Right Foot

Learn about common problems that can affect your mobility and comfort from podiatrist Dr. Danielle Venegonia at this month's Suburban Lecture at the Village Center on **Wednesday, Oct. 9, at 1 p.m.** Bring your questions about bunions, hammertoes, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.