



J A N U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARK YOUR CALENDARS

The Summer Art Camp for Children will take place Monday, June 16 through Friday, June 20. See the February *Village News* for details.

<p>1</p> <p>New Year's Open House 2 to 3:30 p.m.</p> <p>Shuttle bus runs 1:30 to 4 p.m. between residential buildings only</p>	<p>2</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 7 p.m.: Movie: 42</p>	<p>3</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>4</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>8</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Jump for Joint Replacement" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Bridge-Basic Conventions 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Sue Richards</p>	<p>9</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 7 p.m.: Movie: Enough Said</p>	<p>10</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>11</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>15</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4:30 p.m.: Bridge-Basic Conventions 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village</p>	<p>16</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 7 p.m.: Movie: Blue Jasmine</p>	<p>17</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>18</p> <p>8:15 a.m.: Walking Club</p>
<p>22</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4:30 p.m.: Bridge-Basic Conventions 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Jim Logan</p>	<p>23</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 1 – 4 p.m.: Glaucoma screenings 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Asoka Bandarage</p>	<p>24</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Mixed Media with Millie</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 9:15 a.m.: Centennial Saturday: "Birth of a Village"</p>
<p>29</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 11 a.m.: Depart for Baltimore 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4:30 p.m.: Bridge-Basic Conventions 6 p.m.: Yoga with Kathryn</p>	<p>30</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 7:30 p.m.: Book Signing with David O. Stewart</p>	<p>31</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>	

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9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

6

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

7

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
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

12

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

13

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

14

8:15 a.m.: Walking Club
9 a.m.: Depart for Richmond
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
2 p.m.: Getting to Know Your iPad
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

19

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

20

Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.

10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
Shuttle bus runs on weekend schedule

21

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 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

26

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

27

9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Mobile Office
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

28

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
12 – 4 p.m.: Blood Pressure Screening
1 p.m.: Balance and Coordinating
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

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.

A great way to recycle those old eyeglasses

Are your old eyeglasses obsolete? Why not donate them to the Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

