



M A R C H

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Shredding truck in the Village

Shred-it will be back on **Wednesday, April 9**. The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*



1
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
9:15 a.m.: Centennial Saturday: "From High St. to High Rises"
10:30 a.m.: Basic Photography

2
9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3
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
7 p.m.: Café Muse

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

5
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
6 p.m.: Yoga with Kathryn

6
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

7
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

8
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

9
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

10
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
7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING

11
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
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
9:15 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: "Get Your Back on Track"
1 p.m.: Health Insurance Counseling
4:30 p.m.: Beginning Bridge
7:30 p.m.: Concert: Friday Morning Music Club

13
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: Nebraska

14
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

15
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography
12 p.m.: Landon Symphonette

16
9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17
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



18
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
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

19
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.: Beginning Bridge
7:30 p.m.: Tales in the Village

20
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
7 p.m.: Movie: The Butler

21
9:15 a.m.: Drop-in Tai Chi
10 a.m. – 1 p.m.: Shingles Shots
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

22
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

23
9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24
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

25
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.: Genealogy Research Online
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

26
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.: Beginning Bridge
6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: Beau Soir

27
8:15 a.m.: Walking Club
9 a.m.: Depart for National Harbor
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: Dallas Buyers Club

28
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

29
8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

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

31
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

An early call for art

Two upcoming art shows will be open to all artists in the area. Friendship Heights Village's "Three Cheers for the Red, White and Blue!" show in July is a popular multi-media exhibit held each year in conjunction with the annual Fourth of July celebration. Ideas for themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. In September, the Village will once again sponsor a "cuisine-art" show as part of the annual Taste of Friendship Heights. Paintings, photographs or sculpture related to food or food-preparation are suggestions. Look for applications at the Village Center later this spring.

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.