



M A Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Reminder: Hans Riemer town hall meeting

Hans Riemer, At-large County Councilmember, will hold a town hall meeting at the Village Center on **Thursday, May 1, at 7:30 p.m.** Councilmember Riemer serves on the Transportation, Infrastructure, Energy & Environment Committee as well as the Government Operations & Fiscal Policy Committee. Please call 301-656-2797 to reserve a seat.

<p>4</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga with Robin</p>	<p>5</p> <p>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 3 p.m.: Mah Jongg 7 p.m.: Café Muse</p>	<p>6</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>7</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 2 p.m.: Tea and Talk: We'll Go to Coney Island 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Jeongseon Choi and Liana Valente</p>	<p>8</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 Martin Goldsmith</p>	<p>9</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>10</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 9 a.m. – 1 p.m.: Twin Springs 9:15 a.m.: Centennial Saturday: "Creating a New Community" 10:30 a.m.: Basic Photography</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga with Robin</p>	<p>12</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 3 p.m.: Mah Jongg 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>13</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 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>14</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: "Caring for the Skin You're In" 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Kinor Dancers</p>	<p>15</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 7 p.m.: Movie: Cutie and the Boxer</p>	<p>16</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.: American Songwriters: "Irving Berlin, The Founding Father"</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 9 a.m. – 1 p.m.: Twin Springs 9 a.m. - 1 p.m.: Goodwill Donation Drive at Geico 10:30 a.m.: Basic Photography</p>
<p>18</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga with Robin</p>	<p>19</p> <p>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 3 p.m.: Mah Jongg</p>	<p>20</p> <p>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</p>	<p>21</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 2 p.m.: Tea and Concert: Stephanie Offutt 7:30 p.m.: Tales in the Village: "Hello Girls"</p>	<p>22</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: Saving Mr. Banks</p>	<p>23</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: American Songwriters: "The Great Songs of Frank Loesser"</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>25</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>Memorial Day Center open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books</p> <p>Shuttle bus runs on weekend schedule</p> 	<p>27</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>28</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 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Barbara Martin and Vince Lewis</p>	<p>29</p> <p>7:30 a.m.: Depart for Longwood Gardens 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: Philomena</p>	<p>30</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.: American Songwriters: "The Fascinating Paradox of Hoagy Carmichael"</p>	<p>31</p> <p>8:15 a.m.: Walking Club 9 a.m.: Photography for Children 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</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.

Produce market returns to the village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 3, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday through December. During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, and basil. New this year from the Twin Springs greenhouses are bok choy, savory spinach and spring mixed greens. In addition, they will feature fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies. Also available in May are strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

