

# Friendship Heights Village Center



# Calendar of Events 2014

J U N E							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>2</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 3 p.m.: Mah Jongg <b>7 p.m.: Café Muse</b>	<b>3</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>4</b> 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 <b>1 p.m.: Internet Tips and Tricks</b> 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Maritime Voices</b>	<b>5</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 <b>7 p.m.: Movie: The Monuments Men</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 1 p.m.: American Songwriters: “Why Good Music Lives and Lasts”	<b>7</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography	
<b>8</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>9</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	<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 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>11</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>10:15 a.m.: Depart for Glen Echo</b> 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: “Listen Up!”</b> 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Atlantic Woodwind Quintet</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 <b>7 p.m.: Movie: All is Lost</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.: Photography for Children 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography	
<b>15</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>16</b> <b>9:30 a.m. to 1 p.m.: Children’s Art Camp</b>	<b>17</b> 8:15 a.m.: Walking Club <b>9:30 a.m. to 1 p.m.: Children’s Art Camp</b> 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates <b>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>18</b> <b>9:30 a.m. to 1 p.m.: Children’s Art Camp</b> <b>7 p.m.: Concert: Susan Jones and String of Pearls</b>	<b>19</b> 8:15 a.m.: Walking Club <b>9:30 a.m. to 1 p.m.: Children’s Art Camp</b> 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Her</b>	<b>20</b> <b>9:30 a.m. to 1 p.m.: Children’s Art Camp</b>	<b>21</b> 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	
<b>22</b> 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>12:30 p.m.: Depart for Nationals game</b>	<b>23</b> 9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Mobile Office</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	<b>24</b> 8:15 a.m.: Walking Club <b>Gubernatorial Primary Election Day</b> 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 7 p.m.: Pilates	<b>25</b> 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 <b>7 p.m.: Concert: Leigh Goodwin Trio</b>	<b>26</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 <b>1:30 p.m.: Vision Support Group (note time)</b> 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Frozen</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.: Photography for Children 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography	
<b>29</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga with Robin	<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 <b>7:30 p.m.: Booksigning with Howard Feinstein</b>						
<h2>New life for your Nehru Jacket</h2> <p>In celebration of our Centennial, the Friendship Heights Village Center is putting on a fashion show this fall featuring styles from each decade of the last 100 years. We’re looking for help from Village residents who may have resisted donating items over the years waiting for just such an occasion. If you have an item of clothing that you think is representative of a decade and you would like to loan it to us for our fashion show, contact Anne O’Neil or leave your name, phone number and description of the item at the front desk. Please DO NOT bring any items to the Center. Items should be in excellent condition — remember they will be in a fashion show.</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.

**New class starts next month**

Longtime Village instructor Ginger Russell will teach a new daytime Pilates class beginning Wednesday, July 2, at 11 a.m. Pilates with Props will enhance agility, balance and strength. Ginger is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. Read more details in the *Classes and Clubs* section.

The Village Book Club will meet this month on **Tuesday, June 24, at 11 a.m.** The book selection is *Cold Mountain* by Charles Frazier. Look for a copy of the book in the Center Reading Room on the shelf marked “Village Book Club”

