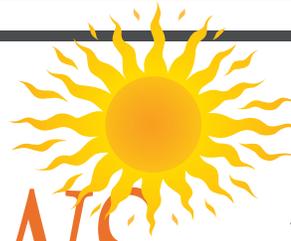




Friendship Heights



# VILLAGE NEWS

JUNE 2014

301-656-2797

VOLUME 29, NO. 1

Summer Art Camp  
page 2

## Kykuit, Hyde Park and the beautiful Hudson Valley

Scenic roadways, history and haute cuisine mark our three-day autumnal excursion to the beautiful Hudson River Valley **Tuesday, Oct. 7 through Thursday, Oct. 9.** Our journey features fall foliage at its most brilliant, gourmet cuisine, the U.S. Military Academy, and the magnificent mansions along the Hudson River. We'll depart from the Village Center at 7:30 a.m. on Oct. 7. En route, we'll stop in Nyack, a lovely town filled with great restaurants and boutiques on the banks of the Hudson River. You may choose to have a leisurely lunch or grab a quick bite to eat before exploring the town. Lunch is on your own.



Then we're back on our motorcoach for the trip to West Point and the home of the U.S. Military Academy. After our guided tour of West Point, we'll check into the Hotel Thayer, a historic hotel on the grounds. Dinner will be at the hotel.

The next morning, following breakfast, we'll tour Springwood, the childhood home of Franklin Delano Roosevelt at Hyde Park.

Just a few minutes from Hyde Park is the Culinary Institute of America, also known as the CIA. This is no ordinary cooking school, it's been called "the world's premiere cooking school." There we'll have a memorable three-course luncheon, prepared and served by culinary students, in the American Bounty. Our menu begins with an arugula salad with marinated beets, spicy pecans and poppy seed vinaigrette. The second course will be herb-marinated lamb chops with smashed red bliss potatoes and roasted root vegetables. For dessert, we'll enjoy a seasonal specialty of pumpkin custard with gingerbread, maple ice cream and crispy pumpkin seeds. Coffee and tea will also be served.

Following lunch, we'll take a guided tour of the CIA, getting a behind the scenes look at this impressive academic institution.

Later in the afternoon, we'll get an extraordinary view of the Hudson River and the Hudson River Valley when we visit the Walkway over the Hudson. The bridge

*Continued on page 15*

## Fraud expert to speak at the Center

Sally Hurme, an elder law attorney and one of the nation's top fraud experts, will speak at the Village Center on **Thursday, July 10, at 7:30 p.m.**



Ms. Hurme will describe the latest tricks fraudsters are using to steal your money. Come and learn how to spot the red flags of a scam and what to do if you find you've been victimized.

Ms. Hurme is a Project Advisor for the Education and Outreach team at AARP where for 22 years she has worked to safeguard the financial future of older Americans. She's researched the tactics used by fraudulent telemarketers, identity thieves and predatory mortgage lenders. She's targeted the devious tactics by so-called financial advisors and health care providers and she is widely quoted on financial exploitation in the national media.

Ms. Hurme is the past chair of the National Guardianship Network and was the convener of the 3<sup>rd</sup> World Congress on Guardianship held in Washington last month. She was also a member of the US State Department delegation that drafted the Hague International Convention on the Protection of Adults.

Please call 301-656-2797 to register for this very interesting evening.

# CHILDREN'S PROGRAMS

## Internet tips and tricks

Don't miss "Internet Tips and Tricks" at the Village Center on **Wednesday, June 4, at 1 p.m.**, when Pam Holland, president of Tech Moxie, will demonstrate ways to make your Internet browsing easier and faster.

Please call 301-656-2797 to sign up. You don't need to bring a laptop or iPad. This will be a demonstration only. But do bring all your questions!

**Ann Soltau**  
240-486-1132

**Maureen Fennell**  
240-606-8591

Both are loving, responsible and highly competent. They provided nursing care and companionship for 17 years for our parents in Somerset House.

### References:

David Aaronson, Esq.  
240-350-3220

Jean Rosenfeld, LCSW  
916-482-7346

## Last Chance for Summer Art Camp

Time is running out to sign up your child for our summer art camp for children **Monday, June 16 through Friday, June 20. Registration for this unique camp ends on June 9.** Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius. The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery to origami and fused glass. Participants learn about various artists during art appreciation sessions each day. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up immediately at the Village Center.



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) | Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the July issue is June 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# ON the GO...

## A summertime visit to the Amish Market

Enjoy all the bounty of the summer when we visit the Lancaster County Dutch Market in Germantown on **Thursday, July 10**. The market boasts 11 different vendors offering exceptional meats, chicken and ribs, all sorts of baked goods, produce, cheese and dairy products, fresh cut flowers, a full service restaurant serving breakfast, lunch and dinner, a well stocked pantry with all sorts of dry goods, Amish butter-dipped soft pretzels and a huge selection of candy. Shopping at the market is a much different experience than going to the large grocery stores. And very often, the person waiting on you is either the owner or a family member, resulting in a more "downhome" atmosphere.

Enjoy lunch on your own at the market's restaurant. We'll depart from the Village Center at 11 a.m. We should return to Friendship Heights by 3 p.m. The cost of the trip is \$24, which includes transportation. Sign up immediately at the Village Center. There are 26 spaces available.

## Play ball!

We still have tickets for the Washington Nationals game on **Sunday, June 22**, when they play the Atlanta Braves.



We will leave the Village Center at 12:30 p.m. The cost of the trip, which includes a covered seat in Section 136, transportation and driver gratuity, is \$62. Bring the whole family and enjoy an afternoon of cheering on the Nats!

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# The Clara Barton House, Glen Echo and lunch at the Irish Inn

Get a lesson in the history of two of our local National Parks as we visit the Clara Barton House and Glen Echo Park and enjoy a scrumptious lunch at the Irish Inn on **Wednesday, June 11**. Don't miss out — registration for this trip officially closes on June 6.

We'll enjoy a guided tour of the Clara Barton House, which commemorates the life of the founder of the American Red Cross. Originally, the house, built in 1891, was used as a warehouse for disaster relief supplies.

Lunch will be at the Irish Inn at Glen Echo, an authentic Irish restaurant adjacent to park. Our menu will include a mixed green salad, choice of shepherd's pie, salmon or smoked turkey sandwich, and dessert. Coffee and tea are also included.

After lunch, a park ranger will guide us through the park, regaling us with stories of Glen Echo in its heyday, as well as recent restoration efforts.

We will depart from the Village Center at 10:15 a.m. and should return by 4 p.m. The cost of the trip is \$55 and includes transportation, tours, lunch and all taxes and gratuities. Sign up immediately at the Village Center.

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# Tales from the civil rights battlefield

This year marks the 50<sup>th</sup> anniversary of the Civil Rights Act. Come to the Village Center on **Monday June 30, at 7:30 p.m.**, and learn about events in the Deep South during the enforcement stage of the movement when Howard Feinstein discusses his book, *Fire on the Bayou*, shares some civil rights memorabilia and entertains the audience with Louisiana-style music.

Mr. Feinstein has devoted his professional life to working for the protection and enforcement of civil rights for all Americans. For many years, he was a prosecutor and civil litigator with the Civil Rights Division of the U.S. Department of Justice, seeking justice for victims of the Ku Klux Klan and other racially-motivated terrorist organizations and individuals.

"Hurricane Howie" is also a much sought-after performing and recording musician who became captivated while in the South by Louisiana's musical styles, including its colorful piano tradition and Cajun and Zydeco accordion culture. As an extra treat for us he will perform songs related to the book on his keyboard and accordion.

Please sign up by calling 301-656-2797. Books will be available for purchase for \$18 (cash, check or credit card). All proceeds from book sales will be donated by Mr. Feinstein to Empowered Women International, a non-

profit established in 2002, that creates jobs and economic opportunity for immigrant, refugee, and low-income women in the Greater DC Metro Area ([www.ewint.org](http://www.ewint.org)).

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, June 5, 7 p.m. — Movie — *The Monuments Men*** — George Clooney stars in the incredible true story of the seven art historians and museum curators who went behind enemy lines during World War II on a mission to recover some of the world's greatest works of art. Also stars Cate Blanchett, Daniel Craig, Bill Murray, John Goodman, and Jean Dujardin. Rated PG-13. Running Time: 112 minutes.

**Thursday, June 12, 7 p.m. — Movie — *All is Lost*** — Robert Redford stars as a man who must fight for survival after being lost at sea. Rated PG-13. Running Time: 106 minutes.

**Thursday, June 19, 7 p.m. — Movie — *Her*** — When newly divorced Theodore purchases a new state-of-the-art computer operating system, he names Samantha, with the ability to learn and grow with the user, he sits down at his desk and prepares to get his life in order. Their relationship soon turns intimate, with Theodore teaching Samantha what it means to feel human and Samantha giving him the courage to walk away from his failed marriage. Things soon get complicated, however. Stars Joaquin Phoenix, Scarlett Johansson and Amy Adams. Rated R. Running Time: 120 minutes.

**Thursday, June 26, 7 p.m. — Movie — *Frozen*** — Fearless optimist Anna sets off on an epic journey, teaming up with rugged mountain man Kristoff and his loyal reindeer Sven, to find her sister Elsa, whose icy powers have trapped the kingdom of Arendelle in

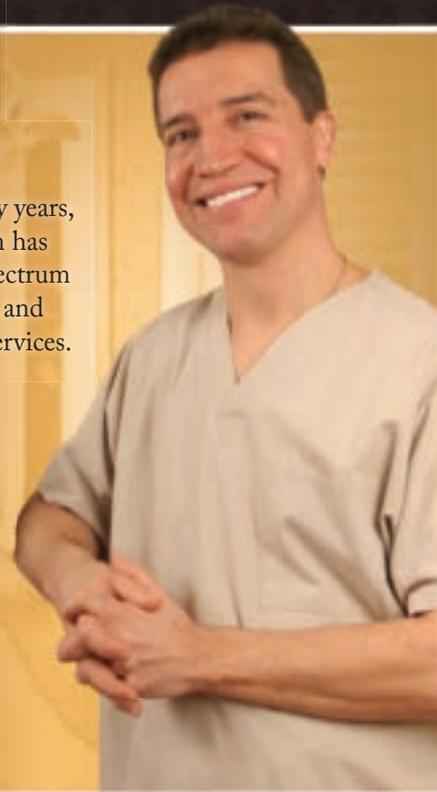
eternal winter. Stars the voices of Kristen Bell, Idina Menzel, Jonathan Groff, Josh Gad, and Santino Fontana. Rated PG. Running Time: 102 minutes.



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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>						

## New life for your Nehru Jacket

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.

### 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



# ART and CULTURE

## This month in Friendship Gallery

The Montgomery Art Association will hold a juried exhibit titled "Creative Expressions 2014" at the Friendship Gallery in June.

This year's judge is Christine Lashley, a full-time artist and popular instructor at the Yellow Barn Studio. Her contemporary impressionist and "plein-air" paintings have been shown nationally and internationally, with numerous works in private and corporate collections. Her work has also been featured in many publications including American Artist Magazine, The Washington Post, Elan Magazine, and North Light books.

MAA, whose members come from the entire metropolitan area, is celebrating its 60th anniversary



"Full Bloom" by Michele Zugrav and  
"WildFlowers" by Carol Bouville

this year. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, a Gallery store in Westfield Wheaton, an online Members Gallery, and community outreach through children's art activities and college scholarship program. Check their website, [www.MontgomeryArt.org](http://www.MontgomeryArt.org), for more information. All are invited to meet the artists at a reception on **Sunday, June**

**8, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from June 2 to 28. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART AND MUSIC

### ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins July 7. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Sept. 15 (class will not meet Sept. 1).

### ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 12. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends August 14. Minimum number of students is 10; maximum is 14.

### BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins June 14. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends August 2.

### BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Lew Berry, begins June 5. Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends July 17 (class will not meet June 19).

### BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Lew Berry, begins June 14. Meets

Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Aug. 2.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins July 9. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Aug. 13.

### STILL LIFE PAINTING

A 3-week series taught by Joan Samworth for Joan's current or previous students only. Begins July 3. Meets Thursdays from 11 a.m. to 2:30 p.m. The cost is \$55 for residents; \$60 for nonresidents. Last class is July 17.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 6-week class begins June 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 15 (class will not meet June 17). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### MAT PILATES

The 6-week session begins June 3. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and

proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends July 8.

### PILATES WITH PROPS

The 6-week session begins July 2. Meets Wednesdays from 11 a.m. to 12 p.m. Using both a chair and a small ball, students will perform exercises standing and seated. Students need only to bring a yoga mat for standing positions. Ginger Russell has taught Pilates classes at the Village Center and fitness facilities for over ten years. The cost is \$85 for residents and \$90 for nonresidents. Session ends Aug. 6.

### SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins July 10. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 14

### SKY VALLEY TAI JI (Tuesday)

This 6-week class begins July 22. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Aug. 26.

### STRENGTH TRAINING WITH CHERYL

This 5-week class begins June 27. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$55 for residents; \$60 for nonresidents. Session ends Aug. 1 (class will not meet July 4).

## **STRENGTH TRAINING WITH TONYA**

This 4-week class begins June 23. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$45 for residents; \$50 for nonresidents. Session ends July 14.

## **YOGA WITH ROBIN (Day)**

This 6-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins June 29. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$80 for residents; \$85 for nonresidents. Session ends August 10 (class will not meet July 6). You may try this class at the first session. If you decide to join, please register at the end of the hour.

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon.

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively discussions of works, usually taken from the Great Books series. Meets

Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m.

### **SPEECH SUPPORT**

An aphasia support group sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

### **TEA**

Village volunteers serve hot beverages, cookies and fruit every Tuesday from 3 to 4 p.m.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. Cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

### **VISION SUPPORT GROUP**

Will meet Thursday, June 26, at 1:30 p.m. See page 13 for details. Contact Janet Morrison at 301-538-9358.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340.

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#### Locations

##### Tenleytown

4000 Wisconsin Ave., NW #P2  
Washington, DC 20016  
(inside Tenley Sport & Health Club,  
garage parking available)

##### Friendship Heights

4601 N Park Ave., #10C  
Chevy Chase, MD 20815  
(at the Elizabeth Arcade,  
free garage parking!)

phone 301-654-9355 | [fh@getwell-rehab.com](mailto:fh@getwell-rehab.com)  
[www.getwell-rehab.com](http://www.getwell-rehab.com)  find us on facebook

# CONCERTS

Concerts will be held from 7:00 – 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of rain or excessive heat, the performance will be moved indoors to Huntley Hall in the Village Center. Concertgoers may want to bring insect repellent — the mosquitoes seem to enjoy the performances too.

## **Wednesday, June 4 — Washington Revels Maritime Voices —**

Washington Revels Maritime Voices will present a program of songs of the sea and shore, featuring chanteys that the sailors sang at sea, songs that their womenfolk sang at home, and songs that embody the maritime history of the 19th Century. The audience will be invited to sing along, and to chat afterwards with the performers about these traditions.

**Wednesday, June 11 — Atlantic Woodwind Quintet** — Saxophonist Jeremy Koch leads this all-reed quintet. He is an active saxophonist, chamber

musician, and teacher based in the D.C. area. He has been a member of the U.S. Air Force Band since 1998 where he has been a featured concert soloist on national tours. He has performed with such diverse artists as Tony Bennett, Wynonna Judd, and Kool and the Gang.

**Wednesday, June 18 — Susan Jones and String of Pearls** — With over 30 years of experience, Susan Jones reigns as one of the most accomplished and versatile violinists in the Washington area. Susan Jones has attracted the attention of DJs and audiences alike who fall prey to her amazing and alluring melodies, engaging rhythm

and textures, and finely tuned skill. She returns to the Village Center with her classical group, Strings of Pearls.

**Wednesday, June 25 — Leigh Goodwin Trio** — The mixture of Leigh Goodwin's smooth, buttery vocals, Paul Chauvette's shimmering vibraphone, and Hugh Johnson's no nonsense acoustic bass bring a sense of style, energy and the joy of simply making music to every Leigh Goodwin Trio concert. Together this trio offers a repertoire which covers the jazz standards, but also includes exotic Brazilian bossa-nova, contemporary pop tunes, and even some Motown.

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# TO YOUR HEALTH

## Surgical Options for Hearing Loss

While it commonly affects older adults, hearing loss is difficult at any age. Dr. Wade Chien, neuro-otologist, Johns Hopkins Otolaryngology-Head and Neck Specialty Services, will explain hearing loss and surgical options for improved hearing at this month's Suburban Lecture at the Village Center on **Wednesday, June 11, at 1 p.m.** There is no cost for the talk, but **please** call 301-656-2797 to RSVP.

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## Vision Support Group: Experience an audio described movie

Enjoy popcorn and a movie at the Village Center on **Thursday, June 26, at 1:30 p.m.** (please note time) when the Vision Support Group presents an audio described new release of "**The Secret Life Of Walter Mitty.**" Try out this 21st century technology that describes scenery and visual activity during pauses in dialogue. Ben Stiller directs and stars in this classic story of a daydreamer who escapes his anonymous life disappearing into a fantasy world filled with heroism, romance and adventure.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to enjoy the movie and theater snacks. Everyone is welcome. Please register by calling 301-656-2797.

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## Cafe Muse presents...

This month's Café Muse, on **Monday, June 2, at 7 p.m.**, features poets Jennifer Chang and Patricia Davis.

Jennifer Chang is the author of *The History of Anonymity*. New poems have appeared in *Poetry*, *The Nation*, *A Public Space*, *The Rumpus*, and *Best American Poetry 2012* and she has written essays on poetry for *The Believer*, *Boston Review*, *Los Angeles Review of Books*, and *The Volta*. She co-chairs the advisory board of Kundiman, an Asian American poetry organization, and is an assistant professor of English and Creative Writing at the George Washington University.

Patricia Davis's poems have appeared in *Poet Lore*, *Salt Hill*, the *Atlanta Review*, *Potomac Review*, *Quiddity*, *Adrienne Rich: A Tribute Anthology*, and *Smartish Pace*, which named her a finalist for the Beullah Rose Poetry Prize. Her chapbook, *The Water that Broke You*, was recently published. Her translations of Cuban poetry have appeared in *Spoon River Poetry Review*, *Puerto del Sol*, and the *New Laurel Review*, and her work has been nominated for a Pushcart Prize. She has published articles in *The Nation*, *Hispanic*, *Foreign Policy in Focus*, and *Counterpunch*, and she is coauthor, with Dianna Ortiz, of *The Blindfold's Eyes: My Journey from Torture to Truth*. Her play "Alternative Methods" has been produced in New York and in Washington, DC, and her short play, "Cleared," was

included in the Kennedy Center's 2013 Page-to-Stage Festival.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization year. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).

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## Hudson, continued from page 1

deck stands 212 feet above the river's surface and 1.28 miles long, making it the longest elevated pedestrian bridge in the world. We'll take an elevator up, visit the walkway, enjoy the views and get commentary from our guide, all without the mile-long walk.

Then it's back to the Hotel Thayer for a relaxing evening. Dinner is on your own.

The next morning, we say goodbye to West Point, and cross the river to some of the most spectacular scenery in the area.

First, we'll visit Sunnyside, the picturesque home of author Washington Irving. In 1835, Washington Irving (author of such classics as *The Legend of Sleepy Hollow* and *Rip Van Winkle*) bought a two-room Dutch stone house on the banks of the Hudson. He expanded and extensively remodeled the building, adding Tudor-style clustered chimneys, Dutch stepped gables, Gothic windows, and a Spanish tower. Irving also made the grounds more picturesque, planting

trees in carefully chosen locations and creating hills, a pond, and a meandering stream with a waterfall.

Then we'll visit the Union Church of Pocantico Hills, a small country church housing stained glass windows by Marc Chagall and Henri Matisse, on the grounds of the Rockefeller Estate, Kykuit.

We'll have lunch nearby at Phillipsburg Manor on the outdoor patio, weather permitting, or in the greenhouse café. Our final stop before heading home will be the magnificent Kykuit, home to four generations of the Rockefeller family. Kykuit, a Classical Revival-style villa, was completed in 1913 for John D. Rockefeller, founder of the Standard Oil Company. In later years, it was the home of his son, philanthropist John D. Rockefeller Jr., and grandson, Nelson A. Rockefeller. First-floor living spaces were designed by Ogden Codman Jr., then America's leading interior decorator. An underground art gallery holds works from the collection

of Nelson Rockefeller, including pieces by Andy Warhol and Alexander Calder. Also on display are a series of tapestries commissioned by Nelson Rockefeller based on his favorite paintings by Pablo Picasso and woven under the artist's supervision.

The cost of the trip is \$750 per person based on double occupancy, and includes round-trip transportation, two nights' accommodations, two breakfasts, two lunches, one dinner, tours and all taxes and gratuities. The single supplement is \$225. A deposit of \$375 is due at sign up and is refundable until July 15. The balance is due Sept. 1.

Residents and one guest may sign up immediately at the Village Center. Non-residents may sign up beginning June 7. There are 24 spaces available.

*This trip requires a good deal of walking. We strongly recommend you consider purchasing trip insurance. Information about trip insurance is available at the front desk of the Village Center.*



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# Village Council Corner

## New Chairman and Vice Chairman

At its April 22 meeting, the Village Council elected **Judge Robert Schwarzbart** as Council Chairman and **Leonard Grant** as Vice Chairman. Bob is a retired National Labor Relations Board judge who previously served two terms as Chair of the County's Friendship Heights Transportation District Advisory Committee. Len is a retired Vice President of National Geographic and Chaired the Village's Centennial Committee.

Working together, Bob and Len have taken initiatives including preserving the bus terminal when it was threatened with closure; correcting dangerous traffic patterns on Friendship Boulevard between Willard and Western Avenues; returning the taxi stand to Wisconsin Circle from Willard Avenue; and sheltering Village shuttle stops.



Robert Schwarzbart



Leonard Grant

## New accessible backup shuttle bus

Our bus contractor, RMA, has purchased a new backup bus (see photo below) for use when our main bus is not available. The backup bus can kneel and has a ramp that can unfold to the ground, allowing access with no steps.

The bus seats 18 and can accommodate a wheelchair. Shelving has been added for packages, and the Village seal will be added to the bus to make it more distinctive. We hope our residents enjoy this new addition!



There was no Council meeting in May. The next meeting will be **Tuesday, June 17, at 7:30 p.m.**



Friendship Heights

# VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815



**Check out our website:**

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**June 2014 events calendar**