



Cokie Roberts to speak at the Center

Bestselling author and celebrated journalist Cokie Roberts will discuss her new children's (ages 7 to 12) book, *Founding Mothers: Remembering the Ladies*, at the Village Center on **Thursday, Sept. 11, at 7:30 p.m.**

This nonfiction picture book is based on her acclaimed work for adults, *Founding Mothers*. Illustrated by Caldecott Honor-winning artist Diane Goode, *Founding Mothers: Remembering the Ladies* reveals the accomplishments of the women who orchestrated the American Revolution behind the scenes. Ms. Roberts traces the stories of women such as Abigail Adams, Martha Washington, Phillis Wheatley, Mercy Otis Warren, Sarah Livingston Jay, and others. Details are gleaned from their letters, private journals, lists, and ledgers.

Cokie Roberts is a political commentator for ABC News and NPR. She has won countless awards and was named a "Living Legend" by the Library of Congress in 2008.

Please sign up by calling 301-656-2797. Copies of the book, provided by Barnes and Noble, will be available for purchase.



See the Tall Ships from the Spirit of Baltimore

Scores of ships from around the world are expected to sail into Baltimore for this year's "Star-Spangled Sailabration" in September. We'll be there too, for a special luncheon cruise aboard the Spirit of Baltimore on **Friday, Sept. 12.**

As Baltimore celebrates the 200th anniversary of the writing of the *Star Spangled Banner*, we'll enjoy a three-course luncheon while we sail by the fort that inspired our national anthem. In addition, we'll view an international fleet of spectacular tall ships and navy vessels from the comfort of our sightseeing cruise. The Spirit of Baltimore boasts two enclosed decks and an upper observation deck affording spectacular views. We may even catch



the Blue Angels as they practice for their performance over the weekend.

The War of 1812, said Baltimore Mayor Stephanie Rawlings-Blake, "was the struggle that defined our city and our nation...Whether you grew up in Baltimore or whether you're new to Baltimore, you get

grounded in our maritime history when the tall ships come in town."

The anniversary of the writing of the *Star Spangled Banner* brings added significance as Baltimore welcomes the tall ships.

We'll depart from the Village Center at 9:30 a.m. and should return no later than 3:30 p.m.

The cost of the trip is \$98, which includes round trip transportation, cruise and all taxes and gratuities.

Residents may sign up immediately. Sign-ups for nonresidents begins Aug. 8. There are 29 spaces available.

The deadline to sign up is Sept. 4.

Don't miss the chance for this unique day out in Baltimore.

It doesn't have to be Dior

We're in the final phases of collecting items to showcase in our fashion show and luncheon celebrating 100 years of style. Many residents have graciously offered to loan some of their pieces to our cause, but we could use many more items. If you have an item of clothing or accessory that you think is representative of a decade and you would like to loan 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. Also, items should be in excellent condition — remember they will be in a fashion show. We would like to confirm the line-up of clothing to be modeled no later than Sept. 30. Please consider loaning us something from your closet. It's a shame to keep those gorgeous pieces hidden in a closet!



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Friendship Heights VILLAGE NEWS

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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 September issue is August 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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Martin Kuhn

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<p>Melanie Rose White Volunteer Editor</p> <p>Jennie Fogarty Staff Writer</p>	<p>Anne Hughes O'Neil Staff Writer, Advertising</p> <p>Susan C. Zarriello Page Design/Layout</p>
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FRIENDSHIP HEIGHTS VILLAGE COUNCIL

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ON the GO...

Sunshine, sand and shopping

A few seats remain for our annual trip to Rehoboth Beach. Enjoy sun, surf and shopping., as we travel to the Delaware shore on **Tuesday, Aug. 5**. Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the Board walk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$53. Sign-ups begin immediately. Children over 5 years old are welcome, but must be accompanied by an adult.



New life for old glasses

The Leisure World Lions Club will pick up eyeglasses and frames from the Village Center each month. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

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Scenes from our July 4th Celebration

Mayor Melanie Rose White presents Community Service Awards to Alfred Muller, far left, and Rajni Chatterjee, center. Right, the trackless train is a perennial favorite. Photos by Joel Williams

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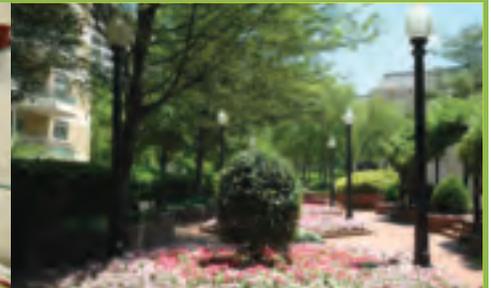
Both are loving, responsible and highly competent. They provided nursing care and companionship for 17 years for our parents in Somerset House.

References:

David Aaronson, Exq.
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Cafe Muse presents...

This month's Café Muse, on **Monday, August 4, at 7 p.m.**, will feature translators Nancy Arbutnot (Vietnamese poetry) and Carol Volk (French prose).

Nancy Arbutnot is Professor Emerita at the United States Naval Academy, and Associate Editor of Telling Our Stories Press. Her publications include *Spirit Hovering: Poems*; *Waves Beyond Waves* (English version of the Vietnamese poems of Le Pham Le); *Guiding Lights: United States Naval Academy Monuments and Memorials* and *Wild Washington: Animal Sculpture A to Z*.

Carol Volk has published over thirty works of fiction and non-fiction by leading French and Francophone writers. Her publications include: *Wide Awake* by Robert Bober, *Childhood* by Patrick Chamoiseau, *Corruption* by Tahar Ben Jelloun, *The Failure of Political Islam* by Olivier Roy, *The Taste for Beauty* by Eric Rohmer, *Renoir on Renoir: Interviews with Jean Renoir*, *Cultural Misunderstandings: the French-American Experience* by Raymonde Carroll, and *Asphyxiating Culture and Other Essays* by Jean Dubuffet. Ms. Volk is a Steering Committee member of the new DC-Area Literary Translators network (DC-ALT). She is the recipient of numerous awards and fellowships, and is a U.S. Foreign Service Officer.

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 that has sponsored public programs for over 35 years. For more information visit www.wordworksdc.com.

The Village Book Club will not meet this month. Get a head start on the September selection, *My Beloved World* by Sonia Sotomayor. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

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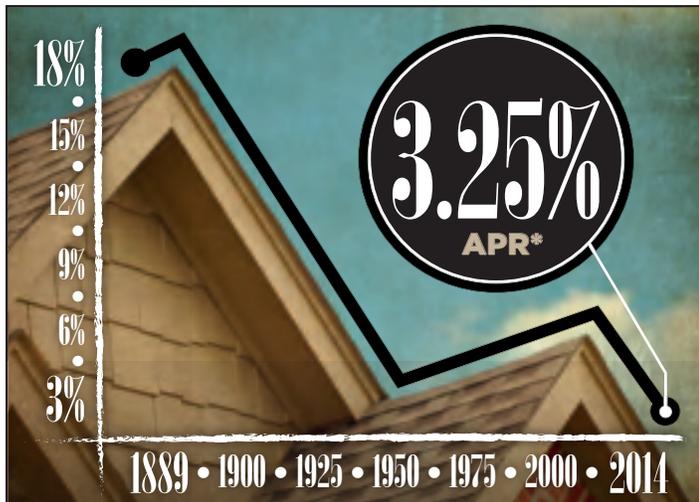
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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

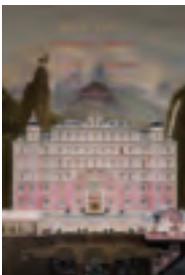
A Note from the Program Directors

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, Aug. 7, 7 p.m. — Movie

— **Grand Budapest Hotel** — The adventures of Gustave H., a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune — all against the back-drop of a suddenly and dramatically changing continent. Stars Ralph Fiennes, F. Murray Abraham and Edward Norton. Rated R Running Time: 100 minutes.



Thursday, Aug. 14, 7 p.m. — Movie

— **Rio 2** — It's a jungle out there for Blu, Jewel and their three kids in RIO 2, after they're hurtled from that magical city to the wilds of the Amazon. As Blu tries to fit in, he goes beak-to-beak with the vengeful Nigel, and meets the most fearsome adversary of all — his father-in-law. Stars Jesse Eisenberg, Anne Hathaway, Jermaine Clement, Andy Garcia, Bruno Mars, and Kristin Chenoweth. Rated G. Running Time: 101 minutes



Thursday, Aug. 21, 7 p.m. — Movie — Muppets 2:

Most Wanted — The entire Muppets gang goes on a global tour, selling out grand theaters in some of Europe's most exciting destinations, including Berlin, Madrid and London. But mayhem follows the Muppets overseas, as they find themselves unwittingly entangled in an international crime caper headed by Constantine — the World's Number One Criminal and a dead ringer for Kermit — and his dastardly sidekick Dominic Stars Tina Fey. Rated PG. Running Time: 112 minutes.

Thursday, Aug. 28, 7 p.m. — Movie — Mandela, Long

Walk to Freedom — Golden Globe-winner Idris Elba stars as Nelson Mandela in this in-depth biopic that portrays the groundbreaking South African leader from his rural childhood through his long imprisonment to his election as the country's first black president. Also stars Naomie Harris. Rated PG-13. Running Time: 139 minutes.

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ART and CULTURE

This month in the Friendship Gallery

"Art in August" features 21 local artists: painters, sculptors, printmakers, watercolorists and photographers. While most of the artists have exhibited locally and nationally for many years, the group also includes first-time exhibitors who are students in the photography classes at the Village Center, including 11-year-old Katherine Bodner. All are invited to meet the artists at a reception on **Sunday, Aug. 10, from 11:30 a.m. to 1:30 p.m.** Look for the promotional video on the Village website.



The exhibit runs from August 4 to Sept. 6. 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; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

"Arboretum Fireworks"
by Jim Cureton; (right)

"Downtown F St Near 14th St"
by Richard Fitzhugh; (below)
and, "Sandscape #2"
by Percy Martin (left)



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A U G U S T

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

July art show winners

The 2014 "Three Cheers for the Red, White and Blue" art show at Friendship Gallery exhibited 25 area artists and their Fourth of July interpretations. Cash prizes were awarded to Nar Steel (first prize) for "Our Town USA;" Bob Peavy (second) for "Grand Old Flags;" Sandra Ullman (third) for "July 4th Mad Hatters;" and, Mary Schroder (Honorable Mention) for "George M. Cohan 1919- Yankee Doodle Dandy". Congratulations to all!



<p>3</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>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</p>	<p>5</p> <p>8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p>6</p> <p>1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Greg Harrison</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Grand Budapest Hotel</p>	<p>1</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>2</p> <p>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</p>
<p>10</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>11</p> <p>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</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p>13</p> <p>1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "After the Loss of a Loved One" 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Bill Thomas</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Rio 2</p>	<p>8</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>20</p> <p>7 p.m.: Concert: Mariachis de Los Compadres</p>	<p>21</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Muppets 2: Most Wanted</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p>27</p> <p>1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Hui O Ka Pua 'Lima</p>	<p>28</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Mandela, Long Walk to Freedom</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>31</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>					<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>

Shuttle bus hours 

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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.

Cuisine art next month

In September, the Village will sponsor an open juried exhibit as part of the annual Taste of Friendship Heights. The show will be open to all artists in the area. Paintings, photographs or sculptures related to food or food-preparation are suggestions. Applications are at the Village Center or can be downloaded at our website.

"Leeks, Onions and Garlic" by Gloria Fischer
"Still Life with Gourds" by Marianne DiBrino



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 and sample classes are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 29. 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 Dec. 8 (class will not meet Oct. 13).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 4. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 6. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Lew Berry, begins Sept. 6. 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 Nov. 1 (class will not meet Oct. 4).

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins August 9. 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 Oct. 4 (class will not meet Aug. 30).

BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Lew Berry, begins Sept. 4. Meets Thursdays from 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends Oct. 16 (class will not meet Sept. 25).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 3. 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 Oct. 8.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 4. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch — brown bag only). The cost is \$185 for residents; \$200 for nonresidents. Last class is Nov. 13 (class will not meet Sept. 25).

COMPUTER EDUCATION

GETTING TO KNOW YOUR IPAD

This 2-week session meets Tuesday, Sept. 16 and 23, from 2 to 3 p.m. Classes will cover all the basics of iPad navigation. Class will cover step-by-step instruction of the basic settings and troubleshooting common ways people get “stuck.” We will explore some amazing apps that are available for photos, music, history, etc. We

will also learn how to organize apps, save and share photos. Class will cover tips for using the App Store, including how to identify a good app from a poor one. Bring your iPad if you have one. Handouts with step-by-step instructions will be provided for later reference at home. Instructor is Pam Holland, president of TechMoxie. Cost is \$30.

MANAGING DIGITAL PHOTOS

This 2-week session meets Tuesday, Sept. 30 and Oct. 7, from 2 to 3 p.m.: This class will explore options for converting paper photos to digital (scanning), sharing photos, and printing. The instructor will teach how to upload photos to online services to print, make photo memory books, calendars, and other memorabilia. Class will include simple tips on organizing your photos for easy retrieval later. We will also learn the options for backing up your photos to prevent loss if something happens to your computer or iPad. Participants should be comfortable with basic computer, iPad or laptop functions. Cost is \$30.

SOCIAL MEDIA

This one-day session meets on Tuesday, Oct. 14, from 2 to 3 p.m. Even if you never “Tweet,” wouldn’t it be nice to understand what all the fuss is about? Have you been hearing about Twitter, Pinterest, LinkedIn, Instagram, Facebook, and Vine? The class will give a tour and explanation of the latest social media apps and how they are being used by teens, business and even government. No computer skills are needed to enjoy this class. Cost is \$15.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Sept. 2. 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 Oct. 7. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

CHAIR EXERCISE

This 7-week class begins Sept 3. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends Oct. 15. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

EVENING YOGA WITH KATHRYN

This 6-week class begins Sept. 10 and meets Wednesdays from 6 to 7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn Chiariello at 240-743-4294. The cost is \$65. Session ends Oct. 22 (class will not meet Sept. 24). **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

MAT PILATES

The 6-week session begins Sept. 2. 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 Oct. 7.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 5. 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 \$65 for residents; \$70 for nonresidents. Session ends Oct. 10.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 8. 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 \$65 for residents; \$70 for nonresidents. Session ends Oct. 13. **You may try this class at the first session. If you decide to join, please register at the end of the hour.**

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Sept. 4. 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 Oct. 16 (class will not meet Sept. 25). **You may try this**

class at the first session. If you decide to join, please register at the end of the hour.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 2. 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 Oct. 7.

YOGA WITH ROBIN (Day)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's *Cherryblossom Yoga*, and begins Sept. 7. 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 \$134 for residents; \$139 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 21 or Oct. 12 or Nov. 2). **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

Continued on page 15

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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, Aug. 6 — Greg Harrison — The Greg Harrison Jazz Band performs the standard jazz tunes in a swing jazz format based on the small bands of the 30s, 40s, and 50s. Instrumentation includes the clarinet, rhythm guitar, piano, and upright string bass.

Wednesday, Aug. 13 — Bill Thomas — Bill Thomas is a roots blues musician influenced by his origins in south Texas and Appalachia. After many successful years recording in Europe to critical acclaim, Thomas has returned to the United States and is now a staple at blues festivals, concert halls and other venues. A sensual and emotional player, Thomas electrifies audiences with a mixture of classic blues and original tunes drawn from the rural and urban blues culture.

Wednesday, Aug. 20 — Mariachis de Los Compadres — Dressed in traditional Mariachi attire, Mariachis de Los

Compadres brings the flavor of Old Mexico to Friendship Heights. With performances at the Mexican Embassy, the Mexican Cultural Institute and the Kennedy Center for the Performing Arts, they have entertained audiences throughout the Washington, D.C., area.

Wednesday, Aug. 27 — Hui O Ka Pua 'Lima — Based in McLean, Va., this dance troupe specializes in the performance arts of Hawaii, Tahiti, and New Zealand. The group has been spreading the spirit of aloha and Polynesia throughout Northern Virginia, D.C., and beyond in song and dance since 2004. The group's philosophy is genuine and simple: to perpetuate the history and unique culture of the beautiful Hawaiian islands and Polynesian neighbors in song and dance in an authentic, tasteful, and interactive manner. They aim to educate and entertain through a blend of dance and live musical performances.

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Helping yourself and others after the loss of a loved one

Learning about the process of grief can help us understand our thoughts and emotions during a difficult time. This month's Suburban Lecture is a workshop sponsored by Montgomery Hospice at the Village Center on **Wednesday, August 13, at 1 p.m.** This will be an opportunity to discuss ways of coping for ourselves as well as strategies for helping a grieving friend. Participants are encouraged to share their experiences and to learn from each other.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Large print books wanted

The library committee has requested donations of large print books to add to our collection, which is now housed in the reading room.



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Classes and clubs, continued from page 11

from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

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

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required.

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 presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. 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. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and 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 residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

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 for more information.



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Village Council Corner

Taste of Friendship Heights: Saturday, September 27



Mark your calendar for this wonderful Village event, now in its eighth year. You will have the opportunity to taste food from terrific local restaurants right here at the Village Center.

• Restaurants include

Alfio's, Courtyard by Marriott, Indique Heights, Maggiano's, Mi Cocina, P.F. Chang's, Rosa Mexicano, Sunrise Brighton Gardens, and Whole Foods, with more to come.

- Live music, face painting, moon bounce, American University basketball players and cheerleaders, and raffle drawings.
- A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place (CCHFP). Watch for more information in the September *Village News*. Also visit www.tasteoffriendshipheights.com.

New Recorded Program Message

In response to a request at the last Community Advisory Committee meeting, our staff has set up a recorded message highlighting programs and events at the Center. You can hear the recording by calling the main number, 301-656-2797. If you are calling the Center after hours, the message will prompt you to push 11 to hear the program recording. During our open hours, the front desk receptionist can transfer you to the recorded message upon request. The recording will be updated at the beginning of every month. Our newsletter and calendar are also available on our website, www.friendshipheightsmd.gov.



Council actions at the July 14 meeting:

- Heard presentation from Coalition for Smarter Growth on proposed Bus Rapid Transit network.
- Approved renewal of membership in Maryland Municipal League.

The next Council meeting will be Tuesday, Aug. 19.



Friendship Heights

VILLAGE NEWS

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



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

August 2014 events calendar