




S E P T E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Labor 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>2</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>3</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Mini-Musicals on the Move—West Side Story Selections</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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: Lone Survivor</p>	<p>5</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>6</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>7</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>8</p> <p>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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>9</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>10</p> <p>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: "Joint Replacement" 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Ginnie Carr</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 Cokie Roberts</p>	<p>12</p> <p>9:15 a.m.: Drop-in Tai Chi 9:30 a.m.: Depart for Baltimore 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>13</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>14</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>15</p> <p>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 p.m.: Café Muse</p>	<p>16</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 p.m.: Getting to Know your iPad 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>17</p> <p>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: The Sculptress and Four Presidents 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village: Jane Dorfman</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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.: Jacquelyn Days Serwer: Nat'l Museum of African American History & Culture</p>	<p>19</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 12:30 – 2 p.m.: Vision Support Group</p>	<p>20</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>21</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</p> <p>10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7:30 p.m.: Carol Fennelly: Hope House</p>	<p>23</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.: Getting to Know your iPad 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>24</p> <p>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</p>	<p>25</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Draft Day</p>	<p>26</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>27</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 12 – 4 p.m.: Taste of Friendship Heights</p> 
<p>28</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>29</p> <p>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</p>	<p>30</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.: Managing Digital Photos 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>Geico shredding day September 27</p> <p>On Saturday, September 27, from 9 a.m. to 12 p.m., Geico will have a shredding truck in their parking lot along Friendship Boulevard (near the intersection of Friendship and Western Avenue). This service is free and open to Village residents (no businesses are permitted). \$1 donations to Children's Hospital will be accepted. Papers with staples or paper clips are acceptable. Please remove paper from 3-ring binders and spiral notebooks. No plastic or electronic items such as credit cards, CDs, or computer disks. Limit five paper bags (grocery-size) or small boxes of paper per household.</p> <p>This is the same day as the Taste of Friendship Heights, which begins at noon (see page 1). Come to the Taste after you finish shredding!</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.

Protect yourself and fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Oct. 15, from 10 a.m. to 1 p.m.** to anyone nine years old and older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. Standard flu shots, of course, are available for people under 65. Pneumonia shots will also be available — check with your doctor to see if you need one. Please **specify at sign-up if you want the Fluzone HD or standard** (ask your doctor

if you have questions about the high dose vaccine **before** you sign up).

- * No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.
 - * The self-pay cost is \$25 for the standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$55 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for individuals without Medicare Part B.
 - * VNA does not accept Medicaid
- Registration is a must.** Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Sept. 15. **You must have an appointment to receive a shot.**