



**N O V E M B E R**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Many thanks to these restaurants who generously donated gift certificates to the Taste of Friendship Heights raffle: Boeymonger, Chads, Clyde's, Lia's, Meiwah, Potomac Pizza, and, Sweet Teensy Bakery. And congratulations to the winners!



**1**  
8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

**2**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**3**  
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 p.m.: Mah Jongg  
2:30 p.m.: Acrylic or Oil Painting

**4**  
**Election Day**  
**Polls Open 7 a.m. – 8 p.m.**  
**No tea today**  
**Shuttle bus on regular weekday schedule**  
8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
2 – 4 p.m.: Suburban Nurse Specialist  
7 p.m.: Pilates

**5**  
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.: American Songwriters  
4:30 p.m.: Intermediate Bridge  
**7:30 p.m.: Concert: Steven Hom and Karla Chisholm**

**6**  
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.: John Kelly: Unknown Stories from the Village**

**7**  
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.: Painting with Ink  
**5:30 to 8 p.m.: Artisan Fair Wine and Cheese**

**8**  
8:15 a.m.: Walking Club  
**10 a.m. – 4 p.m.: Artisan Fair**  
9 a.m. – 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

**9**  
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**

**10**  
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 p.m.: Mah Jongg  
2:30 p.m.: Acrylic or Oil Painting  
**7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING**

**11**  
**Veterans Day Center Open**  
**9 a.m. to 2 p.m.**  
**Shuttle bus runs on weekend schedule**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Ji  
**12:30-1:30 p.m.: Speech Therapy and Support**  
1 p.m.: Balance and Coordination

**12**  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
**1 p.m.: Suburban Lecture: "Understanding Parkinson's"**  
1 p.m.: Portraiture in Pencil and Pastel  
1 p.m.: Health Insurance Counseling  
4:30 p.m.: Intermediate Bridge  
**5 – 7 p.m.: Shred-It Truck**  
**7:30 p.m.: Concert: Eric Byrd Trio**

**13**  
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: Million Dollar Arm**

**14**  
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.: Painting with Ink  
**2 p.m.: Mike McCurry on Mid-Term Elections**  
**6:30 p.m.: Depart for Capitol Steps**

**15**  
8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs  
**9:15 a.m.: Centennial Saturday: "Looking Back, Planning Ahead"**  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

**16**  
9 a.m.: Yoga with Robin  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**17**  
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 p.m.: Mah Jongg  
2:30 p.m.: Acrylic or Oil Painting  
**7 p.m.: Café Muse**

**18**  
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

**19**  
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.: Tea and Talk: Sheldon Winkler on The Music of World War II**  
4:30 p.m.: Intermediate Bridge  
**7:30 p.m.: Tales in the Village: The Hello Girls**

**20**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Ji  
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  
**7:30 p.m.: Romance Writers**

**21**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Strength Training with Cheryl  
**2 p.m.: Tea and Talk: Sandra Youla on Architecture in Friendship Heights**

**22**  
8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

**23**  
9 a.m.: Yoga with Robin  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers  
**12:30 – 2 p.m.: Lunch and Centennial Fashion Show**

**24**  
**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 p.m.: Mah Jongg  
2:30 p.m.: Acrylic or Oil Painting

**25**  
8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
2 – 4 p.m.: Suburban Nurse Specialist  
3 – 4 p.m.: Tea  
7 p.m.: Pilates

**26**  
10:15 a.m.: Yiddish  
12 p.m.: Chess group  
1 p.m.: Health Insurance Counseling  
**No concert**

**27**  
**Happy Thanksgiving! Center Closed No shuttle bus**  


**28**  
**Center Open 9 a.m. to 2 p.m.**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events

**29**  
8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs

**30**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**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.

**The season to share: collecting for Manna**

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds about 3,300 families each month at fourteen locations throughout the county.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, over 2,000 children in 50 elementary schools receive a backpack with

nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

One of every four Montgomery county residents is at risk of hunger and 32% of all MCPS students qualify for a free or reduced price meal Last year Village residents donated 443 pounds of canned and boxed food — let's try to raise that number this year!

**Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Fresh fruit and vegetables cannot be accepted.**