




M A Y


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Calling all artists!

Don't forget our annual art show, "Three Cheers for the Red, White, and Blue — A Celebration of the Fourth of July." This multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists, will run through the month of July. Its patriotic themes are inspired by parades, family gatherings, picnics, fireworks, and heroes. The exhibit is held in conjunction with the annual celebration at the Village Center. Entry forms are at the Center.

<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 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>5</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance/Coordination 2 p.m.: Facebook Workshop 2 – 4 p.m.: Suburban Nurse 3 – 4 p.m.: Tea 5 – 7 p.m.: Shred-It Truck 6 p.m.: Music Theory 7 p.m.: Pilates 7:30 p.m.: COUNCIL CANDIDATES MEET AND GREET</p>	<p>6</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.: Tea and Talk: Rosie the Riveter 7:30 p.m.: Concert: Alicia Lee</p>	<p>7</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 6 – 8:45 p.m.: Healing Qigong</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.: Memory and Movement 2 p.m.: Tea and Talk: Lincoln's Last 100 Days</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography 10 a.m. – 2 p.m.: Prescription Drug Take-Back Day</p>
<p>10</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>11</p> <p>7 a.m. to 8 p.m.: COUNCIL ELECTION 10 a.m.: Great Books 10:30 a.m.: Resistance Training 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 11 a.m.: Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Theory 7 p.m.: Pilates</p>	<p>13</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: "Get Your Back on Track" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kinor Dance</p>	<p>14</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: Unbroken</p>	<p>8</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography 12:30 – 2:30 p.m.: Children's Art in the Park 2:45 p.m.: Depart for Nats Stadium</p>
<p>17</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>18</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group</p>	<p>19</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/Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Theory 7 p.m.: Pilates 7 p.m.: FRIENDSHIP HEIGHTS COUNCIL SWEARING-IN AND MEETING</p>	<p>20</p> <p>9 a.m.: Depart for Richmond 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Tales in the Village:</p>	<p>21</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 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Marianne Szegedy-Maszak</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 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>Memorial Day Center open 9 a.m. to 2 p.m. Shuttle bus runs on weekend schedule 10 a.m.: Great Books 10:30 a.m.: Resistance Training</p> 	<p>26</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>27</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: Health Insurance 7:30 p.m.: Concert: Richard Miller</p>	<p>28</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: Wild</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market</p>
<p>31</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>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</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.

Last chance for children's art camp

Our annual children's summer art camp, run by curator Millie Shott, is filling up fast. Don't miss the opportunity for your child or grandchild to enjoy a week's worth of fine arts and fun **Monday, June 22 through Friday, June 26, from 9:30 a.m. to 1 p.m.** at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up at the Village Center.

Produce market returns to the village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 2, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday through December. During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, bok choy, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!