

Friendship Heights Village Center



Calendar of Events 2015

J U N E						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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 7 p.m.: Café Muse	2 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 5:30 p.m.: Capital Improvements Committee	3 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: “All in the Eyes” 7 p.m.: Concert: Maritime Voices	4 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 James Fitzgerald	5 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	6 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
7 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	8 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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	9 8:15 a.m.: Walking Club 9:30 a.m.: Depart for Frederick 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	10 10:15 a.m.: Yiddish 10:30 a.m.: Art History Program: “From China to Versailles” 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: “All in the Eyes” 1 p.m.: Suburban Lecture: “Feel It in Your Bones” 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Brazilian Jazz Project	11 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 Nazila Fathi	12 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	13 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 1 p.m.: Goodwill Drive at GEICO 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
14 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	15 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.: Zumba!	16 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	17 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: “All in the Eyes” 7 p.m.: James Taylor	18 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 p.m.: Movie: Paddington	19 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	20 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
21 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	22 9:30 a.m. to 1 p.m.: Children’s Art Camp 10 a.m. – 2 p.m.: MVA Mobile Office	23 9:30 a.m. to 1 p.m.: Children’s Art Camp	24 9:30 a.m. to 1 p.m.: Children’s Art Camp 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Music Pilgrim Trio	25 8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children’s Art Camp 6:15 p.m.: Scrabble 7:30 p.m.: Book Signing with Jeanne Pettenati	26 9:30 a.m. to 1 p.m.: Children’s Art Camp	27 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
28 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	29 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	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 9:45 a.m.: Depart for Supreme Court 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				

Last call for July art show

Entry forms for the annual art exhibit, “Three Cheers for the Red, White, and Blue — A Celebration of the Fourth of July,” are at the Village Center on the “art table” in the lobby. 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. Suggested subjects of works include parades, family gatherings, picnics, fireworks, and heroes and should be delivered to the Center on June 28, between 10:30 and 11:30 a.m.

Exercise in disguise!

Zumba is a Latin-inspired dance-fitness program that is more like a party than a workout. It is fun, easy, and for all fitness levels.

Give it a try at a free Zumba class at the Village Center on **Monday, June 15, from 6:30 to 7:30 p.m.** The class will be taught by certified fitness instructor and Village resident Richelle Dickerson. Sneakers and loose clothing required. Sign up by calling 301-656-2797.

Read it before you see it!

Please be sure to take a look at the special exhibit currently on the “Recommendations” shelf in the Center’s reading room highlighting books that were made into movies. A big thank-you to Tobin Esler for finding enough books to fill the shelf. We bet you can find even more in our collection!

Reminder: the Give-Away box in the corner of the room by the window is usually full to the top with magazines — please help yourself.

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.