



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Dixie Power Trio	2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil	3 Center open 9 a.m. to 2 p.m. Shuttle bus runs on weekend schedule 10:30 a.m.: Coffee and Current Events	4 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 2 to 4 p.m.: Fourth of July Celebration
5 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	6 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	7 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	8 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: World Jam Club	9 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: Woman in Gold	10 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	11 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
12 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	13 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	14 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	15 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: "Healthy Habits for a Healthier You" 1 p.m.: All in the Eyes 7 p.m.: Concert: Washington Revels Heritage Voices	16 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: McFarland USA	17 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	18 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
19 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	20 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting	21 8:15 a.m.: Walking Club 8 a.m.: Depart for Skipjack trip 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	22 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Bill Thomas Blues 7 p.m.: Council Communication Committee meeting	23 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: Still Alice	24 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	25 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
26 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	27 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 2:30 p.m.: Acrylic or Oil Painting	28 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	29 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Children's Program with Martha and the Positrons	30 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: Black Hat	31 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	

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 Village Book Club will meet this month on **Tuesday, July 21, at 11 a.m.** The book selection is *The Movie-goer* by Walker Percy. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

The Book Club began in September 2010 and has been led since the beginning by Lee Farber. The Village Council wholeheartedly thanks Lee for her hard work and dedication (almost sixty books!) and welcomes Sheila Manes as the new facilitator.

Friend us!

Check out the Village Facebook page at www.facebook.com/VillageofFriendshipHeights

Council Communication Committee meeting

The Village Council's Communication Committee will meet on **Wednesday, July 22, at 7 p.m.** at the Village Center. This meeting will be open to the public.