



O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cafe Muse presents...

This month's Café Muse, on **Monday, Oct. 5**, will feature poets Martin Dickinson and Michael Gushue. Martin Dickinson is the author of *My Concept of Time*, a 2014 poetry chapbook. His work has appeared in *California Quarterly*, *Heartlodge*, *Isotope*, *Nth Position*, *Poeticdiversity*, and the Russian language weekly, *Kontinent*. Michael Gushue is the publisher of Beothuk Books, cofounder of Poetry Mutual/Vrzh Press and co-hosts the occasional series "Poetry at the Watergate" with Deborah Ager.

Cafe Muse opens at 7 p.m. with classical guitar by Michael Davis, readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Coming up on Nov. 2: Laurel Blossom and Grace Cavalieri

<p>4</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>5</p> <p>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</p>	<p>6</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 5:30 p.m.: Capital Improvements Ctte. meeting 7 p.m.: Pilates</p>	<p>7</p> <p>9:15 a.m.: Depart for Hillwood 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Herb Smith</p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: About Time</p>	<p>9</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Mixed Media</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children's Dance 10:30 a.m.: Basic Photography</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>12</p> <p>Columbus Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p> <p>Shuttle bus runs on weekend schedule</p>	<p>13</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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>14</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: "Get Your Back on Track" 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 5 – 7 p.m.: Shred-It Truck 7:30 p.m.: Concert: Susan Jones Jazz</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 1 p.m.: American Songwriters 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Kyi May Kaung</p>	<p>16</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Mixed Media</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children's Dance 10:30 a.m.: Basic Photography</p>
<p>18</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office</p> <p>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>20</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>21</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Tales in the Village: Adult Ghost Stories</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 1 p.m.: American Songwriters 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Wait Until Dark</p>	<p>23</p> <p>7:30 a.m.: Depart for Princeton</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Mixed Media</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</p>
<p>25</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>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 7:30 p.m.: Communications Committee Meeting</p>	<p>27</p> <p>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</p>	<p>28</p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 2 p.m.: Tea and Talk: The Music of World War II 7:30 p.m.: Concert: Mark Hanak Halloween Program</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 1 p.m.: American Songwriters 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Night at the Museum: Secret of the Tomb</p>	<p>30</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Mixed Media 6:30-8:30 p.m.: Children's Halloween Party</p>	<p>31</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10:30 a.m.: Basic Photography 12:30 p.m.: Meditation</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.

Village author to speak at the Center

Kyi May Kaung, a writer, poet, political economist, and Village resident, will discuss and read from a selection of her novellas and short story collections at the Village Center on **Thursday, Oct. 15, at 7:30 p.m.**

Dr. Kaung worked in the non-profit sector in Washington DC for nearly 2 decades in the Burmese overseas struggle for democracy. She has been writing fiction since she was a teenager in Burma.

Copies of her books will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.

Get your back on track

Matt Tovornik, Suburban Hospital's service line administrator of Orthopedics, Neurosurgery and Rehabilitation, will review the keys to maintaining a healthy spine at this month's health lecture at the Village Center on **Wednesday, Oct. 14, at 1 p.m.** He will discuss anatomy and physiology, proper lifting techniques, what to do when you are experiencing pain, and the latest in advanced treatment alternatives.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend. This talk was originally scheduled for last May.