



N O V E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 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	3 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	4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: "Stroke Awareness" 5:30 p.m.: Program Advisory Committee Meeting 7:30 p.m.: Concert: Barbara Martin	5 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: I'll See You in My Dreams	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 5:30 to 8 p.m.: Artisan Fair Wine and Cheese Reception	7 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. to 4 p.m.: Artisan Fair 11 a.m. - 12 p.m.: Children's Book Event 10:30 a.m.: Basic Photography
8 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	9 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 p.m.: Yoga with Kathryn 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 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	11 Veterans Day Center Open 9 a.m. to 2 p.m. 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group Shuttle Bus runs on weekend schedule	12 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: Jay McCrensky: Understanding Evil and Ethics through Kabbalah	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	14 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
15 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 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 7:00 p.m.: Yoga with Kathryn	17 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	18 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	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Depart for Amish Market 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Lunch 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Mr. Holmes	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	21 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
22 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn 7:30 p.m.: Town Hall Mtg. with Comptroller Peter Franchot	24 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	25 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Health Insurance Counseling	26 Happy Thanksgiving Center Closed No Shuttle Bus 	27 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	28 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 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.: Yoga with Kathryn	GEICO/Goodwill E-cycling and Donation Drive GEICO will host a Goodwill/E-cycling Day on Saturday, Nov. 7, from 9 a.m. to 1 p.m. at the building parking lot at 5260 Western Avenue in Chevy Chase. Donations accepted include: electronics (in working condition and with ALL parts, including cords) Radios, stereo systems, mp3 players, VCRs, and DVD players (Goodwill will only accept televisions that have a coaxial cable connection or RCA inputs); small appliances such as toaster ovens, Foreman Grills®, coffee makers, vacuum cleaners, and portable air conditioners; fans that are CPSC approved; microwave ovens in acceptable working condition; computers, all brands, all parts, any condition Software programs less than two years old; gaming systems; and cell phones. Other recyclable household items will also be accepted such as clothes, shoes, toys, books, accessories, furniture and lawn equipment (all fuel must be removed prior to donating). For more information about donating go to www.dcgoodwill.org and click on Donate.				

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 nearly 40,000 individuals every year.

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 low sugar 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.

Last year Village residents donated 422 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. Baked goods and fresh produce cannot be accepted.