



Friendship Heights

VILLAGE NEWS

DECEMBER 2015

301-656-2797

VOLUME 30, NO. 8



Chef Nora Pouillon
page 7

Mayor's Corner

The quest for opportunities is in my DNA. I seek and often find opportunities for the organizations I serve as a manager or trustee.

Opportunity is what I see when I look out of my windows at Parcel 6. Located between Shoemaker Farm Lane and the 4620 North Park Condominium, it is the only tract of land in our Village free of high-rise structures.

It is therefore the only tract that someday might yield for the community additional open space and one or more signature projects

different in scale and quality from the behemoths of the 1970s. A developer of high-quality projects in Bethesda is negotiating with owners of Parcel 6 properties to assemble land for an upscale project. Will this particular developer progress from land acquisition to planning a project likely to enhance quality of life and property values in our Village? I don't know and it doesn't matter.

Regardless of what Parcel 6 property owners may choose to do in the years ahead, regardless of what we may hear from interested

developers, will we, residents of the Village, recognize opportunities to enhance our community?

Plan to attend the Council meeting on **December 14, 2015 at 7:30 p.m.** Council members and Village staff will present the information available at this point, answer your questions, and hear your views. What do you see when you look at Parcel 6?

Clara M. Lovett
Mayor

Exploring China with photos and fabric

In the second half of the nineteenth century, Scottish photographer and travel writer John Thomson took four journeys across China, capturing scenes and people from all walks of life. In *China: Through the Lens of John Thomson*, the George Washington University and The Textile Museum present a stunning selection of Thomson's photographs displayed alongside contemporaneous pieces from the museum's collection of Qing-Dynasty textiles and accessories.

Join us on **Wednesday, Jan. 13**, when we take a guided tour of this incredible exhibit. Unlike most photographers working in the Far East at that time, Thomson was not a government official, nor a missionary. He was a professional photographer who was fascinated by China. The photographs of ministers, high officials, wealthy traders, street vendors, brides, boat women, monks, and soldiers provide a lasting record of nineteenth-century China's landscapes, architecture, communities, and customs.

Prior to our tour, we'll enjoy a two-course luncheon at Tonic, an eatery across from the Textile Museum, known for its burgers, sandwiches, and signature tater tots. Menu choices include cheeseburger with tater tots, Portobello mushroom sandwich with tater tots, or kale salad with chicken. Dessert will be chef's choice. Coffee, tea, lemonade or soft drinks are also included.

We'll depart from the Village Center at 10:45 a.m. and should return by 3 p.m. The cost of the trip, which includes transportation, lunch, admission to museum and tour, and all taxes and gratuities, is \$63. Sign up immediately at the Village Center. The deadline is Dec 30. There are 29 spaces available.



Welcome 2016 at the Village Center

Celebrate a brand-new year as the Village Council hosts its annual New Year's Day Open House on **Friday, Jan. 1, from 2 to 3:30 p.m.**, at the Village Center. The celebration features music, fun and light fare from Ridgewell's Caterers. The shuttle bus will run from 1:30 p.m. to 4 p.m. only between residential buildings and the Village Center.

This is a wonderful opportunity to mingle with your neighbors in a relaxed and cordial atmosphere.

How well do you know our village?

As the Mayor reports on page 1, Parcel 6 has recently been attracting attention from developers. This approximately 1.25-acre piece of land, bordered by North Park Ave., Shoemaker Farm Lane, Willard Ave., and the



building at 4620 North Park Ave., includes the house owned by the Village at 4602 North Park Ave., which is leased to a commercial tenant and houses the County Police Field Office. The Village bought this property in 1985 so that the community would have a voice in any future development of the parcel. It is important to note, however, that a developer does not need permission from the Village to purchase the other properties constituting Parcel 6 and consolidate them for development. The full approval process involves submitting the plan to the County Planning Board, public hearings, votes by the Planning

Board, then a final decision by the County Council.

Parcel 6 is entirely classified as Commercial/Residential under the County zoning ordinance, which has been revised since the most recent Sector Plan was adopted in 1998. Under the optional method of development (typically sought by developers), higher densities are allowed in exchange for public amenities and facilities. Development on Parcel 6 must conform to the County's requirements for setbacks, open space, and parking, and any residential building would have to include a certain percentage of moderately priced dwelling units (MPDUs).

—Julian Mansfield, Village Manager



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the January issue is December 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Best Musical: *A Gentleman's Guide to Love & Murder*

Tickets are still available for our trip to see *A Gentleman's Guide to Love & Murder* at the Kennedy Center on **Thursday, Jan. 28.**

Gentleman's Guide, which won four Tony Awards in 2014 including Best Musical, is the hilarious story of a man who discovers that he's ninth in line to inherit a fortune and tries to murder everyone standing in his way. We will leave the Village Center at 6:15 p.m. and return around 10 p.m. The cost, which includes a 10% discounted Orchestra ticket, transportation, and driver gratuity, is \$118. The cost will go up to \$130 after Dec. 21. Sign up today!

The Village Book Club will meet this month on **Tuesday, Dec. 15, at 11 a.m.** The book selection is *Some Luck* by Jane Smiley. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

SAVE THE DATE

May 2- May 7, 2016: Charleston and Savannah
Watch for details in the January *Village News*

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An unlikely memoir of the Korean War

When Don Connolly joined the Coast Guard during the Korean War and was sent to the Pacific island of Guam, he knew nothing about boats or ships- or even the difference between them- and had seen the ocean only once. But he did know a lot about theater and decided to put on a play while juggling his search and rescue duties. Don's book, *The Blue-Eyed Ensign*, tells the story of his first year in the Coast Guard and he will discuss his delightful story at the Village Center on **Thursday, Jan. 7, at 7:30 p.m.** Donald Connolly is a retired film/video maker who worked all his career in the government (U.S. Navy medicine and Postal Service) and as Executive Vice President of Charlie/Papa

Productions, an independent film production company, where he received an Academy Award nomination for a short documentary film. He has acted and directed at Adventure Theatre in Glen Echo, and served on the board of directors. His original play, "Trophy," was produced in Washington DC in June 2001. An original comedy, "The Diet Tribe," was produced in San Miguel de Allende, Mexico, in 2006. Don and his wife Barbara have been Village residents since 2003.

Sign up by calling 301-656-2797. Copies of *The Blue-Eyed Ensign* will be for sale for \$10, cash or check only please.

Caregivers Support Group: Handling stress during the holidays

The Village support group for people caring for parents or partners with serious illness or dementia will meet **Monday, Dec. 14, from 6:30 to 8 p.m.** If you are a family caregiver- either at home or from a distance- you know the stress and exhaustion it can cause. Connecting with others in the same situation can help. The meetings are led by experienced facilitator Judith Bernstein, a clinical social worker and certified advanced social work case manager. Let us know if you would like to attend by calling 301-656-2797. **Please note: the group is for caregivers only.**



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Dec. 3, 7:30 p.m. — Booksigning with Nora Pouillon — see page 7 for details.

Thursday, Dec. 10, 7 p.m. — Movie — *The Theory of Everything* — With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's fertile partnership. Eddie Redmayne won the Academy Award for Best Actor for his performance. Also stars Felicity Jones, and Charlie Cox. Rated PG-13. Running Time: 123 minutes.

Thursday, Dec. 17, 7 p.m. — Movie — *Far from the Madding Crowd* — The story of independent, beautiful and headstrong Bathsheba Everdene, who attracts three

very different suitors: Gabriel Oak, a sheep farmer, captivated by her fetching willfulness; Frank Troy, a handsome and reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love - as well as the human ability to overcome hardships through resilience and perseverance. Stars Carey Mulligan, Matthias Schoenaerts, Tom Sturridge and Michael Sheen. PG-13. Running Time: 119 minutes.

Thursday, Dec. 24, — Center Closes at 2 p.m.

Thursday, Dec. 31, — Center Closes at 2 p.m.

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ART and CULTURE

This month in the Friendship Gallery

December's art show features works by artists in the Washington Water Color Association and the Chevy Chase branch of the National League of American Pen Women.

Founded in 1896, the WWCA is one of the oldest societies of professional artists in the country. The NLAPW is composed of professional women composers, writers and artists. It was created in 1929 and is the oldest multi-discipline arts organization for women in the United States.

The exhibit runs from Dec. 7 to Jan. 2. All are invited to meet the artists at a reception on **Sunday, Dec. 13, from 11:30 a.m. to 1:30**



p.m. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Water Play" by Pat Leibowitz and "Hydrangeas at the US Botanic Gardens" by Carol Porter

Pouillon to speak at the Center

Nora Pouillon, chef and owner of Restaurant Nora, the first certified organic restaurant in the country, will speak at the Village Center on **Thursday, Dec. 3, at 7:30 p.m.**, about her new book, *My Organic Life: How a Pioneering Chef Helped Shape the Way We Eat Today*.

This natural foods pioneer made it her mission to bring fresh organic foods to the American table. When it

opened in 1979, Restaurant Nora quickly became a favorite of celebrities and presidents as well as anyone looking for natural, seasonal foods.

Please sign up by calling 301-656-2797. Copies of *My Organic Life* will be available for \$20 (corrected price)—cash or credit card. Copies of *Cooking with Nora* at \$20 will also be available. They both make great holiday gifts!

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D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Donate your old eyeglasses

The Leisure World Lions Club will pick up eyeglasses and frames from the Village Center each month. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

1

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

2

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: Vocal Express

3

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
7:30 p.m.: Book Signing with Nora Pouillon

4

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

8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs
9:30 a.m.: Photography for Children
10 a.m.-12 p.m.: Children's Dance
10:30 a.m.: Basic Photography
12:30 p.m.: Meditation

6

9 a.m.: Yoga with Robin
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers



Happy Hanukkah

7

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
7 p.m.: Café Muse

8

8:15 a.m.: Walking Club
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
3 - 4 p.m.: Tea
5:30 p.m.: Capital Improvements Cttee. meeting
7 p.m.: Pilates

9

7:30 a.m.: Depart for Philadelphia
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: Suburban Lecture: "Listen Up!"
1 p.m.: All in the Eyes
7:30 p.m.: Concert: Thomas Pandolfi

10

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
7 p.m.: Movie: The Theory of Everything

11

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Movement and Memory

12

8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs
10 a.m.-12 p.m.: Children's Dance
10:30 a.m.: Basic Photography
12:30 p.m.: Meditation

13

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

14

10 a.m.: Great Books
12:30 p.m.: Bridge Club
2:30 p.m.: Acrylic or Oil Painting
6:30 p.m.: Caregivers Support Group
7 p.m.: Yoga with Kathryn
7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING

15

8:15 a.m.: Walking Club
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

16

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: Tales in the Village

17

8:15 a.m.: Walking Club
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: Far from the Madding Crowd

18

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Movement and Memory

19

8:15 a.m.: Walking Club
9 a.m. - 1 p.m.: Twin Springs (final market for the year)
10 a.m.-12 p.m.: Children's Dance
10:30 a.m.: Basic Photography

20

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

21

10 a.m. - 2 p.m.: MVA Mobile Office
10 a.m.: Great Books
12:30 p.m.: Bridge Club
7 p.m.: Yoga with Kathryn

22

8:15 a.m.: Walking Club
12 - 4 p.m.: Blood Pressure Screening
2 - 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea

23

10:15 a.m.: Yiddish
12 p.m.: Chess group
7:30 p.m.: Concert: Friday Morning Music Club

24

8:15 a.m.: Walking Club
Center Open
9 a.m. to 2 p.m. Shuttle Bus runs on week-end schedule

25

Merry Christmas



Center Closed

26

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

27

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

28

10 a.m.: Great Books
12:30 p.m.: Bridge Club

29

8:15 a.m.: Walking Club
12 - 4 p.m.: Blood Pressure Screening
2 - 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea

0

10:15 a.m.: Yiddish
12 p.m.: Chess group
7:30 p.m.: Concert: Ashbrook and Oorts

31

8:15 a.m.: Walking Club
Center Open
9 a.m. to 2 p.m. Shuttle Bus runs on week-end schedule

In the event of inclement weather...

Please call the Village Center at 301-656-2797 to confirm that the center is open and that classes are being held. We generally follow the Federal Government's decision and usually get an announcement on our phone by 7:30 a.m. Instructors may have their own snow policies.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
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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.

Don't forget our food collection!

You can bring your donations for Manna Food Center to the Village Center until December 15. Manna is the main food bank in Montgomery County and feeds more than 3,700 families each month.

The food most needed include cereal (low sugar, please), rice, canned meats and tuna, beans, canned fruit and vegetables, 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.

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.

CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Jan. 11. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends April 4 (class will not meet Jan. 18, Feb. 15 and March 28).

ALL IN THE EYES

This 6-week class, taught by Marianne Winter, begins Jan. 6. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is Feb. 10.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Jan 30. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends April 2 (class will not meet Feb. 13 and March 26).

BASIC PHOTOGRAPHY (Children)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Jan. 9. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to

see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13).

MUSIC APPRECIATION **NEW!**

This 2-week class, titled "Bach and the Baroque" and taught by Smriti Hakkarinen, will be held Jan. 12 and 19. Meets on Tuesdays, from 6 to 7 p.m. The class explores the development of piano repertoire during the lifetime of J.S. Bach. Topics include musical forms, the social and historical context in which piano music evolved, and Bach's immense contributions to piano music. Lectures will include guided listening and discussion. For anyone interested in piano music and looking to gain a deeper understanding; no previous background is necessary. This class is the first of a series that will explore the historical evolution of piano repertoire. Look for descriptions of future classes next month. A Village resident and classical pianist, Ms. Hakkarinen taught a Music Theory class at the Center last spring. Cost is \$40 for residents; \$45 for nonresidents.

EXERCISE AND FITNESS

CARDIO BALLET **NEW!**

A ballet/modern dance workout for adults taught by certified fitness instructor Richelle Dickerson. This 6-week class begins Jan. 9. Meets Saturdays, from 10 to 11 a.m. It is easy on the joints and will define legs, gluts and core. Students must bring a yoga mat to each class. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13). Call Richelle with any questions: 240-401-6806

BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Jan. 8. Meets Fridays, from 10:30 to 11:30 a.m. Learn exercises designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents;

\$70 for nonresidents. Session ends Feb. 12.

BALANCE AND COORDINATION

This 6-week class begins Jan. 5. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 9. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 6-week class begins Jan. 6. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 10.

CHILDREN'S DANCE

This 6-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Jan. 9. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. The cost is \$40. Session ends Feb. 27 (class will not meet Jan. 16 and Feb. 13).

MAT PILATES

The 6-week session begins Jan 5. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. Session ends Feb. 9.

MEDITATION AND MINDFULNESS

This 6-week class, led by Anne Gosling, begins Jan. 23. Meets Saturdays from 12:30 to 1:30 p.m. The cost is \$70. Session ends March 5 (does not meet Feb. 13). Practicing meditation can lead to more calm and

clarity and help you meet the challenges of stress or illness. Anne Gosling, Ph. D., has been trained in Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at the UMass Medical Center.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Jan. 4. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Feb. 22 (class will not meet Jan. 18 and Feb.15).

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Jan. 7. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Feb. 11. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Jan. 5. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum is eight. Session ends Feb. 9.

YOGA WITH ROBIN

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins Jan. 3. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$135 for residents; \$145 for nonresidents. Session ends March 20 (class will not meet Jan. 17 and Feb. 14).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets

informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will returned within two days.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Hot beverages, cookies and fruit are served

by Village volunteers every Tuesday from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Look for dates and book titles in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

VISION SUPPORT LUNCH & LEARN

Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358. See page 13 for details.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Dec. 2 — Vocal Express — Vocal Express enlivens Christmas Present, adding old world charm with their repertoire of over fifty holiday tunes sung by carolers in Dickensian attire. What a fine way to greet the Holiday Season! Fans of Vocal Express from Christmases Past will enjoy hearing them again now and in Christmases Future for years to come.

Wednesday, Dec. 9 — Thomas Pandolfi — Virtuoso pianist Thomas Pandolfi, will perform a spectacular program entitled *Holiday Spirit...Piano Works for the Season of Christmas* including special transcriptions of such favorites as *Carol of the Bells*, *Away in A Manger* in the style of Eric Satie, music from Tchaikovsky's *The Nutcracker*, Max Reger's setting of *Silent Night*; *Silver Bells*, *Feliz Navidad*, *Christmas Time is Here*, from "A Charlie Brown Christmas," and an absolutely hair-raising arrangement of Leroy Anderson's *Sleigh Ride*!

Wednesday, Dec. 16 — Tales in the Village: Join us for this monthly program featuring some of the best storytellers in the area.

Wednesday, Dec. 23 — Friday Morning Music Club — Friday Morning Music Club Students Division returns to the Friendship Heights Village Center in December. The young performers will include pianist Eric Lin, cellist Mairead Flory and violinist, Sarah Kim. All three of them, while still in high school, are laureates of numerous competitions and are impressively accomplished musicians. The program will feature classical composers from Baroque to the 20th century. We hope to see you at this exciting program. The winners of these competitions will be featured in this concert. Despite the young age of the musicians the level of performances is amazingly high.

Wednesday, Dec. 30 — Ashbrook and Oorts — Karen Ashbrook and Paul Oorts play a delightful variety of European folk music and entertain audiences with tales of travel and historic music trivia. Their program includes music from France and Belgium along with American, Celtic and Jewish music, and their programs can be called Music from the Cultural Crossroads of Europe.



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TO YOUR HEALTH

Vision Support Group: Remembering Ed Walker

Just two years ago Ed Walker spoke to the Center's Vision Support Lunch and Learn and delighted the audience with stories and anecdotes of his personal and professional life. One of Ed's topics was the discomfort often felt by fully sighted people with a profoundly vision impaired person.

At this month's meeting at the Village Center on **Thursday, Dec. 10, at 12:30 p.m.**, the group will discuss the importance of respect for people who are vision impaired. Meet Charlie Crawford, Ed's colleague and a past Vice Chair of the Montgomery County Commission on People with Disabilities. Help us celebrate Ed Walker, National Radio Hall of Famer and renowned host of WAMU's longest running program, "The Big Broadcast," who died peacefully on October 26, just hours after his last show aired.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com), which was proud to have Ed as an Honorary Board Member. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.



Listen Up! Surgical options for hearing loss

While it commonly affects older adults, hearing loss is difficult at any age. Dr. Wade Chien, neuro-otologist, Johns Hopkins Otolaryngology-Head and Neck Specialty Services, will discuss hearing loss challenges and surgical options for improved hearing at this month's health lecture at the Village Center on

**Wednesday, Dec. 9,
at 1 p.m.**

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.



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Cafe Muse presents...

This month's Café Muse, on **Monday, Dec. 7**, will feature poets Jody Bolz and Maryhelen Snyder.

Jody Bolz is the author of *A Lesson in Narrative Time* and the novella-in-verse *Shadow Play*. Her poems have appeared widely in such magazines as *The American Scholar*, *North American Review*, *Ploughshares*, *Poetry East*, and *Prairie Schooner* and in many literary anthologies. Among her honors are a Rona Jaffe Foundation writer's award and a grant from the Maryland State Arts Council. She edits the journal *Poet Lore*.

Maryhelen Snyder is the author of three books of poetry: *Enough*, *Because I Praise*, and *Sun in an Empty Room*, as well as one memoir in prose and poetry, *No Hole in the Flame*. Her essay, *Guarding Master's Head* on Emily Dickinson,

was published by *Poet Lore*. Her work has appeared in numerous journals including, most recently, *the Gettysburg Review*, *Rattle*, and *Passager*. As a clinical psychologist and family therapist, she has also published widely in the fields of relationship therapy and child development.

Café Muse opens at 7 p.m. in the Village Center 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.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization. For more information visit www.wordworksdc.com.

Coming up on January 4, 2016: James Ragan & Tera Vale Ragan.



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Village Council Corner

Center renovation plans in the works

At its October meeting, the Council approved a proposal from Walton, Madden, Cooper, Robinson, Pones, Inc. to design and supervise planned improvements to the Village Center. It will be something of a homecoming for Art Robinson



Career Center at Hornbake Library, University of Maryland, an example of work done by WMCRP architects.

and Mike Pones. WMCRP was the original architect of the building, which opened in 1986. The design won a First

Place Award of Excellence from the regional chapter of the American Institute of Architects.

Staff met with Art and Mike on November 5 to begin the design process. Planned are updates to the kitchen, bathrooms, auditorium, lobby and hallways. The emphasis will be on accessibility and energy conservation.

There will be a special meeting of the Capital Improvements Committee on **January 12, 2016, at 4 p.m.**, to review preliminary plans. The meeting is open to the public.

Minutes of matters discussed in executive session on June 8, 2015, September 15, 2015, and October 13, 2015, that were subsequently determined subject to public release can be found on the Village website. Confidential information has been redacted.

Go to www.friendshipheightsmd.gov, click on Village Council link, and look under Minutes of Village Council meetings.

Council actions at the November 9 meeting:

- Appointed Council member Kathy Cooper to the Council Communications Committee.
- Heard presentation from architect Roger Lewis about urban villages and transit-oriented development.



Friendship Heights

VILLAGE NEWS

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December 2015 events calendar