

Friendship Heights Village Center



Calendar of Events 2016

M A R C H

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>Reminders about class registrations</p> <p>* Please do not wait until the first session of a series to register. Many classes require a minimum number of participants and will be cancelled if that number is not reached 24 to 48 hours before the start.</p> <p>* No refunds will be given after a class begins unless we cancel the class (in which case every effort will be made to find a make-up date). If you have questions about the suitability of a class, speak to the instructor before the first meeting.</p> <p>* Classes are not prorated; participants must pay for the full series.</p>	<p>1</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 3:30-5:30 p.m.: Voting Demo 7 p.m.: Pilates</p>	<p>2</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Ctte. Meeting</p>	<p>3</p> <p>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: Our Brand is Crisis</p>	<p>4</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Memory and Movement 1 p.m.: Abstract Painting</p>	<p>5</p> <p>8:15 a.m.: Walking Club 10 a.m.: Cardio Ballet 10:30 a.m.: Basic Photography 11 a.m. Children’s Dance 12:30 p.m.: Meditation</p>
<p>6</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</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</p>	<p>8</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</p>	<p>9</p> <p>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: “Recipe for a Happy Tummy!” 7:30 p.m.: Concert: Vivace Quartet</p>	<p>10</p> <p>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: Suffragette</p>	<p>11</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Memory and Movement 1 p.m.: Abstract Painting 6:15 p.m.: Depart for Capitol Steps</p>
<p>13</p> <p>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</p>	<p>14</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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>15</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 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>16</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: The Villages Movement</p>	<p>17</p> <p>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: Waking Ned Devine</p>	<p>18</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Memory and Movement 1 p.m.: Abstract Painting</p>
<p>20</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>21</p> <p>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 with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10:30 a.m. Depart for Cryptologic Museum 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 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>23</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: Irish Tales</p>	<p>24</p> <p>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: The Good Dinosaur</p>	<p>25</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Memory and Movement 1 p.m.: Abstract Painting</p>
<p>27</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</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</p>	<p>29</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 7 p.m.: Pilates</p>	<p>30</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.: Concert: Friday Morning Music Club</p>	<p>31</p> <p>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: Steve Jobs</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.

Cafe Muse presents...

This month’s Café Muse, on **Monday, March 21**, features poets Anders Carlson-Wee and Richard Peabody. Anders Carlson-Wee is a 2015 NEA Creative Writing Fellow, 2015 Bread Loaf Bakeless Camargo Fellow, and the author of *Dynamite*, winner of the 2015 Frost Place Chapbook Competition. His work has appeared in *Narrative*, *New England Review*, *The Missouri Review*, *The Southern Review*, *Best New Poets*, and *The Best American Nonrequired Reading* series. Winner of Ninth Letter’s Poetry Award and New Delta Review’s Editors’ Choice Prize, he holds an MFA in poetry from Vanderbilt University.

Richard Peabody is the founder and co-editor of *Gargoyle Magazine* and editor (or co-editor) of 23 anthologies including *Mondo Barbie*, *Conversations with Gore Vidal*, and *A Different Beat: Writings by Women of the Beat Generation*. The author of a novella, three short story collections, and seven poetry books, he is also a native Washingtonian. Peabody taught fiction writing at Johns Hopkins University for fifteen years. His new book is *The Richard Peabody Reader*.

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.