



J A N U A R Y

SUNDAY

MONDAY

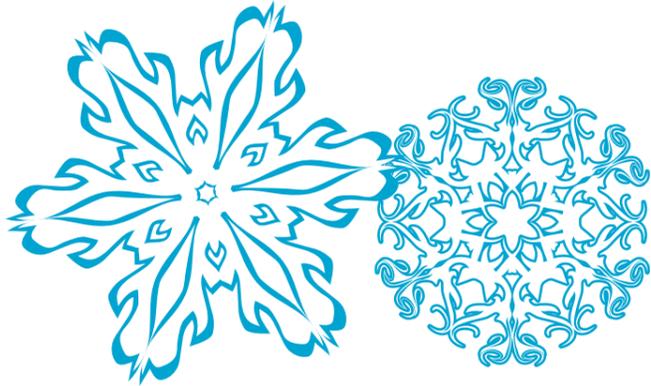
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>4</p> <p>9 a.m.: Restorative Yoga Workshop 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>5</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Café Muse</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>7</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Richard Parnas</p>	<p>1</p> <p>New Year's Open House 2 to 4 p.m.</p> <p>2</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>3</p> <p>8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette</p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Burn After Reading</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.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>10</p> <p>8:15 a.m.: Walking Club</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>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 9:30 a.m.: Depart for National Gallery 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates</p>	<p>14</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Improving Your Memory 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Robert Statham</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Rabbit-Proof Fence</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.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>17</p> <p>8:15 a.m.: Walking Club</p>	<p>18</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19</p> <p>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books 1 p.m.: Strength Training with Tonya</p>	<p>20</p> <p>8:15 a.m.: Walking Club 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>21</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Pam Parker</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Mamma Mia</p>	<p>23</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>24</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Saturday Storytime</p>	<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 11 a.m.: Depart for the Capitol 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: John Jenson</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Indiana Jones and the Kingdom of the Crystal Skull</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.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p>31</p> <p>8:15 a.m.: Walking Club</p>
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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.

Landon Ensemble presents Saturday performance

The Landon Symphonette Chamber Ensemble returns for another sensational season in Friendship Heights when the group appears at the Village Center on **Saturday, Jan. 3, from noon to 1:30 p.m.**

The program will be Symphonie Concertante by Mozart featuring soloists Robert Raymen and Brendan Shea. Symphonie No. 3 Eroica by Beethoven will also be performed.

Robert Raymen is in his senior year at the Eastman School of Music in Rochester, N.Y., where he studies violin and viola. He was the recipient of the Goldie Feder Memorial String Competition and has been a prizewinner in the Landon Symphonette Competition for Young String Performers.

Brendan Shea is a senior at Oberlin College, where he is studying performance violin. He recently won the Oberlin Concerto competition.

The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.