

Friendship Heights Village Center



Calendar of Events 2010

J U N E						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 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	2 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 7 p.m.: Concert: Marchis de los Compadres	3 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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Nine	4 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	5 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 12:15 p.m.: Depart for Nats game	7 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 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	9 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 1 p.m.: Suburban Lecture: Paving the Way to a New Knee 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: 19th C. Italian Opera 7 p.m.: Concert: Machaya Klezmer	10 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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Invictus	11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Understanding Osteoporosis	12 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
13 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	14 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training for Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 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	16 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Tea and Talk: Armand Lakner 3 p.m.: Chair Yoga 7 p.m.: Concert: John Brown Band	17 8 a.m.: Depart for Smith Island 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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Avatar	18 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	19 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
20 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 9:30 a.m. – 12:30 p.m.: Children's Art Camp 10 a.m. – 2 p.m.: MVA Bus 1 p.m.: Strength Training with Tonya 7 p.m.: Yoga	22 8:15 a.m.: Walking Club 9:30 a.m. – 12:30 p.m.: Children's Art Camp 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	23 9:30 a.m. – 12:30 p.m.: Children's Art Camp 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: 19th C. German Opera 7 p.m.: Concert: Bethesda-Chevy Chase High School Jazz Ensemble	24 8:15 a.m.: Walking Club 9:30 a.m. – 12:30 p.m.: Children's Art Camp 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Izzy Heller	25 9:30 a.m. – 12:30 p.m.: Children's Art Camp	26 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 7:30 a.m.: Depart for Shenandoah 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12 p.m.: Special Lunch 1 p.m.: Concert with Eric Abrahamson 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 5 p.m.: Suburban Nurse Specialist 7:30 p.m.: Book Signing with Lucie Snodgrass: Dishing Up Maryland	30 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 7 p.m.: Concert: David McLaughlin	Celebrating the Fourth in art All area artists are invited to enter one work of art in any medium in the Village's "Three Cheers for the Red, White and Blue!" art show in July. Suggested themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Prizes will be awarded to the top winners. Entry forms are available at the Village Center.		

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.

Tea and Talk: Exploring Washington

Dr. Mark Ozer will discuss the interaction of geography and history in the city of Washington, D.C. at the Village Center on **Friday, July 9, at 2 p.m.**

Dr. Ozer explores each era of Washington's history starting in the 1790s, the people who lived at different times and the effect of politics on the city and its buildings - from the Revolutionary Generation to the bicentennial in 2000. Dr. Ozer was last at the Center in September 2009 when he spoke about the history of Litvak Jews.

After the presentation, please stay for tea. Copies of Dr. Ozer's book, *Washington DC: Politics And Place: The Historical Geography of The District of Columbia*, will be available to purchase. Sign up for this free event by calling 301-656-2797.