



Friendship Heights Village Center



Calendar of Events 2008

J A N U A R Y

SUNDAY

MONDAY

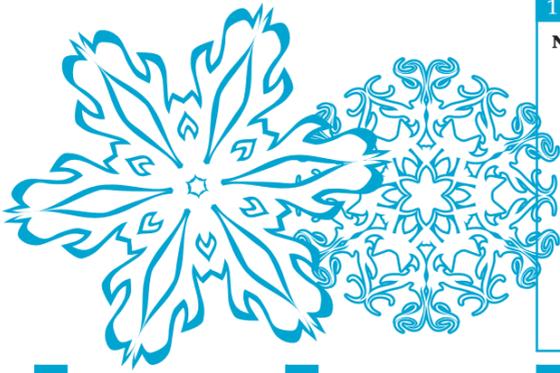
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



		1 New Year's Open House 2 to 3:30 p.m.	2 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Kristen Jepperson	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Mrs. Fal-frey at the Claremont	4 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	5 8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette
6 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 1 p.m.: Bridge Group 1 p.m.: Strength Training with Tonya 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Café Muse	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 9:30 a.m.: Depart for NGA 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.: Strength Training with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Common GI problems 3 p.m.: Chair Yoga 7:30 p.m.: Concert: IONA	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 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Waitress	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 1 p.m.: Bridge Group	12 8:15 a.m.: Walking Club
13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	14 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Herb Smith Duo	17 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 7:30 p.m.: "Eating for Energy"	18 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 1 p.m.: Tea and Talk: Louis Maier	19 8:15 a.m.: Walking Club
20 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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	23 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 10:30: Gardening Demo 11 a.m.: Strength Training with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture 3 p.m.: Chair Yoga 2:30 p.m.: Jason Cohen: Oral Health 7:30 p.m.: Concert: Li-Ly Chang	24 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 7:30 p.m.: Richard Ben-Veniste	25 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	26 8:15 a.m.: Walking Club 12:30 p.m.: Depart for Kennedy Center (cookies and cocoa at noon)
27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Bridge Group 1 p.m.: Strength Training with Tonya 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 7:30 p.m.: Natalie Wexler: A More Obedient Wife	29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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	30 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Depart for Verizon Center 7:30 p.m.: Concert: Robert Redd Duo	31 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: The Nanny Diaries		



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.

Thank you to our generous neighbors

A special thank you to all the Village residents who donated 626 pounds of canned and boxed food for the needy in Montgomery County. The food was delivered to Manna Food Center of Montgomery County. Toys were also taken to a local Toys for Tots collection site. Thank you for making this effort a success.

