



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



6	7	1	2	3	4	5
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 6:30 p.m.: Beginning Spanish 7 p.m.: Café Muse	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 2:30 – 4:30 p.m.: Drawing and Painting 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	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: Joy and Julian	8:15 a.m.: Walking Club 6 p.m.: Scrabble No Movie	Friday, July 4 2 to 4 p.m.: Fourth of July Celebration	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
13	14	8	9	10	11	12
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 12 p.m.: Depart for Nationals game	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 1 p.m.: Bridge Group 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 2:30 – 4:30 p.m.: Drawing and Painting 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Hui O Ka Pua 'Ilima	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Raising Helen	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group 1:30 p.m.: Tea and Talk: If This House Could Talk	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
20	21	15	16	17	18	19
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga	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 2:30 – 4:30 p.m.: Drawing and Painting 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: David McLaughlin and Friends	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Ice Age 2: The Meltdown 7:15 p.m.: Depart for Strathmore	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group 1:30 p.m.: Tea and Talk: Fabulous Fakes, Hoaxes, and Forgeries	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
27	28	22	23	24	25	26
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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 1 p.m.: Bridge Group 7 p.m.: Yoga 7:30 p.m.: Kimberly Dozier: Breathing the Fire	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 2:30 – 4:30 p.m.: Drawing and Painting 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: David McLaughlin and Friends	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Diving Bell and The Butterfly	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group 1:30 p.m.: Tea and Talk: Fabulous Fakes, Hoaxes, and Forgeries	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
30	31	29	30	31		
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: The Greg Harrison Jazz Band	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Savages	8:15 a.m.: Walking Club 9:30 a.m.: Depart for Wegman's 9:30 a.m.: Tai Chi 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 2:30 – 4:30 p.m.: Drawing and Painting 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	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: The Greg Harrison Jazz Band	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Savages		

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.

