



J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>1</p> <p>10:30 a.m.: Depart for Charles Town</p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>2</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>1 p.m.: Strength Training with Tonya</p> <p>1 p.m.: Bridge Group</p> <p>6:30 p.m.: Beginning Spanish</p> <p>7 p.m.: Yoga</p> <p>7 p.m.: Café Muse</p>	<p>3</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>1 p.m.: All About Balance</p> <p>1 – 2:45 p.m.: Blood Pressure Screening</p> <p>3 – 4 p.m.: Tea</p> <p>3 – 5 p.m.: Suburban Nurse Specialist</p> <p>7 p.m.: Mat Pilates</p>	<p>4</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10:15 a.m.: Yiddish</p> <p>11 a.m.: Chair Exercise with Tonya</p> <p>1 p.m.: Suburban Lecture: Diabetes Management</p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>7 p.m.: Concert: Seth Kibel Swing Band</p>	<p>5</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>11 a.m.: Still Life Painting</p> <p>11 a.m. – 4 p.m.: Village Playtime</p> <p>6 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p>7 p.m.: Movie: Into the Wild</p>	<p>6</p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p> <p>10:30 a.m.: Strength Training with Cheryl</p> <p>1 p.m.: Frederick Moyers in Concert</p> <p>1 p.m.: Bridge Group</p> <p>1 p.m.: Refresher Bridge</p> <p>3 p.m.: Advanced Bridge</p>	<p>7</p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. – 1 p.m.: Twin Springs</p>
<p>8</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> <p>11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>9</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>1 p.m.: Strength Training with Tonya</p> <p>1 p.m.: Bridge Group</p> <p>6:30 p.m.: Beginning Spanish</p>	<p>10</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>1 p.m.: All About Balance</p> <p>1 – 2:45 p.m.: Blood Pressure Screening</p> <p>2:30 – 4:30 p.m.: Drawing and Painting</p> <p>3 – 4 p.m.: Tea</p> <p>3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>11</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10:15 a.m.: Yiddish</p> <p>11 a.m.: Chair Exercise with Tonya</p> <p>1 p.m.: Health Insurance Counseling</p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>7 p.m.: Concert: Machaya Klezmer</p>	<p>12</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>11 a.m.: Still Life Painting</p> <p>11 a.m. – 4 p.m.: Village Playtime</p> <p>1 p.m.: Chinese Brush</p> <p>6 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p>7 p.m.: Movie: The Great Debaters</p>	<p>13</p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p> <p>10:30 a.m.: Strength Training with Cheryl</p> <p>1 p.m.: Bridge Group</p> <p>1 p.m.: Refresher Bridge</p> <p>2 p.m.: Tea and Talk: Teddy Roosevelt</p> <p>3 p.m.: Advanced Bridge</p>	<p>14</p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. – 1 p.m.: Twin Springs</p>
<p>15</p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>16</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>1 p.m.: Strength Training with Tonya</p> <p>1 p.m.: Bridge Group</p> <p>6:30 p.m.: Beginning Spanish</p> <p>7 p.m.: Yoga</p> <p>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>17</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>12:30 p.m.: Vision Support Group</p> <p>1 p.m.: All About Balance</p> <p>1 – 2:45 p.m.: Blood Pressure Screening</p> <p>2:30 – 4:30 p.m.: Drawing and Painting</p> <p>3 – 4 p.m.: Tea</p> <p>3 – 5 p.m.: Suburban Nurse Specialist</p> <p>7:30 p.m.: Book Signing with Roger Mudd</p>	<p>18</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10:15 a.m.: Yiddish</p> <p>11 a.m.: Chair Exercise with Tonya</p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>7 p.m.: Concert: Timothy Roberts</p>	<p>19</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>11 a.m.: Still Life Painting</p> <p>11 a.m. – 4 p.m.: Village Playtime</p> <p>1 p.m.: Chinese Brush</p> <p>6 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p>7 p.m.: Movie: Enchanted</p>	<p>20</p> <p>8 a.m.: Depart for Eastern Shore</p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p> <p>10:30 a.m.: Strength Training with Cheryl</p> <p>1 p.m.: Bridge Group</p> <p>1 p.m.: Refresher Bridge</p> <p>3 p.m.: Advanced Bridge</p>	<p>21</p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. – 1 p.m.: Twin Springs</p> <div style="text-align: center;"> </div>
<p>22</p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>23</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>1 p.m.: Strength Training with Tonya</p> <p>1 p.m.: Bridge Group</p> <p>6:30 p.m.: Beginning Spanish</p> <p>7 p.m.: Yoga</p> <p>7:30 p.m.: Michael Dirda: "Reading, Writing and Reviewing"</p>	<p>24</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>1 p.m.: All About Balance</p> <p>1 – 2:45 p.m.: Blood Pressure Screening</p> <p>2:30 – 4:30 p.m.: Drawing and Painting</p> <p>3 – 4 p.m.: Tea</p> <p>3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>25</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10:15 a.m.: Yiddish</p> <p>11 a.m.: Chair Exercise with Tonya</p> <p>1 p.m.: Health Insurance Counseling</p> <p>1 p.m.: Portraiture in Pencil and Pastel</p> <p>1 – 4 p.m.: Skin Cancer Screenings</p> <p>7 p.m.: Concert: BCC High School Jazz Ensemble</p>	<p>26</p> <p>8:15 a.m.: Walking Club</p> <p>9:30 a.m.: Tai Chi</p> <p>11 a.m. – 4 p.m.: Village Playtime</p> <p>1 p.m.: Chinese Brush</p> <p>6 p.m.: Scrabble</p> <p>6:45 p.m.: Acrylic or Oil Painting</p> <p>7 p.m.: Movie: Juno</p>	<p>27</p> <p>9:15 a.m.: Drop-in Tai Chi</p> <p>10:30 a.m.: Coffee and Current Events</p> <p>10:30 a.m.: Strength Training with Cheryl</p> <p>1 p.m.: Bridge Group</p> <p>1 p.m.: Refresher Bridge</p> <p>2 p.m.: Tea and Talk: China Inside and Out</p> <p>3 p.m.: Advanced Bridge</p>	<p>28</p> <p>8:15 a.m.: Walking Club</p> <p>9 a.m. – 1 p.m.: Twin Springs</p>
<p>29</p> <p>8 a.m.: Depart for New York</p> <p>9 a.m.: Yoga</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>30</p> <p>9:15 a.m.: Fit-4-Ever</p> <p>10 a.m. – 2 p.m.: MVA Bus</p> <p>10 a.m.: Great Books</p> <p>10:30 a.m.: Resistance Training For Seniors</p> <p>1 p.m.: Strength Training with Tonya</p> <p>1 p.m.: Bridge Group</p> <p>6:30 p.m.: Beginning Spanish</p> <p>7 p.m.: Yoga</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.

Tea and talk: a tour of historic homes

Elizabeth Smith Brownstein will present a slide lecture entitled "If This House Could Talk: Historic Homes, Extraordinary Americans" at the Village Center on **Friday, July 11, at 1:30 p.m.**

Ms. Brownstein will take us on an armchair tour of 28 homes, from a former royal palace to a New York tenement, from a bachelor's mansion to a writer's cottage, and a 17th-century homestead to a visionary house of the future. Homes she will discuss include those of Frank Lloyd Wright, Robert Frost, the Adams family, James Madison, Abraham Lincoln, Edgar Allan Poe, Booker T. Washington, and, Eleanor Roosevelt. All are American treasures.

Ms. Brownstein is a television researcher, producer, and author who last spoke at the Center in April on Lincoln's Cottage. Copies of her book, *If This House Could Talk*, will be available for purchase. After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

Shredding Service returns to the Village July 24

On **Thursday, July 24, from 5 to 8 p.m.**, a truck from Shred-it will provide community shredding service in the Village. The truck will park on Friendship Boulevard adjacent to the Village Center (the same space where the MVA bus stops every month). Village residents are invited to bring your materials for shredding. The shredding company representative will provide a Certificate of Destruction after every shred. *This service is available for Village residents only.* Special thanks to Council member Maurice Trebach for suggesting this idea.

