

Friendship Heights Village Center



Calendar of Events 2009

J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>7</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>1</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Nurse Specialist 6 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>3</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 7 p.m.: Concert: Santi Budaya Indonesian Dancers</p>	<p>4</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 6:30 p.m.: Depart for Opera 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Frozen River</p>	<p>5</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>6</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>14</p> <p>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</p>	<p>8</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Nurse Specialist 6 p.m.: Spanish 2</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Ask the Pharmacist 7 p.m.: Concert: IONA</p>	<p>11</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 7 p.m.: Movie: Last Chance Harvey</p>	<p>12</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 1:30 p.m.: Tea and Talk: How the States Got Their Shapes</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> 	<p>15</p> <p>9:15 a.m.: Fit 4-Ever 9:15 a.m.: Depart for Bureau of Engraving 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>17</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.: Health Insurance Counseling 7 p.m.: Concert: Herb Smith</p>	<p>18</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 7:30 p.m.: David Stewart: Impeached: The Trial of President Andrew Johnson and the Fight for Lincoln's Legacy</p>	<p>19</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 3 p.m.: Tea and Talk: Introduction to Facebook</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>28</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</p> <p>9:15 a.m.: Fit 4-Ever 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 7 p.m.: Yoga 7:30 p.m.: Bob Musil: Hope for a Heated Planet</p>	<p>23</p> <p>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</p>	<p>24</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 7 p.m.: Concert: Bethesda-Chevy Chase High School Jazz Ensemble</p>	<p>25</p> <p>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 7:30 p.m.: An Evening with Cokie Roberts</p>	<p>26</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>27</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>29</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7:30 p.m.: Kirstin Downey: The Life of Frances Perkins</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>					

MVA Bus To Return in July

The Motor Vehicle Administration's mobile unit will not be in Friendship Heights during the month of June. It will return to the Village on **Monday, July 27, from 10 a.m. to 2 p.m.** The MVA will be getting a new bus and will need the month of June to test the bus at each site to be sure that there are no problems.

Additional dates for 2009:

- Monday, July 27
- Monday, August 24
- Monday, September 28
- Monday, October 26
- Monday, November 23
- Monday, December 21

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.

