

Friendship Heights Village Center



Calendar of Events 2009

M A R C H

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>1</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>2</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 6:30 p.m.: Spanish 2 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>3</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>	<p>4</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.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Ashbrook and Oorts</p>	<p>5</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 p.m.: Movie: Bottle Shock</p>	<p>6</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group 2 p.m.: Tea and Talk: The Assassination of Abraham Lincoln</p>	<p>7</p> <p>8:15 a.m.: Walking Club</p>		
<p>8</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>9</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 6:30 p.m.: Spanish 2 7 p.m.: Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>10</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 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates</p>	<p>11</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Tummy Troubles 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Ericka Ovette</p>	<p>12</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 6:45 p.m.: Depart for Hexagon 7 p.m.: Movie: Changing</p>	<p>13</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group</p>	<p>14</p> <p>8:15 a.m.: Walking Club 3 p.m.: Gwen Ifill</p>		
<p>15</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>16</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 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:45 a.m.: Depart for the Capitol 1 p.m.: Fall Prevention 12:30 p.m.: Vision Support Group 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</p>	<p>18</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 1:30 p.m.: Tea and Talk: Reverse Mortgages 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Jack Stanton</p>	<p>19</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 p.m.: Movie: The Secret Life of Bees</p>	<p>20</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group 7:30 p.m.: Dessert Dance</p>	<p>21</p> <p>8:15 a.m.: Walking Club</p>		
<p>22</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>23</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 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 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 2 p.m.: Positive Psychology: Resilience in Challenging Times 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</p>	<p>25</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Depart for Capitol 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.: "Planting Pots in the Roman Villa Garden"</p>	<p>27</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group</p>	<p>28</p> <p>8:15 a.m.: Walking Club</p>		
<p>29</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>30</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 6:30 p.m.: Spanish 2 7 p.m.: Yoga</p>	<p>31</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 7 p.m.: Mat Pilates</p>						

Reminder!

Don't forget Tea and Talk at the Village Center on **Friday, March 6, at 2 p.m.** when Anthony Pitch will present a program on the many plots on President Lincoln's life.

Mr. Pitch, a journalist and award-winning author of *The Burning of Washington*, used unpublished diaries and letters to research the Lincoln-assassination conspiracy and its aftermath.

After the presentation, please stay for tea. Copies of his book, *"They Have Killed Papa Dead!"* will be available for purchase. Sign up for this free event by calling 301-656-2797.

Planting gardens in pots

Elizabeth Macauley Lewis, a research associate at the Institute of Archaeology at Oxford University, will give an illustrated lecture entitled "Planting Pots in the Roman Villa Garden" at the Village Center on **Thursday, March 26, at 7 p.m.** The evening is part of a series of lectures by prominent archaeologists presented by the Washington Society of the Archaeological Institute of America.

People of the ancient Mediterranean communities often planted gardens in pots. One variety of the planter pot is the *olla perforata*, a round pot with one or more holes near the bottom for drainage. Ms. Lewis has recently completed a comprehensive study of these planter pots through Europe and the Near East.

Please sign up for this free event by calling 301-656-2797.



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.