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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



<p>3</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>4</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>5</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:15 a.m.: Depart for Nationals Park 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 6 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>6</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 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Benny Goodman Tribute</p>	<p>7</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.: Ann Lewis on the Changing Presidential Campaign</p>	<p>1</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 pm.: Bridge Group</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>10</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>11</p> <p>7 a.m. to 8 p.m.: COUNCIL ELECTION 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>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Depart for Alexandria 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse 6 p.m.: Spanish 2 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates</p>	<p>13</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: Tired of Counting Sheep? 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Minter and Minter</p>	<p>14</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.: William Bodde on Lincoln's Civil War Diplomacy</p>	<p>15</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 pm.: Bridge Group</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>17</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</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 7:30 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING and SWEARING IN</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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 6 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>20</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 Paste 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Kinor Dancers</p>	<p>21</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.: Evening with George Michael</p>	<p>22</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 pm.: Bridge Group</p>	<p>23</p> <p>8:15 a.m.: Walking Club 8:15 a.m. a.m.: Depart for Stable Tour 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette</p>
<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>Memorial Day Center open 9 a.m. to 2 p.m.</p>  <p>10 a.m.: Great Books</p>	<p>26</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 6 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>27</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 7:30 p.m.: Concert: John Brown Band</p>	<p>28</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: Slumdog Millionaire</p>	<p>29</p> <p>10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>31</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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.

Produce market returns to the village

Twin Springs Fruit Farm will set up its market on **Saturday, May 2, from 9 a.m. to 1 p.m.** and will be a welcome fixture every Saturday on the portico of the Friendship Heights Village Center until mid-November.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, peppers and garlic. In addition, they will be featuring fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies. Also available in May are North Carolina strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

