



N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Enjoy a unique theater experience!

The Open Book Play Readers, a newly formed group of play readers that meets once a month, will read *Born Yesterday* at the Village Center on **Saturday, Nov. 1, at 11 a.m.**

Born Yesterday, a comedy written by Garson Kanin, tells the story of a corrupt tycoon, who brings his show-girl mistress Billie Dawn with him to Washington and then hires a journalist, to teach her proper etiquette.

Call 301-656-2797 to reserve a seat in the audience.

1

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
11 a.m.: Born Yesterday

2

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3

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
2:30 p.m.: Drawing and Painting
6:30 p.m.: Spanish 2
7 p.m.: Yoga

4

8:15 a.m.: Walking Club

**Election Day
All classes canceled**



5

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.: I.J. Hudson on Transition to Digital TV
3 p.m.: Chair Yoga
6:30 p.m.: Beginning Spanish
7:30 p.m.: Concert: Tim Roberts

6

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
1 p.m.: Chinese Brush Painting
3 to 7 p.m.: Flu Shots
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Outsourced

7

10 a.m. – 2 p.m.: Flu Shots
10:30 a.m.: Coffee and Current Events
1 pm.: Bridge Group
6:30 p.m.: Dinner Dance

8

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
10 a.m. – 3 p.m.: Holiday Affair Artisan Fair

9

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
11:30 a.m. – 1:30 p.m.: Art Reception

10

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
2:30 p.m.: Drawing and Painting
6:30 p.m.: Spanish 2
7 p.m.: Yoga
8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING

11

**Veterans Day
Center Open
9 a.m. to 2 p.m.**
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: All About Balance
6:30 p.m.: Depart for Opera

12

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
1 p.m.: Suburban Lecture: Heart Healthy Holidays
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: Roseanne Conway and Miriam Avalos

13

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
1 p.m.: Chinese Brush Painting
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Book Signing with Chris Kimball

14

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

15

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

16

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17

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
2:30 p.m.: Drawing and Painting
7 p.m.: Yoga
7 p.m.: Café Muse

18

7:30 a.m.: Depart for New York
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
12:30 p.m.: Vision Support Group
1 p.m.: All About Balance
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
7 p.m.: Playreaders
7 p.m.: Mat Pilates

19

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: Project Natale

20

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Still Life Painting
1 p.m.: Chinese Brush Painting
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
7 p.m.: Brody Forum: Robert Samuelson

21

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
1:30 p.m.: Mark Twain: An American Story

22

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

23

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24

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.: Spanish 2
7 p.m.: Yoga

25

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
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist

26

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
1 p.m.: Health Insurance Counseling
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Barrie Goodman

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**Happy Thanksgiving!
Center Closed**



28

**Center Open
9 a.m. to 2 p.m.**
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

29

8:15 a.m.: Walking Club

30

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

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.

'Tis the season to share: food and toy collection

Last year, generous residents of Friendship Heights donated 626 pounds of canned and boxed food to Manna Food Center, which feeds 2,000 hungry Montgomery County residents each month. This year let's aim for 700!

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar.**

New toys will also be collected and delivered to children in the area.