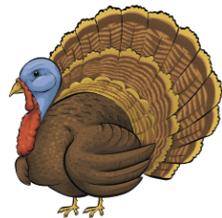


Friendship Heights Village Center



Calendar of Events 2009

N O V E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 5 p.m.: A Conversation with David Frum	2 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for Kennedy Center 7 p.m.: Mat Pilates	4 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 p.m.: Suburban Lecture: Flu and Pneumonia Season 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Susan Jones and Caliente	5 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 4 – 5:30 p.m.: Children's Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing w/ Balz and Johnson: The Battle For America 2008	6 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.: Painting is for Everyone 6:30 p.m.: Dinner Dance with Emery Davis	7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m. to 3 p.m.: Holiday Affair
8 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	9 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and 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	11 Veterans Day Center Open 9 a.m. to 2 p.m. (Shuttle bus runs on weekend schedule) 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya	12 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 4 – 5:30 p.m.: Children's Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing w/ Ronald Kessler: In the President's Secret Service	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 12 p.m.: Special Lunch 1 p.m.: "Julia Says: Bon Appetit" 1 p.m.: Painting is for Everyone	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
15 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for National Theatre 7 p.m.: Mat Pilates	18 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: William Bodde on Alger Hiss and the Rosenbergs 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Jerry Allen	19 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 4 – 5:30 p.m.: Children's Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: 27 Dresses	20 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.: Painting is for Everyone	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book Signing with Steve Luxenberg	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and 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	25 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Silver Strings	26 Happy Thanksgiving! Center Closed No Shuttle Bus 	27 Center Open 9 a.m. to 2 p.m. (Shuttle Bus runs on regular schedule) 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 	28 8:15 a.m.: Walking Club 
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 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 2:30 p.m.: Acrylic or Oil Painting					

Village residents enjoyed a visit to Chicago in October



NOTE: THE MVA BUS WILL BE HERE ON MONDAY, NOVEMBER 2 AND MONDAY, NOVEMBER 23.

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.