

# Friendship Heights Village Center



# Calendar of Events 2008

## O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Village Council meetings are held the second Monday of each month, unless that Monday is a holiday. The next meeting will be **Tuesday, Oct. 14, at 8 p.m.** at the Village Center. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.

<p><b>1</b></p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Baltimore Mandolin Quartet</b></p>	<p><b>2</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1:30 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Sen. Chuck Hagel</b></p>	<p><b>3</b></p> <p>9:15 .m.: Drop-in Tai Chi 10 a.m. – 3 p.m.: AARP Safe Driving 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 pm.: Bridge Group 6:30 p.m.: Depart for Capitol Steps</p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>5</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>6</b></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.: 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 <b>7 p.m.: Café Muse</b></p>	<p><b>7</b></p> <p>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 7 p.m.: Mat Pilates</p>	<p><b>8</b></p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise <b>1 p.m.: Suburban Lecture: Parkinson's</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Kathie Trahan</b></p>
<p><b>9</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 1:30 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Monster House</b></p>	<p><b>10</b></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 <b>1:30 p.m.: Tea and Talk: 1945: The Year That Changed Everything</b></p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p><b>12</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>
<p><b>13</b></p> <p><b>Columbus Day Center Open 9 a.m. to 2 p.m.</b> 7:30 a.m.: Depart for Canada 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p><b>14</b></p> <p>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 7 p.m.: Living Room Theatre 7 p.m.: Mat Pilates <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>15</b></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 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Haskell Small</b></p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1:30 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Made of Honor</b></p>
<p><b>17</b></p> <p>9:15 .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><b>18</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	<p><b>19</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>20</b></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.: 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</p>
<p><b>21</b></p> <p>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 <b>7:30 p.m.: Beyond Iraq</b></p>	<p><b>22</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 to 4 p.m.: Memory Power</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Susan Jones</b></p>	<p><b>23</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1 p.m.: Refresher Bridge 3 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Howard Fineman</b></p>	<p><b>24</b></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 <b>1:30 p.m.: Tea and Talk: Italian Opera</b></p>
<p><b>25</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>1 p.m.: Children's Halloween Party</b></p>	<p><b>26</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>27</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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</p>	<p><b>28</b></p> <p>8:15 a.m.: Walking Club <b>8:15 a.m.: Depart for Gettysburg</b> 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</p>
<p><b>29</b></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 <b>2 p.m.: "The Steep Ascent: A Visit with Anne Morrow Lindbergh"</b> 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Haunts with Ellouise</b></p>	<p><b>30</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1 p.m.: Refresher Bridge 3 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Robert Dallek</b></p>	<p><b>31</b></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>	

### 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.

