

Friendship Heights Village Center



Calendar of Events 2008

S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>1</p> <p>Labor Day Center Open 9 a.m. to 2 p.m. (shuttle bus runs on weekend schedule)</p> <p>10 a.m.: Great Books</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>3</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 9:30 a.m.: Depart for NGA 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 7 p.m.: Movie: The Holiday</p>	<p>5</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>	<p>6</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>7</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 5 p.m.: Brody Forum: A Conversation with Theodore Sorensen</p>	<p>8</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>9</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</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Oh, My Aching Head! 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Doug Wilson</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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 Bucket List</p>	<p>12</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 1:30 p.m.: Tea and Talk: History of Comics</p>
<p>14</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>15</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 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 7 p.m.: Café Muse</p>	<p>16</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 7 p.m.: Mat Pilates</p>	<p>17</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 2:30 p.m.: Dental Implants 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Ericka Ovette</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Refresher Bridge 3 p.m.: Advanced Bridge 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:30 p.m.: Depart for Kennedy Center 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: August Rush</p>	<p>19</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>
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</p> <p>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 11:30 a.m.: Flexible Stretch And Strength 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 7:30 p.m.: Book Signing with Charles Lane: The Day Freedom Died</p>	<p>23</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>24</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 1:30 p.m.: The Politics of Aging 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: William Wright</p>	<p>25</p> <p>8:15 a.m.: Walking Club 8:30 a.m.: Depart for Long Branch 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 1 p.m.: Refresher Bridge 3 p.m.: Advanced Bridge 11 – 4: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Leatherheads</p>	<p>26</p> <p>9:15 a.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 p.m.: Bridge Group</p>
<p>28</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>29</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 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</p>	<p>30</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>			

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.

Landon Ensemble presents world-renowned violinist

The Landon Symphonette Chamber Ensemble returns to the Village Center for a noontime concert on **Saturday, Sept. 27**, featuring violinist Hidetaro Suzuki.

Mr. Suzuki was concertmaster of the Quebec Symphony for 15 years and the Indianapolis Symphony Orchestra for 27 years. During his leadership tenure in Indianapolis, he performed each season as a soloist, presenting 181 performances of 51 works for solo violin and orchestra.

He has received top honors in the most prestigious international violin competitions, and has performed around the U.S., Canada, Europe, Russia, Central America, India, Hong Kong, and Japan. During the program, he will present *Violin Concerto No. 5 in A-Major, KV 219* by Mozart. The program will also include *Adagio for Strings* by Barber, and *Divertimento No. 11* by Mozart.

The Landon Symphonette Chamber Ensemble is composed of student and professional musicians who serve as mentors.

The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend. Seating is limited.