## Friendship Heights Village Center



# Calendar of Events 2008

#### P $\mathbf{T}$ R E E M B E **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** 4 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club **Labor Day** 8:15 a.m.: Walking Club 9:15 .m.: Drop-in Tai Chi 8:15 a.m.: Walking Club **Center Open** 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin Current Events 1 – 2:45 p.m.: Blood 1 p.m.: Portraiture in Pencil 9:30 a.m.: Depart for Springs 9 a.m. to 2 p.m. Pressure Screening and Pastel NGA 10:30 a.m.: Strength (shuttle bus runs on Training with Cheryl 7:30 p.m.: Concert: Dixie 11 a.m. – 4 p.m.: Village weekend schedule) 3 - 4 p.m.: Tea **Power Trio** 1 pm.: Bridge Group Playtime 3 – 5 p.m.: Suburban Nurse 6 p.m.: Scrabble Specialist 10 a.m.: Great Books 7 p.m.: Movie: The 9:15 a.m.: Fit 4-Ever 9:15 a.m.: Fit 4-Ever 9 a.m.: Yoga 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10 a.m.: Great Books 10:15 a.m.: Yiddish 9:30 a.m. - 1:30 p.m.: Coffee 9:30 a.m.: Tai Chi 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 1 p.m.: Strength Training and Sunday Papers 11 a.m.: Chair Exercise Current Events Springs 1 p.m.: All About Balance 11 a.m. – 4 p.m.: Village 5 p.m.: Brody Forum: with Tonya 10:30 a.m.: Strength Training with Cheryl Playtime 1 – 2:45 p.m.: Blood 1 p.m.: Suburban Lecture: A Conversation with 1 p.m.: Bridge Group Oh, My Aching Head! Pressure Screening 6 p.m.: Scrabble **Theodore Sorensen** 1 p.m.: Bridge Group 2:30 p.m.: Drawing and 1 p.m.: Health Insurance 6:45 p.m.: Acrylic or Oil 3 - 4 p.m.: Tea Painting 1:30 p.m.: Tea and Talk: Counseling 3 – 5 p.m.: Suburban Nurse 1 p.m.: Portraiture in Pencil **History of Comics** 7 p.m.: Yoga 7 p.m.: Movie: The Specialist 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL **Rucket List** 7 p.m.: Living Room 7:30 p.m.: Concert: Doug Theatre **MEETING** 7 p.m.: Mat Pilates 14 15 17 18 9 a.m.: Yoga 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 .m.: Drop-in Tai Chi 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m.: Great Books 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 9 a.m. – 1 p.m.: Twin 10:30 a.m.: Resistance Training For Seniors 11 a.m.: Still Life Painting and Sunday Papers 12:30 p.m.: Vision Support 11 a.m.: Chair Exercise 1 p.m.: Refresher Bridge 11:30 a.m. - 1:30 p.m.: 12 - 5 p.m.: Taste of 10:30 a.m.: Strength 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Portraiture in Pencil 3 p.m.: Advanced Bridge **Friendship Heights Art Reception** Training with Cheryl 1 p.m.: All About Balance and Pastel 11 a.m. – 4 p.m.: Village Playtime 1 pm.: Bridge Group 1 p.m.: Strength Training 1 – 2:45 p.m.: Blood 2:30 p.m.: Dental with Tonya Pressure Screening **Implants** 6 p.m.: Scrabble 1 p.m.: Bridge Group 3 – 4 p.m.: Tea 6:30 p.m.: Beginning 6:30 p.m.: Depart for Kennedy Center 2:30 p.m.: Drawing and Spanish 3 - 5 p.m.: Suburban Painting 6:45 p.m.: Acrylic or Oil Painting Nurse Specialist 7:30 p.m.: Concert: 6:30 p.m.: Spanish 2 **Ericka Ovette** 7 p.m.: Mat Pilates 7 p.m.: Yoga 7 p.m.: Movie: August 7 p.m.: Café Muse Rush 9 a.m.: Yoga 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10 a.m. - 2 p.m.: MVA Bus 9:30 a.m. - 1:30 p.m.: Coffee 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 8:30 a.m.: Depart for 10 a.m. – 3 p.m.: AARP Safe 9 a.m. - 1 p.m.: Twin 10 a.m.: Great Books Long Branch Driving and Sunday Papers Springs 1 p.m.: All About Balance 11 a.m.: Chair Exercise 10:30 a.m.: Resistance Training For Seniors 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 12 p.m.: Landon Sym-1 – 2:45 p.m.: Blood 1 p.m.: Health Insurance Current Events phonette 11:30 a.m.: Flexible Stretch And 11 a.m.: Still Life Painting Pressure Screening Counseling 10:30 a.m.: Strength 1 p.m.: Strength Training with Tonya 3 – 4 p.m.: Tea 1 p.m.: Portraiture 1 p.m.: Refresher Bridge Training with Cheryl 1:30 p.m.: The Politics 3 – 5 p.m.: Suburban Nurse 3 p.m.: Advanced Bridge 1 p.m.: Bridge Group 1 p.m.: Bridge Group Specialist of Aging 11–4: Village Playtime 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning 7 p.m.: Mat Pilates 6 p.m.: Scrabble 6:30 p.m.: Spanish 2 Spanish 7 p.m.: Yoga 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Charles Lane: The Day Freedom Died 7:30 p.m.: Concert: Wil-Painting liam Wright 7 p.m.: Movie: Leatherheads 9 a.m.: Yoga 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m.: Great Books 9:30 a.m.: Tai Chi and Sunday Papers 10:30 a.m.: Resistance 1 p.m.: All About Balance Training For Seniors 1 – 2:45 p.m.: Blood 11:30 a.m.: Flexible Stretch Pressure Screening And Strength

#### **Shuttle bus hours**



1 p.m.: Strength Training

1 p.m.: Bridge Group

6:30 p.m.: Spanish 2

2:30 p.m.: Drawing and

with Tonya

3 – 4 p.m.: Iea

Specialist

7 p.m.: Mat Pilates

3 – 5 p.m.: Suburban Nurse

Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 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.