



Friendship Heights



VILLAGE NEWS

SEPTEMBER 2010

301-656-2797

VOLUME 25, NO. 4



L'Auberge

page 3

Taste of Friendship Heights: Sept. 25

The fourth annual Taste of Friendship Heights, which features tastings from more than a dozen local restaurants is scheduled for **Saturday, September 25, 12 p.m. to 5 p.m.**, (rain or shine) at the Village Center.

Organized by the Friendship Heights Village Council and the Friendship Heights Urban Network (FHUN), the Taste of Friendship Heights will showcase some of the area's premier restaurants, including several new additions to the community such as Capital Grille, P.F. Chang's, Tynan Coffee and Tea, Whole Foods, and Frosting Cupcakery. Returning restaurants include Indique Heights, M Café/Famoso, Bambulé, Lia's, Maggiano's, Potomac Pizza, Courtyard by



Washington's Tony-Award Winning Arena Stage reopens with *Oklahoma!*

Celebrate the opening of the beautiful new Arena Stage along the Southwest waterfront when we enjoy a matinee performance on **Sunday, November 7** of the great American musical *Oklahoma!*

Richard Rodgers and Oscar Hammerstein's beloved play has won 34 Tony Awards as well as two Pulitzer Prizes and is considered one of the landmarks of the 20th Century theater. The show tackles issues of class and culture in the rugged frontier. The wonderful musical numbers include "Oh, What a Beautiful Mornin'," "The Surrey With Fringe On Top," "People Will Say We're In Love," "I Can't Say No," and the rousing title song. *Oklahoma!* is directed by Molly Smith, now in her 12th season as artistic director of Arena Stage.

Re-named The Arena Stage Mead Center for American Theater, the \$125 million renovated complex features a sweeping glass roof and 35,000 square



Marriott and Sunrise Brighton Gardens.

Attendees can purchase food and drink tickets (\$5 for 4 tickets), and each item will cost 3-4 tickets on average. A portion of the proceeds from the event will be donated to a local charity, the Community Council for the Homeless at Friendship Place.

Special thanks to local organizations who are sponsors and contributors to the event, including Courtyard by Marriott, Eye Doctors of Washington, Capital One Bank, Eagle Bank, Sunrise Brighton Gardens, Chevy Chase Florist, and the band "R.A.T.E.D." Entertainment at the event includes live music, a moon bounce and face painting by "Bows the Clown." The American University basketball team will be on site to shoot hoops with kids and give away prizes.

More information is available at www.tasteoffriendshipheights.com.

Lunch and a tour of an historic home

Join us for a tour of Tudor Place, home of Martha Washington's granddaughter, and lunch at the charming Peacock Café on **Tuesday, Oct. 5**.

The beautiful Georgetown manor was designed by William Thornton, architect of the Capitol, on eight acres of land purchased by Martha Custis Peter with money given to her by her grandmother, the First Lady. Many of George and Martha Washington's possessions are here as well as Francis Scott Key's desk. We will enjoy tours of the manor house and garden. (Note: There are no elevators in the house. Women are asked to

Continued on page 14

Continued on page 12

Healthy cooking—Mediterranean style

Nikki Haddad, a personal chef who specializes in fresh, healthy cuisine, will talk about the Mediterranean Diet and give a cooking demonstration at the Village Center on **Friday, Oct. 8, at 2 p.m.**

The Mediterranean diet includes fresh, seasonal fruits and vegetables, a large variety of grains, seafood, a little chicken and very little meat. Ms. Haddad, whose business is The Little Chef, has been teaching cooking classes at Suburban Hospital for 4 years and over the last 18 months at the Suburban Wellness Center at Healthtrax Fitness Center in Germantown. Come and learn how to prepare delicious dishes using local foods.

Please sign up by calling 301-656-2797.

Tea and Talk: Memories of the Glen Echo protests

Village resident Esther Delaplaine will discuss the 1960 protests at Glen Echo Park at the Village Center on **Wednesday, Sept. 15, at 2 p.m.**

Ms. Delaplaine lived in Bannockburn when she joined her neighbors and Howard University students fifty years ago to peacefully protest segregation at the amusement park. The picketers marched daily for eight weeks and the following year the park opened to blacks for the first time. In June of this year, members of the group met at Glen Echo to remember the protests. In a Washington Post story about the reunion, she said, "We let these young people lead us to make changes in Montgomery County."

Afterward, please stay for tea. Call 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Don't miss dinner at L'Auberge Chez Francois

There are still a few spaces left for our trip to L'Auberge Chez Francois in Great Falls, Va., on **Tuesday, Sept. 21**. The dinner includes a choice of appetizer, salad, choice of three special entrees, choice of dessert, and coffee or tea.

The cost of the trip, which includes round-trip transportation, four-course dinner, coffee or tea, and all taxes and gratuities is \$92.

We will depart from the Village Center at 4:45 p.m. and return by 8:45 p.m.



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Bestselling mystery author Martha Grimes to speak at Center

Martha Grimes will discuss her latest murder mystery, *The Black Cat*, at the Village Center on **Thursday, Sept. 16, at 7:30 p.m.**

The prolific writer's new book is the twenty-second novel featuring Scotland Yard detective Richard Jury. "I never get tired of them," she said of her characters in a recent Gazette interview.

Copies of the book, provided by Politics and Prose, will be available for purchase. Please sign up by calling 301-656-2797.

Pulitzer Prize-winning novelist to speak at the Center

American author Jane Smiley will discuss her latest book, *Private Life*, at the Village Center on **Thursday, Sept. 23, at 7:30 p.m.**

Jane Smiley is the author of numerous novels, including *A Thousand Acres*, which was awarded the Pulitzer Prize, as well as four works of nonfiction. In 2001 she was inducted into the American Academy of Arts and Letters. She received the PEN USA Lifetime Achievement Award for Literature in 2006.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

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A physician looks at severe illness 'from the other side'

Dr. Itzhak Brook will discuss his book, *My Voice - A Physician's Personal Experience With Throat Cancer*, at the Village Center on **Thursday, Oct. 7, at 7 p.m.**

Dr. Brook, a physician who specializes in Pediatrics and Infectious Diseases, is a Professor of Pediatrics at Georgetown University and a world expert in infections caused by anaerobic bacteria and head and neck infections. Dr. Brook was diagnosed with throat cancer in 2006 and his book tells the story of how he dealt with treatments and prolonged hospitalizations, looking at his experiences as a patient instead of a physician.

Before the book signing, please take a look at some of the beautifully painted masks created for "Courage Unmasked," an event that raised money to help patients with head and neck cancer in financial need. These are radiation masks actually used during treatments that have been decorated by artists from all over the country.

Copies of the book will be available for purchase. Proceeds from the sale of the book will go to 9114HNC (Help for Head and Neck Cancer). Please sign up by calling 301-656-2797.

Why do people spy?

Carol Bessette, a retired Air Force intelligence officer and a Certified Master Tour Guide, will discuss the world of espionage at the Village Center on **Friday, Sept. 24, at 2 p.m.**

The Cold War is long over, but spies continue to make headlines. Who are these people and why do they take such risks? Ms. Bessette will take a look at the lives, careers, and motivations of famous spies.

Please sign up by calling 301-656-2797.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Sept. 2, 7 p.m. — Movie
— **The Lovely Bones** — Susie Salmon, a young girl who has been murdered, watches over her family – and her killer – from heaven. She must weigh her desire for vengeance against her desire for her family to heal. Stars Saoirse Ronan, Stanley Tucci, Mark Wahlberg, Rachel Weisz, and Susan Sarandon. Rated PG-13. Running Time: 135 minutes.



handsome grandson (Christopher Egan), all three will discover that sometimes the greatest love story ever told is your own. Stars Amanda Seyfried, Vanessa Redgrave, Gael Garcia Bernal and Christopher Egan. Rated PG. Running Time: 105 minutes

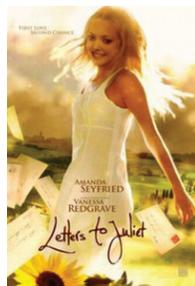
Thursday, Sept. 9, 7 p.m. — Movie
— **Alice in Wonderland** — Tumble down the rabbit hole with Alice, now 19 years old, as she returns to the whimsical world she first entered as a child and embarks on a journey to discover her true destiny. Wonderland is a world beyond your imagination and unlike anything you've seen before. The extraordinary characters include the White Queen, the Red Queen the White Rabbit and more. Stars Johnny Depp, Anne Hathaway, Helena Bonham Carter, Mia Wasikowska and Michael Sheen. Rated PG. Running Time: 109 minutes.



Thursday, Sept. 16, 7:30 p.m. — Martha Grimes Booksigning — see page 4 for details.

Thursday, Sept. 23, 7:30 p.m. — Jane Smiley Booksigning — see page 4 for details.

Thursday, Sept. 30, 7 p.m. — Movie
— **Letters to Juliet** — In Verona, Italy – the beautiful city where Romeo first met Juliet – there is a place where the heartbroken leave notes asking Juliet for her help. It's there that aspiring writer Sophie (Amanda Seyfried) finds a 50-year-old letter that will change her life forever. As she sets off on a romantic journey of the heart with the letter's author, Claire (Vanessa Redgrave), now a grandmother, and her



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ART and CULTURE

The paintings of Pat Webster on exhibit in September

The Friendship Gallery is pleased to present the works of Arthur (Pat) Webster this month. Pat, who died in May, was a self-taught painter in oils and watercolors and filled his home with still-life scenes, landscapes and family portraits.

Pat was a systems analyst for the U.S. Transportation Department. He joined the newly created department in 1967 and helped adapt standards of the military's air traffic control system for civilian use. In the 1970s, he was instrumental in drafting the first comprehensive report of national transportation trends for Congress. After retirement in 1980, he worked as a consultant for the Federal Highway Administration and U.S. Bureau of Transportation Statistics.

A graduate of the U.S. Military Academy, Pat was a

member of the West Point gymnastics team and the only member of the Art Club, so he had the enormous art studio to himself. He was an accomplished diver and enjoyed dancing all his life.

The exhibit runs from September 2 to 30. All are invited to a reception on **Sunday, Sept. 12, from 11:30 a.m. to 1:30 p.m.** The art will be for sale by silent auction. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Springtime" by Pat Webster

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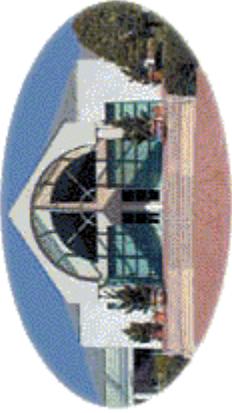
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Friendship Heights Village Center



Calendar of Events 2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5

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

6 Labor Day Center Open
9 a.m. to 2 p.m.
10 a.m.: Great Books

Shuttle bus on weekend schedule

7

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist

8

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: Staying on Your Feet!
1 p.m.: Health Insurance Counseling

9

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: Alice in Wonderland

10

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

11

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

1

10:15 a.m.: Yiddish
1 p.m.: Portraiture in Pencil and Pastel
3 p.m.: Chair Yoga
7:30 p.m.: Great Music series: Russian Nationalism
7:30 p.m.: Concert: Ziva's Spanish Dance Ensemble

2

8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
7 p.m.: Movie: The Lovely Bones

3

9:15 .m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

4

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

12

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

13

9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting

14

Primary Election Day
Polls Open 7 a.m. - 8 p.m.
No classes or Tea today
Shuttle bus on regular weekday schedule
8:15 a.m.: Walking Club

15

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
2 p.m.: Tea and Talk: Esther Delaplaine: Memories of the Glen Echo Protests
3 p.m.: Chair Yoga

16

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Book Signing

17

9:15 .m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

18

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

19

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

20

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

7 p.m.: Café Muse
8 p.m.: Village Council Meeting

21

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Village Book Club
12:30 p.m.: Vision Support
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
4:45 p.m.: Depart for L'Auberge
7 p.m.: Pilates

22

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.: Health Insurance Counseling
3 p.m.: Chair Yoga
7:30 p.m.: Concert: Project Natale

7:30 p.m.: Concert: Tim Roberts

23

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Book Signing with Jane Smiley

24

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
2 p.m.: Carol Bessette: Why Do People Spy?

25

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
12 – 5 p.m.: Taste of Friendship Heights



26

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

27

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

28

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
7 p.m.: Pilates

29

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
3 p.m.: Chair Yoga
7:30 p.m.: Great Music series: Claude Debussy
7:30 p.m.: Concert: South Pacific Program with Ericka Ovette

30

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Letters to Juliet

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.

Village book club to begin this month

Monthly meetings of a new book club will begin at the Village Center on

Tuesday, Sept. 21, at

11 a.m., and will last

about an hour. This

will be an organiza-

tional meeting to talk

about future books

to read and discuss.

Please call 301-656-

2797 to let us know if

you plan to attend.



Driver Safety Program at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums. The one-day course will be offered **Friday, Oct. 1, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring their driver's license and a ballpoint pen to class with them. Barbara Newland will be the instructor. Please register at the Village Center.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 13. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 22 (class will not meet Oct. 11). Maximum number of students is 16.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 16. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends Dec. 9 (class will not meet Oct. 14 or Nov. 11). Maximum number is 16.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Oct. 6. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Nov. 10.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 16. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from

11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is Dec. 9 (class will not meet Oct. 21 or Nov. 11).

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins Oct. 19. Meets Tuesdays from 5 to 7 p.m. For people who have never played bridge or want to pick up their game from years ago. Students will play hands, learn to bid hands & have fun! Please bring a notebook to take notes on bridge concepts. The instructor will not keep score and each student will always have a partner. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. He has taught at area churches & community centers as well as given private lessons and belongs to the American Bridge league teachers association. A minimum of 8 students is required; maximum is 16. The cost is \$105. Session ends Nov. 30.

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

September is fall prevention month and a good time to sign up for this popular class. NOTE: The length of the session this year has been extended to **12 weeks** to be more effective. Begins Sept. 7. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$124 for residents; \$134 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 14 and

Nov. 2 because of the elections). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 8-week (**note new length of session**) class begins Sept. 15. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$82 for residents; \$89 for nonresidents. Session ends Nov. 3.

CHAIR YOGA AND MORE

This 4-week series taught by Hedy Ohringer begins Oct. 13. Meets Wednesdays from 3 to 4:15 p.m. Classes benefit body and spirit and are suitable for a wide range of abilities with movements that can be done while seated in a chair, or standing with support of chairs, tables and walls. Enhance your well-being, in and out of class, with greater flexibility, balance and inner joy. The cost is \$40 for residents; \$45 for nonresidents. Session ends Nov. 10 (class will not meet Oct. 20).

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Sept. 21. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance, flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat and a set of 1-, 2-, or 3 - lbs. weights. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in

the class. The cost is \$80 for residents and \$90 for nonresidents. Questions? Email Gingerrusteach@yahoo.com. Session ends Oct. 26.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 17. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$45 for residents; \$50 for nonresidents. Session ends Oct. 29 (class will not meet Oct. 15).

STRENGTH TRAINING WITH TONYA

This 8-week (note new length of session) class begins Sept. 13. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$82 for residents; \$89 for nonresidents. Session ends Nov. 8 (class will not meet Oct. 11).

TAI CHI (THURSDAY)

This 12-week (note new length of session) class begins Sept. 9. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends Dec. 2.

TAI CHI (TUESDAY)

This 12-week (note new length of session) class begins Sept. 7. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 14 and Nov. 2).

YOGA (DAY)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 19. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120 for residents;

\$125 for nonresidents. Class will not meet Oct. 10, Oct. 31 and Nov. 28. Session ends Dec. 12. To get a preview of the class, watch "Cherryblossom Yoga with Robin Dinerman," on Cable Channel 16, Wednesdays at 8:30 p.m. and Thursdays at 7 p.m.

YOGA (EVENING)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 20. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Oct. 11, Nov. 1 and 29. Session ends Dec. 13.

LANGUAGE

BEGINNING SPANISH

This 6-week course for new students begins Oct. 19. Instructor Elena Marra-Lopez has taught at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Tuesdays, from 6:30 to 8:30 p.m. The cost is \$190. Session ends Nov. 30. Please sign up at least 3 days before first class. A minimum of five students is required; maximum is ten. Class will not meet Nov. 2.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note new times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young

professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

CONCERTS

Concerts are performed Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, Sept. 1 — *Ziva's Spanish Dance Ensemble*

— Ziva's Spanish Dance Ensemble captivates audiences with Spanish dances that range from the fiery and seductive flamenco of Andalusia to the spirited jota, folk dances of Aragon. Ziva explores the roots of flamenco while also incorporating other dance forms in to the Ensemble's perfor-

mances. Guest artists have come from a variety of dance and musical fields such as jazz, modern, tap, Indian, African, and Moorish. The Ensemble has appeared in a variety of venues in the Washington, DC area including the Kennedy Center's Millennium Stage and the Corcoran Gallery of Art.

Wednesday, Sept. 8 — **NO CONCERT**

Wednesday, Sept. 15 — *Tim Roberts* — Native Texan Timothy Roberts is principal saxophonist and national tour soloist with the U.S. Navy band and has performed in Canada, Europe, and Russian, as well as the United States. He won the National Symphony's Concerto Competition, and has often appeared with the Dallas Symphony on recordings and in concert.

Wednesday, Sept. 22 — *Project Natale* — Joe and Lou Natale formed Project Natale in 1990 and have been performing traditional jazz songs ranging from popular favorites such as "The Very Thought of You," to their own original compositions such as "I Get Bluesy."

Project Natale delivers a smooth, mature style of music to their audiences, successfully combining sounds derived from the deep, moody tones of Joe's upright bass, blended with the bright, toe-tapping sounds of Lou's drumming.

Wednesday, Sept. 29 — *South Pacific Program with Ericka Ovette* — Internationally acclaimed vocalist Ericka Ovette sings selections from this extraordinary Rogers and Hammerstein musical. Her sound is reminiscent of jazz greats Bessie Smith, Billie Holiday, and Ella Fitzgerald.

Arena Stage, from page 1

feet of glass walls surrounding three theaters, a cafe, an open lobby, lounge and terrace. This year marks Arena's 60th anniversary.

The cost for the trip, which includes a discounted ticket, transportation, and driver's gratuity, is \$82. We will leave the Village Center at 1 p.m. and return late afternoon. Residents may sign up immediately; nonresidents may sign up Sept. 20. Please sign up by Oct. 6.

Children five and older are welcome with an adult. There are 24 tickets available.

Paid Advertisement



Healthy gums = healthy heart.

3 out of 4 Americans suffer from gum disease. Gum disease is a basic inflammation and infection of the gums and surrounding tissues in the mouth. Bacterial plaque (sticky, colorless film, which forms on the teeth) hardens into a rough porous substance, which then releases toxins produced by the bacteria in the plaque, which eventually lead to a breakdown of the fibers that hold the gums tightly to the teeth. As the disease progresses, toxins and bacteria make their way down the tooth until the bone that keeps the tooth in place is broken down and the tooth eventually falls. These severe symptoms are caused by the inflammatory response to the infection. While this response intends to have a protective effect, untreated chronic inflammation can lead to health complications. Inflammation is a major risk factor for heart disease and gum disease may increase the inflammation level throughout the body. There is a strong association between these 2 diseases. So brush your teeth, floss daily, use a mouthwash, and visit your dentist at least twice a year to avoid gum disease and keep your heart healthy.

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TO YOUR HEALTH

Vision Support Group Lunch and Learn: Reading is for Everyone

Do you find it visually impossible to keep reading newspapers and magazines? Do you struggle with a medical challenge or injury that prevents you from holding print material? If so, don't miss the opportunity to learn about the Metropolitan Washington Ear's "Dial In Newspaper and Magazine Service" at this month's Vision Support Group meeting. This service has been improved throughout the years in "human voice" and enables one to read (hear) newspapers or other popular publications at any time day or night using only a touch-tone telephone.

Bring a bag lunch and join the group at the Village Center on **Tuesday Sept. 21, at 12:30 p.m.** and learn how to stay connected to print media. Dessert and beverage will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

Staying on Your Feet!

Matt Tovornik, Suburban Hospital's division director of orthopedics, physical medicine, and rehabilitation, will keep you on your toes while sharing tips to improve your balance and avoid possible falls at this month's Suburban Health Lecture at the Village Center on **Wednesday, Sept. 8, at 1 p.m.** Learn specifics about diagnoses on related injuries and rehabilitation as well.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



SAVE THE DATES:

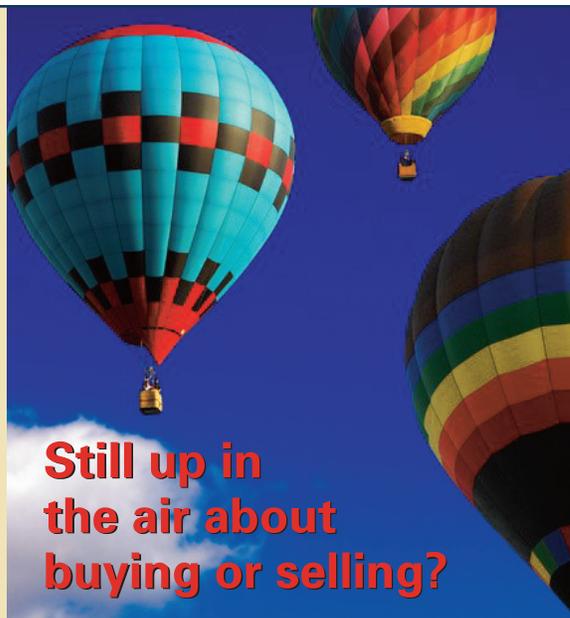
Flu shots will be offered at the Center on **Thursday, Oct. 14, from 3 to 7 p.m., and Friday, Oct. 15, from 10 a.m. to 2 p.m.** Look for details in next month's newsletter.

SAM'S FEATURED LISTINGS

JUST LISTED @ The Carleton
Totally Renovated, 2 BR & 2.5 BA
Nearly 1,800 sq ft, SE exposure
List Price: \$869,000

JUST LISTED @ The Carleton
2 Bedroom & 2 Bath
Over 1,300 sq ft, west exposure
List Price: \$549,000

JUST SOLD @ 4620 North Park
Totally Renovated, 2 BR & 2.5 BA
Over 1,400 sq ft, south exposure
Sold Price: \$582,000



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Cafe Muse presents...

This month's Café Muse, on **Monday, Sept. 20, at 7 p.m.**, presents authors Janet Myers Northrup and David Northrup.

Janet Myers Northrup is the author of *Founding Women: Inspiration and Impact on Chautauqua and the Nation*, a chronicle of The Chautauqua Women's Club's efforts in temperance, suffrage, and peace activism and a survey of its speakers, including Mary Livermore, Jane Addams, and Susan B. Anthony.

David Northrup is a painter, award winning calligrapher, and writer whose story, *Ash Wednesday, A Memory*, received the Hauser Prize for Fiction from Chautauqua Readers and Writers. His work focuses on the people of the eastern Mohawk Valley in upstate New York, and highlights their lives, experiences, and the dignity of their common humanity.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.

Tudor Place, from page 1

wear low-heeled shoes to protect rugs and floors.)

We'll begin our afternoon with lunch at The Peacock Café, an elegant little restaurant on Prospect Street. Choose between Peacock Salad or their famous tomato bisque; salmon filet or James Dean sandwich (chicken breast and muenster cheese); and, for dessert, Profiteroles or fresh seasonal fruit. You may request a vegetarian entrée.

We will leave the Village Center at 11:15 a.m. and return by 4:30 p.m. The cost of the trip, which includes transportation, 3-course lunch, tour of Tudor Place and the gardens, and all gratuities, is \$85. After Sept. 20, the price will go up to \$95. Residents and one guest may sign up immediately; nonresidents may sign up Sept. 10.

Friendship Gourmet Market



Wine Tasting—September 10th 2010
5-8 PM



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- Sandwiches
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Sunrise seniors have one thing in common. They're all different.

At Sunrise, we celebrate each of our residents for the unique individual they are. We believe no two people are alike, so the services and attention we provide should never be exactly the same.

This approach helps seniors live the life they want to live, from beautifully appointed

living spaces to personalized service. We call it "resident-centered" senior living, and it begins the day a senior walks into one of our communities.

Visit or call Brighton Gardens at Friendship Heights, and discover how we're different.

SAVE THE DATES:

Saturday, September 25th; TASTE OF FRIENDSHIP HEIGHTS
(at Village Center) a portion of the proceeds benefit the Alzheimer's Association and the Community Council for the Homeless at Friendship Place

Saturday, October 2nd; Join our walking team here at Brighton Gardens at Friendship Heights for the NATIONAL CAPITAL AREA MEMORY WALK to end Alzheimer's Disease

Upcoming events include our OCTOBERFEST celebration and free informative presentation
"Retirement Survival and Success in Today's Economy"

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Village Council Corner

Council Upgrades Page Park

The Council has replaced the swings in the swingset at Page Park and has installed two new picnic tables on either side of the walkway leading to the barbecue grill.

We hope to be able to expand the playground equipment at the park next year if our budget situation improves. Our thanks to Councilmember Al Morris for taking a lead role in the park upgrade.

4602 N. Park Available for Lease

At its monthly public meeting on August 9, the Council rejected an offer to purchase the Village-owned property at 4602 North Park Avenue and authorized staff to get estimates to prepare it for rental (first and second floors). The Police Field Office will remain on the lower level.

Other Council actions at the August 9 meeting:

- Appointed James Salter to serve on Community Advisory Committee;
- Renewed membership in MD Municipal League;
- Approved resolution recommended by MD Municipal League opposing state revenue reductions.



New swings and picnic tables have been installed in Page Park.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

September 2010 events calendar