

Friendship Heights Village Center



Calendar of Events 2009

S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>6</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</p> <p>Labor Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books</p> <p><i>Shuttle bus runs on weekend schedule.</i></p>	<p>1</p> <p>8:15 a.m.: Walking Club 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>2</p> <p>1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Barbara Martin and Mac Walter</p>	<p>3</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 7 p.m.: Movie: The Soloist</p>	<p>4</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>5</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>13</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>14</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 7 p.m.: Justice Scalia: Making Your Case: The Art of Persuading Judges</p>	<p>8</p> <p>8:15 a.m.: Walking Club 9 a.m.: Depart for Chestertown 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: 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 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>9</p> <p>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 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Heart Disease 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Spice of Life</p>	<p>10</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 7:30 p.m.: Asoka Bandarage: Civil Conflict in Sri Lanka</p>	<p>11</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Painting is for Everyone</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 – 5 p.m.: Taste of Friendship Heights</p>
<p>20</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>21</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 2:30 p.m.: Drawing and Painting 7 p.m.: Café Muse 7 p.m.: Yoga</p>	<p>15</p> <p>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.: 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.: Spanish 2 7 p.m.: Depart for National Theatre 7 p.m.: Mat Pilates</p>	<p>16</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1:30 p.m.: Tea and Talk: The Litvak Legacy 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: Hui O Ka Pua 'Ilima</p>	<p>17</p> <p>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 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Peter Carlson: K Blows Top</p>	<p>18</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.: Painting is for Everyone</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. – 3 p.m.: Blood Drive</p>
<p>27</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Drawing and Painting</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: 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.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>23</p> <p>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 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: David McLaughlin</p>	<p>24</p> <p>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 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Robert McCartney</p>	<p>25</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.: Painting is for Everyone</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette Chamber Ensemble</p>
<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: 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.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>30</p> <p>7:30 a.m.: Depart for Chicago 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 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish 7:30 p.m.: Concert: W. James Taylor</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.



Taste of Friendship Heights: See you on September 12!

Our Taste of Friendship Heights event draws a huge crowd to enjoy food from area restaurants. This year's event will feature even more participating restaurants, as well as live music and fun activities for kids. See page 1 for more details.