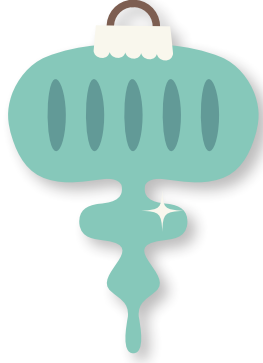
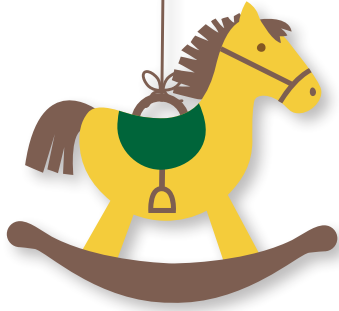




D E C E M B E R

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



4	5	6	7	8	9	10
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club (note new time) 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 1 p.m.: Balance And Coordination 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse 5 p.m.: Bridge class 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: <i>Uncle Tom's Cabin</i>	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 1 p.m.: Suburban Lecture: Advance Directives 7:30 p.m.: Concert: Friday Morning Music Club	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 5:30 p.m.: Art and Music with James Taylor	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
11	12	13	14	15	16	17
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 4:15 p.m.: Depart for Toby's	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Special Lunch 1 p.m.: Special Concert 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Encore Chorale	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 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 Ron Nessen	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.: Maintaining Vigorous Health	8:15 a.m.: Walking Club
18	19	20	21	22	23	24
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 12:30 p.m.: Depart for National Cathedral 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse 7:30 p.m.: Great Courses: Stowe	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Tales in the Village featuring Ariana Ross  Happy Chanukah!	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Spanish 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: Water for Elephants	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club
25	26	27	28	29	30	31
Merry Christmas! Center Closed No Shuttle Bus service 	Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books Shuttle Bus runs on weekend schedule	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse	10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Julie and Darrell Parsons	8:15 a.m.: Walking Club 10 a.m.: Spanish 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: Cars 2	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Club

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.

Absolutely final chance for White Christmas

We really mean it this time. This is your last chance to see Irving Berlin's classic musical *White Christmas* at Toby's Dinner Theatre on **Sunday, Dec. 11**. A bountiful buffet, glorious music and fabulous dance numbers - what could be better? Children 7 and older are welcome if accompanied by an adult. We will leave the Village Center at 4:15 p.m. and return before 10 p.m. The cost, which includes dinner, ticket, transportation and all gratuities, is \$75.

