





## A P R I L

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



<p><b>4</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> 	<p><b>5</b></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.: Acrylic or Oil Painting <b>7 p.m.: Café Muse</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and 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</p>	<p><b>7</b></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 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Ericka Ovette</b></p>	<p><b>8</b></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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Steve Roberts</b></p>	<p><b>9</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m.: Depart for Odyssey Cruise</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>11</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>12</b></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.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 5 p.m.: Suburban Nurse Specialist <b>6:30 – 8 p.m.: Community Day</b></p>	<p><b>14</b></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 <b>1 p.m.: Suburban Lecture: No More Vein Pain</b> 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: National Ballet of Maryland</b></p>	<p><b>15</b></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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Up in the Air</b></p>	<p><b>16</b></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</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</b></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.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>12:30 p.m.: Vision Support Group</b> 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and 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</p>	<p><b>21</b></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 <b>1:30 p.m.: Tea and Talk: Louisa May Alcott</b> <b>7:30 p.m.: Concert: Vocal Arts Society</b></p>	<p><b>22</b></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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: The Young Victoria</b></p>	<p><b>23</b></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 <b>2 p.m.: Laughter Yoga</b></p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>25</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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 <b>7:30 p.m.: Book Signing with Anne Kornblut</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and 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</p>	<p><b>28</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 2 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>29</b></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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: It’s Complicated</b></p>	<p><b>30</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</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.

## Shredding Truck Returns to the Village Center

On **Monday, May 17, from 5 to 7 p.m.**, a truck from “Shred-it” will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service.

