



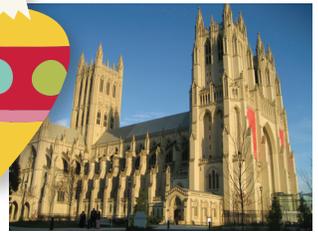
Friendship Heights

VILLAGE NEWS

DECEMBER 2011

301-656-2797

VOLUME 26, NO. 7



National Cathedral Tea

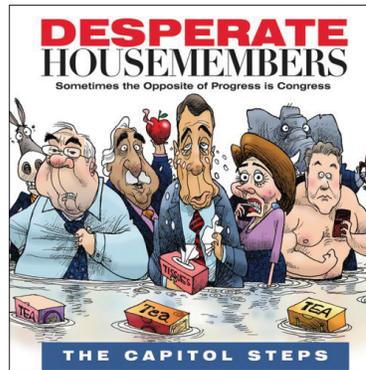
page 3

A rollicking good time with the Capitol Steps

With Republican Primaries beginning the first week of January—and plenty of headlines to dig into—it’s time for the satirical humor of the Capitol Steps. Join us for a hilarious evening at the Ronald Reagan Building on **Saturday, Jan. 21.**

The Capitol Steps is a troupe of current and former Congressional staffers who combine music and political comedy to satirize the very people and places that once employed them. Formed in 1981, the Capitol Steps has become a Washington, DC institution. The group has recorded more than 30 albums, including their latest, *Desperate Housemembers*. They like to say they “put the mock in democracy.”

We will leave the Center at 6:15 p.m. and return around 10 p.m. The cost of the trip is \$59, which includes a discounted Orchestra ticket, transportation and driver gratuity. Residents may sign up immediately; nonresidents may sign up Dec. 10. There are 24 spaces available. **You must have a photo i.d. with you to enter the Reagan Building.**



President Ford’s press secretary to speak at Center

Ron Nessen, former NBC News correspondent and White House press secretary to President Gerald Ford, will discuss his book, *Making the News, Taking the News: From NBC to the Ford White House*, at the Village Center on **Thursday, Dec. 15, at 7:30 p.m.**

Mr. Nessen covered the major national events of the 1960s and ‘70s for NBC News, completing five tours as a war correspondent in Vietnam and later as a White House correspondent during the Johnson administration. From 1974 to 1976, he served as press secretary to President Ford. In his new book the veteran reporter gives his eyewitness account of events—both behind the scenes and in front of the cameras—that shaped and altered America during two critical decades.

Mr. Nessen is the journalist-in-residence at the Brookings Institution and previously served as vice president of that Washington think tank. Prior to that position, he was corporate vice president for news at Westwood One, Inc., the world’s largest radio network, and executive vice president and managing director of the Washington Office for Marston and Rothenberg Public Affairs.

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

Celebrate the New Year with Us

Join us as we welcome a brand new year and continue the tradition of our celebration in the Village. The Mayor and the Friendship Heights Village Council invite Village residents to celebrate at a New Year’s Day Open House to be held on **Sunday, Jan. 1, from 2 to 3:30 p.m.** at the Village Center.

This is an opportunity to mingle with friends and neighbors in a relaxed and cordial atmosphere. You can stop by anytime between 2 and 3:30 p.m. and enjoy light refreshments by Ridgewell’s Caterers. We hope you’ll join us in keeping this grand tradition.



Special Lunch, page 4

CHILDREN'S PROGRAMS

You still have time to donate food and toys!

Food items and new toys will be collected at the Village Center **until Dec. 15**. Food will be delivered to Manna Food Center in Gaithersburg and toys will be taken to needy children in the area the week before Christmas.

Manna is the main food bank in Montgomery County and feeds about 3,300 families each month at 14 locations throughout the county. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins are needed for Smart Sacks, Manna's innovative program to fight childhood hunger: Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend. **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Fresh fruit and vegetables cannot be accepted. Toys must be brand new.**

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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 January issue is December 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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Friendship Gourmet Market



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ON the GO...

Celebrating the season at the National Cathedral

The National Cathedral has reopened after making repairs following the August earthquake. Just in time for the holidays, the cathedral is hosting its signature tours and teas, has opened gift stores for holiday shopping, and even has an earthquake exhibit.

Join us as we tour and enjoy tea there on **Tuesday, Dec. 20**. The cathedral will be decked out for the holidays, complete with its beautiful creche exhibit, which features more than 500 nativity sets. These delightful crèches show the story of the birth of Jesus as interpreted by cultures and customs around the world.

We'll take a highlights tour, which provides the perfect introduction to the history, architecture, and artwork of the Washington National Cathedral. Following our tour, we'll savor tea and scones in the beautiful St. Paul Room with panoramic views of Washington, D.C. Then you'll have the chance to take in a little holiday shopping at the cathedral's exquisite shops.

We'll depart from the Village Center at 12:30 p.m. and take the short drive to the Cathedral. We should return by 4:30 p.m.

The cost of the trip is \$54 and includes transportation, tour and tea, and all taxes and gratuities. Sign up at the Village Center no later than Monday, Dec. 5.



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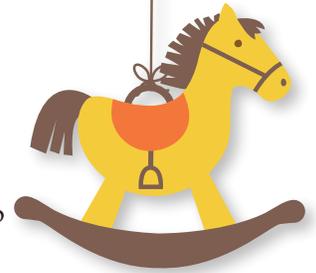
Tea and talk: Good health for the young at heart

Personal trainer Nea Wheeler will present a program entitled "Maintaining Vigorous Health in Senior Years" at the Village Center on **Friday, Dec. 16, at 2 p.m.**

Nea will discuss how exercise can have a positive impact on many health issues and will demonstrate simple exercises you can add to your daily life to improve your health.

She will discuss increasing bone density, improving cardio-vascular health, and raising energy levels. Nea left a 19-year career as a chemist to become an advanced certified personal trainer because of her passion for healthy living and improving the quality of life for older people. See her website at <http://www.nea-wheeler.com>.

Afterward, please stay to enjoy Nea's heart-healthy coconut chocolate chip cookies. Call 301-656-2797 and let us know if you plan to attend.



Don't forget our special holiday lunch!

You still have time to register for our festive luncheon at the Village Center on **Wednesday, Dec. 14, at 12 p.m.** Chef Nikki Haddad will prepare a delicious meal of herb roasted chicken, rice pilaf, and salad. Dessert will be cheesecake. The cost is \$12; the deadline to reserve a lunch is Dec. 7.

Following lunch enjoy a lively show performed by Maureen Ribble of the National Theatre Community Vaudeville and a very popular entertainer at the Center. The show will begin at 1 p.m. Sign up today!



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The Village Book Club wants you!

The Book Club would love some new members. This group meets each month on the third Tuesday, from 11 a.m. to noon. Members choose the books to read and take turns leading the meetings. Come observe this month—all are welcome!



Reminder

David Elfin will discuss his book, *Washington Redskins: The Complete Illustrated History*, at the Village Center on **Thursday, Dec. 1, at 7:30 p.m.** Mr. Elfin is a former sports writer and board member of the Pro Football Writers of America. He is currently the Washington representative on the Pro Football Hall of Fame selection committee. Copies of the book will be available for purchase. 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, Dec. 1, 7:30 p.m. — Book Signing with David Elfin, see page 5 for details

Thursday, Dec. 8— No Movie

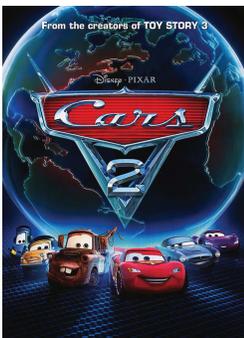
Thursday, Dec. 15, 7:30 p.m. — Book Signing with Ron Nessen, see page 1 for details

Thursday, Dec. 22, 7 p.m. — Movie — Water for Elephants

— In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena. An affinity for elephants brings together the young pair, but the warmth between them sends Marlena's cruel husband, animal trainer August, into a frightening fury. Stars Robert Pattinson, Reese Witherspoon and Christoph Waltz. Rated PG-13. Running Time: 121 minutes.



Thursday, Dec. 29, 7 p.m. — Movie — Cars 2 — Producer Brad Lewis steps into the director's chair for this sequel that follows racing legend Lightning McQueen and his trusty sidekick, Mater, as they secure their passports and take part in the biggest race on the planet. As the first-ever World Grand Prix approaches, cars from every continent prepare for the ultimate competition. But who will have what it takes to become the fastest car on the planet? Just as Lightning McQueen edges up to the starting line, however, his old pal Mater gets sidetracked on a top-secret spy mission



that takes him from Japan to Europe as the entire world watches. Stars the voices of Owen Wilson and Larry the Cable Guy. Rated G. Running Time: 112 minutes.

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ART and CULTURE

Senior Artists Alliance on exhibit in Friendship Gallery

Senior Artists Alliance, a non-profit organization of more than 100 members dedicated to promoting artists fifty years old and older, will exhibit in the Friendship Gallery during the month of December.

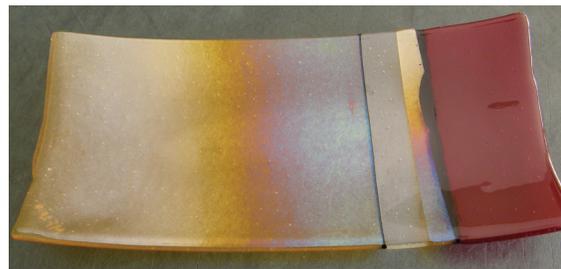
The Alliance was founded to give senior artists opportunities



"Men of India" by Joseph Giacalone

to exhibit their work professionally, provide a forum for artists to exchange information and experiences, develop opportunities for marketing, and provide educational meetings and special interest groups.

The show runs from Dec. 4 to Jan. 2. All are invited to meet the artists at a reception on **Sunday, Dec. 18, from 11:30 a.m. to 1:30 p.m.** 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 certain activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Glass by Marilyn Falik



"Abstract #3" by Florence Gang

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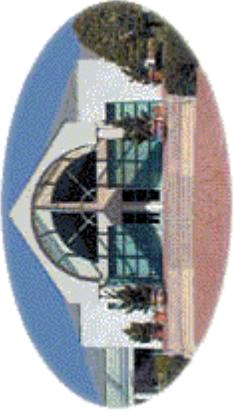
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Life Transitions, Coping with Illness

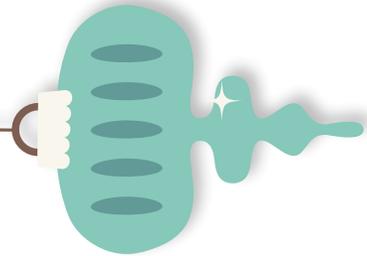
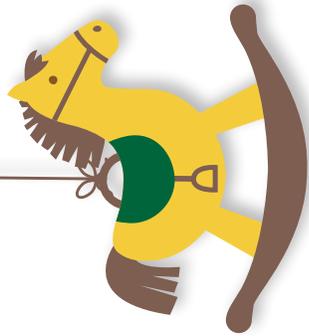
Individuals, Couples, Families

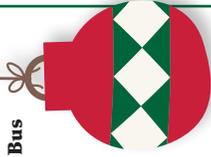
Friendship Heights Village Center



Calendar of Events 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	5 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	6 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>	7 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 Lectures: Advance Directives 7:30 p.m.: Concert: Friday Morning Music Club	8 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 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	10 8:15 a.m.: Walking Club
11 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 4:15 p.m.: Depart for Tobys	12 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	13 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	14 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	15 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	16 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	17 8:15 a.m.: Walking Club
		1 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 David Elfin: Washington Redskins	1 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 David Elfin: Washington Redskins	2 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 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	3 8:15 a.m.: Walking Club



<p>7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</p>	<p>18 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception</p>	<p>19 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</p>	<p>20 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</p>	<p>7:30 p.m.: Concert: Ent-core Chortale</p>	<p>21 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Tales in the Village featuring Ariana Ross</p>  <p>Happy Chanukah!</p>	<p>7:30 p.m.: Book Signing with Ron Nessen</p>	<p>22 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</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>23 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>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>24 8:15 a.m.: Walking Club</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>25 Merry Christmas! Center Closed No Shuttle Bus service</p> 	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>26 8:15 a.m.: Walking Club 12 - 4 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 2 - 4 p.m.: Suburban Nurse</p> <p>Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books</p> <p>Shuttle Bus runs on weekend schedule</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>27 8:15 a.m.: Walking Club 12 - 4 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 2 - 4 p.m.: Suburban Nurse</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>28 10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>29 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</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>30 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>7:30 p.m.: Concert: Julie and Darrell Parsons</p>	<p>31 8:15 a.m.: Walking Club</p>
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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.

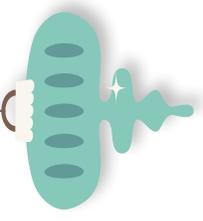


Village Center Hours
Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

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.





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

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A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 5. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends March 5 (no class on Dec. 26, Jan. 2, Jan. 16 or Feb. 20). Minimum number of students is 10; maximum is 14.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 1. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Feb. 2. Minimum number of students is 10; maximum is 14.

ART AND MUSIC WITH JAMES TAYLOR

This one-time workshop, taught by award-winning pastel artist and musician James Taylor, will be held Thursday, Dec. 8, from 5:30 to 8:30 p.m. Students will create a pastel seascape painting and take home a work of art ready to be framed. Sparkling cider and light refreshments will be served. All supplies, including a smock, will be supplied. Cost is \$50. A minimum of 8 students is required; the maximum is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan 4. Meets Wednesdays from 1 to 3 p.m. Stu-

dents 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 Feb. 8.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Dec. 1. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. 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; \$155 for nonresidents. Last class is Feb. 9 (class will not meet Dec. 29).

BRIDGE

BEGINNING BRIDGE

This 7-week series taught by Frank Shull begins Jan. 18. Meets Wednesdays 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 learn terminology, how to evaluate and bid hands, how to make finesse work, counting points and more. Call Frank with questions at 301-520-9968. He is a life master at bridge and has over 1,000 master points. A minimum of 8 students is required; maximum is 12. The cost is \$105 for residents; \$110 for nonresidents. Session ends Feb. 29.

MODERN NO TRUMP BIDDING

This 6-week series taught by Frank Shull begins Jan. 24. Meets Tuesdays from 5 to 7 p.m. Students will learn the following bridge challenges: introduction to the Stayman Convention; how to use the Stayman Convention opening 1 No Trump with 15 to 17 points; introduction to the Jacoby Transfer Convention; and, how to use the Jacoby Transfer Convention. A minimum of 8 students is required; maximum is 20. The cost is \$90 for residents; \$95 for nonresidents. Session ends Feb. 28.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 10-week class begins Jan. 10. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 13. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

CHAIR EXERCISE

This 8-week class begins Jan 11. 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 \$85 for residents; \$90 for nonresidents. Session ends Feb. 29.

MAT PILATES

The 6-week session begins Jan. 3. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body

from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Gingerrusteach@yahoo.com. Session ends Feb. 7.

SKY VALLEY TAI JI (THURSDAY)

This 12-week class begins Jan. 12. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends March 29.

SKY VALLEY TAI JI (TUESDAY)

This 12-week class begins Jan. 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Session ends March 27.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 13. 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 \$65 for residents; \$70 for nonresidents. Session ends Feb. 17.

STRENGTH TRAINING WITH TONYA

This 8-week class begins Jan. 9. 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 \$85 for residents; \$90 for nonresidents. Session ends March 5 (class will not meet Feb. 20).

YOGA (DAY)

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 22. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, and time for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 25 (class will not meet Feb. 19).

YOGA (EVENING)

This 9-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 23. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$110 for residents; \$115 for nonresidents. Session ends March 26 (class will not meet Feb. 20).

LANGUAGE

SPANISH 2 (CONTINUED)

This 8-week course begins Dec. 15. For former students or with permission from the instructor, Elena Marra-Lopez (you may call her at 301-652-0828). Class meets Thursdays, from 10 to 11:30 a.m. The cost is \$150. Students use textbook purchased for the previous class. Please sign up at least 3 days before first class. A minimum of five students is required. Session ends Feb. 2.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tues-

days from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

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

GREAT BOOKS DISCUSSION GROUP

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.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 (**note new time**) to 4 p.m. Cards will be supplied. Contact Nancy White at 301-652-4119.

VILLAGE PLAY TIME

Toys and play equipment are set out for children, accompanied by an adult, in the auditorium most Thursdays from 11 a.m. to 4 p.m.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a 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.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883.

CONCERTS

Performances are held Wednesdays from 7:30 to 8:30 p.m. in Huntley Hall of the Village Center.

Wednesday, Dec. 7 — Friday Morning Music Club — Pianist Richard Shin and violinist Zeynep Alpan present a program including selections from J.S. Bach, Beethoven, Chopin and Prokofiev.

Fifteen year-old Richard Shin was the youngest first prize winner ever in the Maryland MTNA Senior Division Competition (2010-2011 season). Richard was a winner in the 2010 Ithaca Concerto Competition, and was a semi-finalist in the Tureck Bach International Competition, which resulted in a debut at the Lincoln Center. He has twice been invited to perform at Carnegie Hall.

Zeynep has performed as a soloist, as an orchestra member, and as a chamber musician in multiple venues, such as Alice Tully Hall, Strathmore Hall, Strathmore Mansion, Peter Jay Sharp Theater, Juilliard Paul and Morse Halls, Katzen Art Center, Carnegie Weill Hall, and Aspen Music Festival.

She was the prizewinner in many competitions including Maryland String Teacher Association (2003), American Fine Arts Festival (2007), and the National Philharmonic Concerto Competition (2010). Zeynep had her orchestra debut at age 12 performing Mendelssohn's violin concerto with Istanbul Symphony Orchestra at Ataturk Cultural Center in Istanbul (2007). The same year, she performed at Carnegie Weill Hall as a part of the American Fine Arts Festival.

Wednesday, Dec. 14 — Encore Chorale — This exciting chorale, made up of singers older than 55, will present a delightful Holiday Concert of winter, Christmas and Chanukah songs ranging from *Variations on Jingle Bells* and *S'vivon* to *All on a Cold Winter's Night* and *Hallelujah Chorus*. Encore, under dynamic conductor Jeanne Kelly, has performed at the Kennedy Center's Millennium Stage, Cultural Arts Center at Montgomery College, the Presbyterian Church in D.C. and the Kogod Courtyard at the American Art Museum.

Wednesday, Dec. 21 — Tales in the Village featuring Arianna Ross — Blending the power of storytelling and music, Arianna's programs weave a lively fabric of tales. They are spun from the many dances, cultures, histories and present day realities of countries from around the world. She has performed and taught workshops across the United States, Canada, Vietnam, Ireland and Brazil.

Wednesday, Dec. 29 — Julie and Darrell Parsons — Julie and Darrell Parsons studied at Northwestern University where Julie was a senior voice/piano major and Darrell was a graduate assistant in the voice department working on a master's in voice. Their wide and varied individual careers prepared them to present an unusually varied repertoire of Broadway, classical, jazz and folk music.



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TO YOUR HEALTH

The importance of advance directives

It's difficult to think or talk about end of life care. But it is important to understand advance directives, instructions specifying what actions should be taken in the event that an individual is no longer able to make decisions due to illness or incapacity. A living will is one form of advance directive.

Jamila Allouane, clinical social worker at Suburban Hospital, will provide guidance when dealing with this sensitive topic at this month's Suburban Health Lecture at the Village Center on **Wednesday, Dec. 7, at 1 p.m.**

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



Vision Support Group: Reflecting on holiday tradition transitions

Join the Vision Support Lunch and Learn group on **Thursday, Dec. 8, at 12:30 p.m.**, for a lively conversation with Dr. Elinor Waters, a gerontology specialist.

As the holiday celebrations in December approach, many people with impaired sight feel somewhat excluded. Dr. Waters ("Elly"), a Village resident who leads a long standing low vision group at IONA Senior Services, will share her own experiences as a person with low vision.

A complimentary light lunch will be served. Please call 301-656-2797 to reserve a spot. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Remember you don't have to have poor sight to participate.

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to schedule a meeting with Mindy.

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Cafe Muse presents...

This month's Café Muse, on **Monday, Dec. 5, at 7 p.m.**, presents poets Nancy Naomi Carlson and Carol Ann Davis.

Nancy Naomi Carlson is the author of *Kings Highway* and translator of *Stone Lyre: Poems of René Char*. Her work appears in numerous publications including *Crazyhorse*, *Poetry* and *The Southern Review*. She is an Associate Editor for Tupelo Press and an instructor at the Bethesda Writer's Center.

Carol Ann Davis is the author of *Atlas Hour* and *Psalm*. Her poetry appears widely in *The Southern Review*, *Threepenny Review*, *The Iowa Review*, *Kenyon Review* and other publications. She currently teaches at the College of Charleston, where she is the Editor of *Crazyhorse*.

The Village Book Club will meet this month on **Tuesday, Dec. 20, at 11 a.m.** The book selection is *The Remains of the Day* by Kazuo Ishiguro.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. 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.word-worksdc.com.



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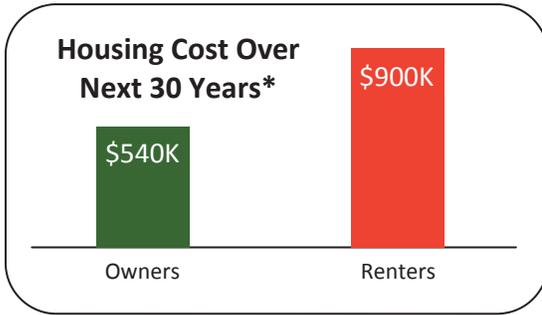
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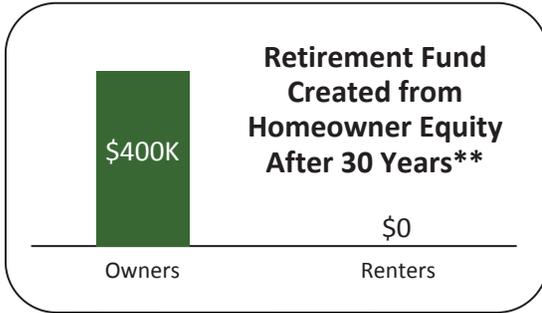
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Forbes.com
10/13/2011



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**Assuming \$300,000 current value with a 1% annual appreciation rate for residential property.



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Village Council Corner

Holiday tips from the County Police

Every year the holiday season brings an increase in traffic to Friendship Heights. Unfortunately, not everyone will be shopping. Pickpockets and purse snatchers often see crowds as great opportunities to take advantage of the unwary. Protect yourself!

- Carry purses close to your body with your hand on the closure. Across your chest and under a coat is best. Don't dangle your purse from your shoulder. That makes it easy for thieves to grab it and run.



County Police Captain David Falcinelli is the new Commander of the 2nd District in Bethesda.

- Keep wallets inside your coat or in a front pocket. A couple of stout rubber bands around it will make it more difficult for a thief to pull out.

- Watch out for loud arguments or commotions. If someone drops change or other personal items, chances are this is a staged distraction and your pocket may be picked if you stop to help.

- If you're bumped, watch out! A pickpocket may be responsible. Be extra careful on crowded elevators.

- Pickpockets often work in teams. One may appear to be helping you but chances are an accomplice is after your valuables while you're distracted.

- Walk purposefully and look confident. Assertive body language can help prevent an attack. Do not slouch and always keep your head up.

- Try to walk with someone or stand at a bus stop with other people.

- Stay away from isolated or poorly lit areas. Avoid passing too close to places of concealment.

- If you have been victimized, call the police. Dial 911 for an emergency or call the non-emergency number at 301-279-8000.

Update on Wisconsin Avenue repaving

The Maryland State Highway Administration has been working on Wisconsin Avenue between Western Avenue and Bradley Boulevard. SHA is replacing inlets, storm drains, handicap ramps, curbs and gutters prior to repaving. The job will soon shut down for the winter, and repaving will take place in the spring.

NOTE: There was no Village Council meeting in November. **The next Council meeting will be Monday, December 12.**



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

December 2011 events calendar