



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2016

301-656-2797

VOLUME 31, NO. 9



John Eaton
page 4

Village Center renovation to continue through September

While we wish we could welcome everyone back to see the newly renovated Center in early September, the work will take a little longer to finish. Because of the long lead times for some of the materials, much of the work has to take place later in the job schedule. The contractor now anticipates substantial completion by October 1. There are still a few items that will not be finished until after that date, but the building can reopen then. Staff will continue to remain onsite and can answer phones from 9 a.m. to 5 p.m., Monday through Friday.

Continued on page 3

New York Times editor to speak at Center

Jonathan Weisman, deputy editor at the New York Times Washington bureau, will share his views on the Nov. 8 election at the Village Center on **Thursday, Oct. 27, at 7:30 p.m.**

Mr. Weisman's long journalism career has taken him to The Baltimore Sun, USA Today, Washington Post, Wall Street Journal and New York Times, where he has covered Congress, presidential campaigns, the war in Afghanistan and the Obama White House.

Last May, he was inundated with hateful tweets after he called out anti-Semitism in Donald Trump's camp in a New York Times op-ed. Before eventually quitting Twitter, he made news by re-tweeting eight hours of anti-Semitic messages he received in just one day. Join us for this interesting evening just before Election Day. RSVP by calling 301-656-2797.



Jonathan Weisman



A day at the races

Join us for a day at the racetrack on **Friday, Oct. 28**, when we ride over to Laurel Park, Maryland's premier destination for horse racing. We'll enjoy a delicious buffet lunch before the races begin. The first ten people to sign up (following Laurel's safety rules) will have the option to also take a tour of the paddock, watch "The Friendship Heights Race" from the winners circle and have their picture taken with the winning jockey!

The cost of the trip is \$74 and includes lunch, a \$2 betting voucher, transportation and all gratuities (alcoholic and soft drinks are extra).

We will leave the Village Center at 11:45 a.m. and return around 6:30 p.m. Sign-ups for residents and nonresidents begin as soon as the Center reopens. There are 30 spaces available.

Sign up for flu shots, page 5

Caregivers Support Group

The best way to care for a loved one is to care for yourself. The monthly support group for people providing regular assistance for parents, partners or children with serious illness or dementia will next meet at Brighton Gardens on **Monday, Sept. 26, from 6:30 to 8 p.m.**

The meetings are led by Judith Bernstein, a clinical social worker and certified advanced social work case manager from GPS Senior Care Partners. Let us know if you plan to attend by calling 301-656-2797. The support group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Please note: the group is for caregivers only.



Sharpen your driving skills at AARP's program at the Center

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers 50 and older and has helped millions of drivers remain safe on today's roads. The one-day course will be offered **Friday, Oct. 7, from 10 a.m. to 3 p.m.**, at the Village Center and will be taught by Jerry Hulman. It costs \$15 for AARP members (you must bring your membership card to the class) and \$20 for nonmembers. Money orders or checks should be made out to AARP only (no cash, please).

Please register at the Village Center after it reopens. Or, you may mail a check to the Village Center at the address below. Be sure it is made out to AARP.

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office

Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

Locations

Tenleytown

4000 Wisconsin Ave., NW #P2
Washington, DC 20016
(inside Tenley Sport & Health Club,
garage parking available)

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815
(at the Elizabeth Arcade,
free garage parking!)

phone 301-654-9355 | fh@getwell-rehab.com
www.getwell-rehab.com  find us on facebook



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 5th. 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.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout,
Advertising
Staff Writer

Jennie Fogarty

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Kathleen G. Cooper
Treasurer

John R. Mertens
Chairman

David O. Lewis
Parliamentarian

Michael J. Dorsey
Vice Chairman

Clara Lovett
Historian

Paula J. Durbin
Secretary

VILLAGE MANAGER
Julian P. Mansfield

UPDATES ON OUR RENOVATION PROJECT
(AS OF AUGUST 16, 2016)



**THE VILLAGE COMMUNITY CENTER
WILL BE CLOSED FOR RENOVATIONS
THROUGH SEPTEMBER!**

**LOOK FOR UPDATES ON PROGRAM
SCHEDULES AND LOCATIONS IN THE SEPTEMBER
NEWSLETTER, AND ON OUR WEBSITE:**

www.friendshipheightsmd.gov

***PLEASE NOTE: THE FLU SHOTS WILL BE HELD
AT BRIGHTON GARDENS ON WEDNESDAY,
SEPT. 28, FROM 1 TO 4 P.M.**

This flyer will stay on the Center's front door for a while longer!

We have made arrangements for programs and events in September to be relocated or rescheduled. Flu shots will still be held on September 28, but will be at Brighton Gardens (see p. 5). For a complete list, check the classes and clubs listings on pages 10–11 and our calendar. Special thanks to the buildings that will continue hosting some programs through the end of September.

As a reminder, when the Center re-opens to the community, you will see many improvements:

- Expanded, more accessible bathrooms.
- Energy-efficient LED lighting throughout the building.
- A much improved auditorium. New flooring, new partition, new lighting, new sound-absorbing panels, and new shades. It will be an even better venue for Village programs and certainly worth a look if you have a private event coming up.
- A new kitchen that will be better for Village events and better for catering private functions.
- New carpeting throughout, and lighter, brighter paint colors.
- Additional custom shelving in the library.
- New and restored woodwork throughout.

We appreciate your patience during this process and look forward to showing everyone the completed project!

Presentation on 'Village' concept at Sept. meeting

Volunteers have organized an effort to create a "Village" within our Village. At our next Village Council meeting on **Monday, Sept. 12**, (note the meeting will be held at The Willoughby South building on Willard Avenue), Connie Row, one of the lead organizers, will give a presentation to the Council on the status of the effort thus far and possible next steps.

The Village concept is a growing movement that aims to provide the support—medical, functional, emotional, and social—that older adults may need when choosing to age in their own homes. Neighbors help neighbors by coordinating and delivering services and supports within their communities. Services can include information referrals, home health care, help with transportation, assistance with household tasks, and social activities. Volunteers are critical to making the Village concept possible.



Our new landscape maintenance contractor, GreenSweep, has kept the flower baskets in good shape. The baskets will remain up into the fall.

Program Line

Remember that you can hear a recorded list of Village programs anytime by calling the main number, 301-656-2797. If you are calling the Center after hours, the message will prompt you to push 11 to hear the program recording. During our open hours, the front desk receptionist can transfer you to the recorded message upon request. The recording is updated at the beginning of every month.



There was no Council meeting in August. The next Council meeting will be **Monday, Sept. 12, at 7:30 p.m.**, in the Willoughby South party room, 4515 Willard Avenue.

John Eaton returns to teach at the Center

Pianist, musicologist and humorist John Eaton will teach his very popular series on American composers at the Village Center on Monday afternoons, beginning Oct. 17 (see page 10 for details). Take one or more of the classes:

Oct. 17: Irving Berlin: Born Israel Baline in Siberia, he composed quintessentially American popular songs and musicals, including "God Bless America" and "Annie Get Your Gun."

Oct. 24: Frank Loesser: Like Irving Berlin, Loesser was a composer and lyricist of astonishing versatility. He went from Hollywood lyricist to composer of Broadway's great "Guys and Dolls."

Oct. 31: George Gershwin and Duke Ellington: The use of the blues' chord progressions and tonality in Ellington's "Diminuendo and Crescendo in Blue" and Gershwin's "Rhapsody in Blue" demonstrates how these composers solved the problem of combining jazz and formal music in the same composition.

Nov. 14: The Art of Improvisation: Mr. Eaton discusses how and why the spirit of improvisation is always present in good music, whatever the genre. He substantiates his thesis by performing selections that he considers among the best of American popular music.

CUBA: ON THE CUSP OF CHANGE

JAZZ FESTIVAL TOUR DEC. 13-19, 2016

Please join me for 7 days of excitement and fun!

For details, call Laki Halper
USA International Travel
301-718-8700 or email

LAKI.HALPER@GMAIL.COM

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



Save the Date

**Tuesday, Oct. 25, 2016
6:30 to 8 p.m.**

Celebrate Argentina and the Tango
with festive food, music and dancing
during Fall Festival!

See the October Village News for details.

FIT SCULPTORS LLC
MIND • BODY • LIFESTYLE
TRANSFORMATION

Certified Personal Trainers
We come to your home or gym
Our company is created to help you
become a better version of yourself.

We offer:

- Weight loss
- Pre-Post Natal fitness
- Senior Fitness
- Body Building
- Self Defense
- Kickboxing and MMA
- Nutrition Advising
- Low back pain fitness
- Strength and Conditioning

YOUR TRANSFORMATION STARTS WITH US!
Call now and schedule your
complimentary training session.

☎ 703.953.4267 ✉ dimitar@fitsculptors.com
 FitSculptors FitSculptors

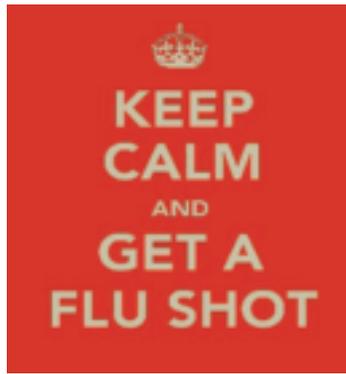
Don't forget your flu shot!

The MedStar Health Visiting Nurses Association will administer flu shots on **Wednesday, Sept. 28, from 1 to 4 p.m.** to anyone nine years old and older. **Due to the ongoing construction in the Village Center, the flu shot clinic will be held at Brighton Gardens.**

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity.

Standard flu shots, of course, are available. Pneumonia shots will also be available. Please specify at sign-up if you want the Fluzone HD or standard (ask your doctor if you have questions about the high-dose vaccine before you sign up).

*No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.



*The self-pay cost is \$30 for the standard shot (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$65 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for Pneumovax and \$200 for Prevnar without Medicare Part B. Check with your doctor about what you need.

*VNA does not accept Medicaid or any commercial insurance plans.

Call 301-656-2797 to register. You must have an appointment to receive a shot.

Metro repairs update with WMATA official at the Center

Charlie Scott, Senior Government Relations Officer for Washington Metropolitan Area Transit Authority, will give an update on "SafeTrack" at the Village Center on **Thursday, Nov. 3, at 7:30 p.m.**

SafeTrack is a year-long plan to improve the safety and reliability of the Metrorail system. It includes line segment shutdowns and around-the-clock single tracking projects, referred to as "Safety Surges."

Please let us know you are coming by calling 301-656-2797.

Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668
4500 N Park Ave., Suite 804N



BUY / SELL / RENT

Your Neighborhood Real Estate Specialists

GEICO to hold Goodwill donation and shredding

GEICO is hosting a Goodwill e-cycling/donation drive and shredding event on **Saturday, Sept. 17, from 10 a.m. to 2 p.m.**, in its parking lot along Friendship Boulevard. Donations accepted include:

Electronics (in good working order)

- Radios
- Stereo systems
- Mp3 players
- VCRs and DVD players
- Televisions (must have cable connection or RCA inputs)

Small Appliances

- Toaster ovens
- Foreman grills
- Coffee makers
- Vacuum cleaners
- Portable air conditioners
- Lamps and fans
- Microwave ovens
- Computers and computer parts (in any condition)
- Software programs (less than 2 years old)
- Gaming systems
- Cell phones

Other recyclable household items will also be accepted, including clothes, shoes, toys, books accessories, furniture and lawn equipment (all fuel must be removed prior to donating) and small appliances in good working order.



Free paper shredding is also available from 10 a.m. to 1 p.m. (Village residents are welcome, no businesses are permitted). \$1 donations to Children's Hospital will be accepted.

Accepted items include all types of paper. Papers with staples or paper clips are also acceptable, as are envelopes with plastic windows and colored papers. Please remove paper from 3-ring binders and spiral notebooks. No plastic or electronic items such as credit cards, CDs, or computer disks. Limit five paper bags (grocery-size) or small boxes of paper per household.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



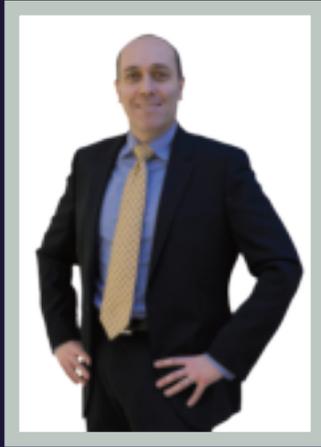
Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com



301-404-3280



SamS@LNF.com
samsolovey.com

SAM'S FEATURED LISTINGS

FOR SALE

THE CARLETON-Apt 705
Fully Renovated 2BR/2.5BA
1,761 Sq Ft w/Balcony
2 Assigned Parking spaces
Offered at \$1,095,000
(Under contract at time of print)



FOR SALE

THE ELIZABETH-Apt 417
Well Appointed 2BR/2BA
1,353 Sq Ft w/Balcony
2 Assigned Parking Spaces
Offered at \$539,000



FOR SALE

THE WILLOUGBY-Apt 1114S
Fully Renovated 1BR/1BA
883 Sq Ft w/courtyard view
Assigned Parking
Offered at \$299,000



FOR RENT

THE WILLOUGBY-Apt 2204S
Stunning SW Exp 3BR/2BA
1648Sq Ft w/Balcony
2 Tandem Parking Spaces
Offered at \$3400



SAM SERVES ALL THE CONDO BUILDINGS IN FRIENDSHIP HEIGHTS

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

202.364.1300

Personalized Marketing and Exceptional Service from the **Leading Realtor®** in the Village.



Information deemed reliable, but not guaranteed. If your property is listed with another broker, this is not intended as a solicitation of that listing.



Friendship Heights Village Center



2016

S E P T E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:15 a.m.: Walking Club	2 9:15 a.m.: Drop-in Tai Chi (at 4701 Willard) 10:30 a.m.: Current Events (at the Willoughby)	3 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
4	5 Labor Day 10 a.m.: Great Books (at Brighton Gardens) Shuttle bus runs on weekend schedule	6 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	7	8 8:15 a.m.: Walking Club	9 9:15 a.m.: Drop-in Tai Chi (at 4701 Willard) 10:30 a.m.: Current Events (at the Willoughby)	10 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
11	12 10 a.m.: Great Books (at Brighton Gardens) 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING (at The Willoughby)	13 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	14 5:30 p.m.: Community Advisory Committee meeting (at 4620 North Park Avenue)	15 8:15 a.m.: Walking Club	16 9:15 a.m.: Drop-in Tai Chi (at 4701 Willard) 10:30 a.m.: Current Events (at the Willoughby)	17 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. – 2 p.m.: GEICO E-cycling, Donation Drive and Shredding (GEICO parking lot)
18	19 10 a.m.: Great Books (at Brighton Gardens) 7 p.m.: Cafe Muse (at The Writer's Center)	20 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	21	22 8:15 a.m.: Walking Club 1 p.m.: Suburban Lecture: "Jump for Joint Replacement" (at the Courtyard by Marriott, 2nd floor)	23 9:15 a.m.: Drop-in Tai Chi (at 4701 Willard) 10:30 a.m.: Current Events (at the Willoughby)	24 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
25	26 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books (at Brighton Gardens) 6:30 p.m.: Caregivers Support Group (at Brighton Gardens)	27 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening (at Brighton Gardens) 2 – 4 p.m.: Suburban Nurse Specialist (at Brighton Gardens)	28 1- 4 p.m.: Flu Shots (at Brighton Gardens)	29 8:15 a.m.: Walking Club 11:30 a.m.-5 p.m. Blood Drive on South Park Ave.	30 9:15 a.m.: Drop-in Tai Chi (at 4701 Willard) 10:30 a.m.: Current Events (at the Willoughby)	

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.

Save the date:

Friday, Nov. 4 and Saturday, Nov. 5:

'A Holiday Affair'
Our annual show featuring
hand-crafted items from local artisans



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 and sample classes, are required to sign a liability waiver when they register.

PLEASE NOTE NEW START AND END DATES FOR SOME OF THE CLASSES

ART, MUSIC AND GAMES

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Oct. 7–Jan. 13. Bring your existing materials and paper or canvas to first class. Prior painting experience required; maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents. Class will not meet on Oct. 14, Nov. 11 or 25, or Dec. 23 or 30.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, Thursdays, 6:45 to 8:45 p.m., Oct. 6–Dec. 15. \$60 for residents; \$80 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., Oct. 5–Nov. 16. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Oct. 12.

AMERICAN SONGWRITERS

A 4-week course taught by Washington legend John Eaton on five of the

most influential and fascinating American composers: Irving Berlin: "The Founding Father," Frank Loesser: "A Most Remarkable Fellow," "Gershwin, Ellington and The Blues," and "The Art of Improvising: Jazz and Otherwise." Mondays from 2 to 3:30 p.m., Oct. 17–Nov. 14. Cost is \$80 for residents; \$85 for nonresidents. Fewer than four weeks, \$30 per class. A musical performance by Mr. Eaton highlights each session. Light refreshments will be served. Class will not meet Nov. 7. See page 4.

BASIC PHOTOGRAPHY (Adults)

An 8-week course in black-and-white and color photography, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Oct. 1–Nov. 19, \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction is in the classroom and out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

BASIC PHOTOGRAPHY(Children)

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Oct. 1–Nov. 12, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Oct. 8.

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class introduces players to the basics of Mah Jongg. Fridays, 1 to 3 p.m., Oct. 7–Nov. 18. The instructor, Robin Dinerman, will provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes \$9 for materials). Minimum number of students is 6; maximum is 13. Class will not meet Nov. 11.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please), Oct. 6–Dec. 15. 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. The cost is \$185 for residents; \$200 for nonresidents.

COMPUTER AND TECHNOLOGY

ALL ABOUT UBER **NEW!**

Uber is a great alternative to cabs. One tap on your phone and the car is on its way. It's safe and cashless (no tipping!) This one-hour workshop, led by an instructor from TechMoxie, will provide an overview of how Uber works, the advantages of Uber over a traditional taxi, the basics of setting up an account, ordering your ride and communicating with the driver. Thursday, Oct. 13, 2 to 3 p.m. The cost is \$15 for residents; \$20 for nonresidents. Be sure to bring your phone (any brand of smart phone).

USING YOUR IPHONE NEW!

A 4-week course taught by TechMoxie. Thursdays, 2 to 3:30 p.m., Oct. 20 – Nov. 10. Learn the basic settings and buttons (including making the phone easier to see), apps that come with the phone, connecting to WiFi, the basics of texting, FaceTime and voicemail, setting up contacts and favorites, using the camera and managing photos, editing and improving picture quality (with tips for a good selfie!), using the navigation feature, using maps, finding gas and food on the road and setting destinations. The cost is \$60 for residents and \$75 for nonresidents.

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Oct. 7 – Nov. 11. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed physical therapist assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents.

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Oct. 11 – Nov. 22. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet Nov. 8.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Oct. 12 – Nov. 16. 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. \$65 for residents; \$70 for nonresidents.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., Oct. 4 – Nov. 22. 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; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. Class will not meet Oct. 25 or Nov. 8.

SKY VALLEY TAI JI (Thursday)

A 6-week class for all levels, taught by Taj Johnson. Thursdays, 9:30 to 10:30 a.m. and is especially for beginners, Oct. 6 - Nov. 10. \$65 for residents; \$70 for nonresidents.

SKY VALLEY TAI JI (Tuesday)

A 6-week class for all levels, taught by Taj Johnson. Tuesdays, 9:30 to 10:30 a.m., Oct. 4 - Nov. 15. \$65 for residents; \$70 for nonresidents. Class will not meet Nov. 8.

STRENGTH TRAINING WITH TONYA

A 6-week class, Mondays, 1 to 1:50 p.m., Oct. 10 – Nov. 14. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents.

YOGA

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga” Sundays from 9 to 10:20 a.m., Oct. 2 – Jan. 8. 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 thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$135 for residents; \$145 for nonresidents. Class will not meet Oct. 9, Nov. 13 and 27.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. During September, the nurse will be at Brighton Gardens.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case manager. Meets one Monday evening a month; check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. This month the group will meet at Brighton Gardens.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members. This month the group will meet at The Willoughby.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:30 to 10:30 a.m. This month the group will meet at 4701 Willard Ave.

GREAT BOOKS 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 to 11:45 a.m. Contact Jean McNelis at 301-656-6695. This month the group will meet at Brighton Gardens.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension’s Senior Health Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

Blood drive on South Park Avenue Sept. 29

Highland House and Highland House West are sponsoring a blood drive on **Thursday, September 29, from 11:30 a.m. to 5 p.m.** The bloodmobile will park on South Park Avenue by the Bank of America. Residents are encouraged to donate blood.



Register online at www.redcrossblood.org and enter sponsor code Highland House West, or call 1-800-733-2767 to schedule your donation. If you have questions about your eligibility to donate, call the Red Cross at 1-866-733-2767. For any other questions contact Michelle Becker at 301-654-8000 or management.office@highlandhousewest.net.

Refund policy for trips

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc.) is not refundable at any point after registration unless the space can be filled from the waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled seven days or more prior.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.



A *Washingtonian Magazine* Top Dentist, Dr Marko, as her patients call her is fulfilling her dream of providing her hometown with high quality comprehensive dental care. She has combined the art and science of dentistry with a caring, dedicated team that shares her vision of delivering extraordinary dentistry in a friendly, fun and professional environment.

Having the ability to perform all aspects of general dentistry and surrounding herself with a great team of specialists, assures Dr Marko's patients that their dental needs, ranging from cosmetic and therapeutic botox to routine cleanings, fillings, teeth whitening, crowns, advanced implant therapy, cosmetic make-overs, oral surgical, orthodontic and endodontic treatment, will be performed and managed at the highest levels attainable.

Dr Marko and her team look forward to welcoming you into their dental family!

Despina M. Markogiannakis, D.D.S.
Family, Cosmetic and Implant Dentistry
5454 Wisconsin Avenue, Suite 835
Chevy Chase, MD 20815
www.SmilesOfChevyChase.com
301-652-0656





HEALTH AND FITNESS

Turn in unwanted prescription drugs at the Village Center

The Friendship Heights Village Center will be a collection site for National Drug Take-Back Day on **Saturday, Oct. 22, from 10 a.m. to 2 p.m.**

Sponsored by the Montgomery County Sheriff's Office, National Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Look for a Montgomery County Police officer in the Village Center lobby.



Jump for joint replacement

Dr. Daniel Valaik, orthopedic joint surgeon, will help you understand hip and knee arthritis and will discuss non-operative and surgical treatment options at this month's Suburban lecture on **Thursday, Sept. 22, at 1 p.m., at the Courtyard by Marriott in the Belgravia Room, second floor. From the outside parking lot, enter through the glass doors and turn left. Or take the elevator from the lobby one flight up and turn left.**

Please call 301-656-2797 to let us know if you plan to attend.

Our Listings in the Friendship Heights Community

FOR SALE

5610 Wisconsin Ave. #PH-17F
\$2,350,000: 2 BR + Den, 2.5 BA,
Expansive Balcony; 2,442 SqFt

5610 Wisconsin Ave. #1106
\$1,895,000: 2 BR + Den, 2.5 BA,
Balcony; 2,776 SqFt

5600 Wisconsin Ave. #1402
\$1,495,000: 2 BR + Den, 2.5 BA,
Balcony; 1,952 SqFt

4301 Military Rd. NW. #104
\$975,000: 2 BR, 2 BA,
Private Terrace; 1,320 SqFt

FOR RENT

5630 Wisconsin Ave. #1001
\$8,900/mo: 3 BR + Den, 4.5 BA,
Balcony; 3,623 SqFt

5600 Wisconsin Ave. #204
\$2,950/mo: 1 BR, 1.5 BA,
Balcony; 1,141 SqFt



HELLER COLEY REED
OF LONG & FOSTER REAL ESTATE

New condo listings
coming soon.
Call today for details!

LONG & FOSTER
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE



Zelda Heller, Jamie Coley & Leigh Reed
of Long & Foster Real Estate
Exclusive Affiliate of Christie's International

888.907.6643 Main
240.497.1700 Office

hellercoleyreed@gmail.com
hellercoleyreed.com



Enjoy a concert and tea with Eric Abrahamson

You are invited to a concert and tea at the Center on **Wednesday, Oct. 19, at 2 p.m.**, when Eric Abrahamson returns to play a program of Ragtime and Tin Pan Alley hits.

Mr. Abrahamson has enjoyed a very robust and diverse musical career. In addition to performing concerts around the country, he is also a successful composer, arranger, orchestrator, musical director and teacher. He is the composer of a musical as well as many television soundtracks including "The Bachelor" and other reality shows. He is a musical director for Cedar Point amusement parks and plays regularly at Disneyland. His entertaining and informative program examines the history and roots of American Ragtime piano and its evolution into the vocal music of the era known as "Tin Pan Alley."



Following the concert, please stay for tea. Let us know you are coming by calling 301-656-2797.

*Our advertisers support our newsletter.
Tell them you saw their ad in the Village News.*

Dr. Michael Gittleson

Podiatrist

The Barlow Building

5454 Wisconsin Ave. Suite 1250

Chevy Chase, MD 20815

301-986-4900

Medicine/Foot Surgery Early Morning Hours

CHEVY CHASE ENT & AUDIOLOGY

You can hear better today!

Providing evaluations by ENT physicians and audiologists for:

- HEARING LOSS AND EAR DISORDERS
- WAX REMOVAL
- CUSTOMIZED HEARING AID FITTINGS AND SERVICES
- TINNITUS MANAGEMENT

WE LISTEN, TO MAKE SURE WE FIND THE BEST SOLUTION FOR YOU

Ask your physician or internist about our practice.



5530 Wisconsin Avenue • Suite 1500 ● Chevy Chase, Maryland 20815

Office: 301-656-8630 ● www.chevychase-ent.com

Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

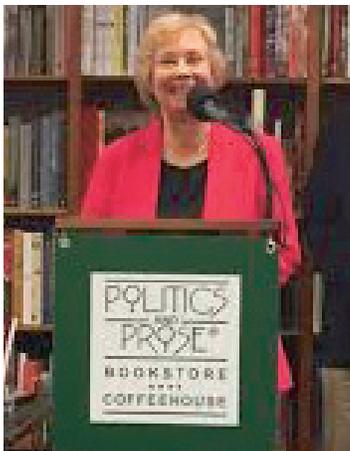
Café Muse presents...

This month's Café Muse, on **Monday, Sept. 19**, will feature poets/translators Cheryl Clarke and Carol Jennings. While the Village Center continues to undergo renovation, Café Muse will be held at The Writer's Center at 4508 Walsh Street in Bethesda.

Cheryl Clarke is the author of "By My Precise Haircut; Experimental Love," which was nominated for a 1994 Lambda Literary Award, "Humid Pitch," "Living as a Lesbian," and "Narratives: Poems in the Tradition of Black Women." Her essays have appeared in numerous publications since 1979. Since retirement, Clarke spends much of her time planning the annual Festival of Women Writers, which takes place in September in Hobart, New York.



Carol Jennings is the author of "The Dead Spirits at the Piano." Her poems have appeared in a number of journals, as well as three anthologies. She is a retired attorney and served in the Federal Trade Commission's Bureau of Consumer Protection.



Café Muse opens at 7 p.m. 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. The Word Works is a nonprofit literary organization that has sponsored public programs for over 35 years. For more information, visit www.wordworksdc.com.

Coming Oct. 17: poets David Baker and Stanley Plumly.

The Village Book Club will not meet this month. The book selection for October is "Five Quarters of the Orange" by Joanne Harris.



jssa

JSSA—a community-based, non-sectarian, nonprofit healthcare and social service agency—provides older adults with a comprehensive continuum of care to accommodate their changing physical, social and emotional needs as they age.

Services offered:

- **Counseling**
- **Meals on Wheels**
- **Home Care**
- **Transportation**
- **Care Coordination**
- **Respite Care**
- **Social Programs**
- **Hospice**

For additional information about our Senior Services, Premier Homecare and Hospice programs, please visit

www.jssa.org

Hospice	Premier Homecare	General Inquiries
301.816.2676	301.984.1742	301.816.2633

JEWISH SOCIAL SERVICE AGENCY
200 Wood Hill Road, Rockville, MD 20850



Connect with JSSA

Disegno Hair Salon

welcomes you
to its salon located in the Elizabeth Arcade

**HAIR * SKIN * WAX * NAILS *
KERATIN TREATMENTS
EXTENSIONS AND
BRAIDING*
BRIDAL HAIR AND MAKE-UP**



**SPECIALIZING IN COLOR
CORRECTION, COLOR WITH
NO AMMONIA**

**NEW PRICES - MANICURE/PEDICURE : \$73 / NOW \$65
FACIAL : \$130/ NOW \$105**

PROFESSIONALS ON STAFF:

HAIR: MARIA, NILA AND RICHARD SKIN: DILIA

**4601 North Park Ave. Chevy Chase, Md
301-652-7767; 301-652-4601
Special Requests: 202-686-5301
www:disegnohairsalon.com**

Chevy Chase Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com



Friendship Heights VILLAGE NEWS

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

Find us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Check out our new website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

September 2016 events calendar