



Friendship Heights



# VILLAGE NEWS



Senate Candidates' Forum  
page 3

OCTOBER 2016 VOLUME 31, NO. 10 www.friendshipheightsmd.gov 301-656-2797

## 'Superb' "Moby Dick" at Arena

Sail into the holidays with Chicago's Lookingglass Theatre's dazzling production of "Moby Dick" at Arena Stage on **Tuesday, Dec. 6.**

The innovative staging plus bold trapeze and acrobatic work turn this seafaring classic into a death-defying experiment in storytelling. Chicago Tribune reviewer Chris Jones calls "Moby Dick" "truly superb" and the Sun Times described the play as "a triumph of grand theatrical imagination, deep thought, superb acting and eye-popping, ingeniously deployed physical daring." The remarkable set is considered the best of designer Courtney O'Neill's entire career. Recipient of the 2011 Tony Award for Outstanding

Regional Theatre, Lookingglass has built a national reputation for artistic excellence and ensemble-based theatrical innovation. Ahab will be played by Obie Award-winner Christopher Donahue. We will leave the Village Center at 6:15 p.m. and return around 10:30 p.m. Sign-ups for residents and a guest begin immediately; nonresidents may sign up Oct. 14. There are 24 spaces available.

The cost for a seat in the Orchestra, transportation (not dealing with Arena's garage is worth it all!), and



driver gratuity, is \$89. After Nov. 4, the price will increase to \$95. No children younger than five, please.

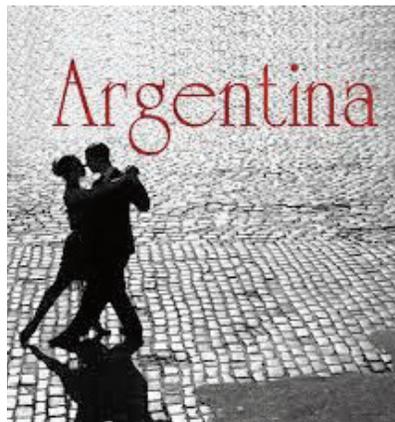
A short meet and greet with cast members will follow. Climb aboard the Pequod with Captain Ahab and his crew in this harrowing and intoxicating quest for the great white whale!

## A festive Fall Celebration of our village

Our village is a melting pot of cultures, bringing together people from across the continent and around the world. During the late 1800s and early 1900s, Argentina saw a population boom, with the melding of African, Spanish, Italian, British, Polish, Russian and native-born Argentines. As each culture borrowed dance and music from each other, the tango was born.

Please join us on **Tuesday, Oct. 25, from 6:30 to 8 p.m.** as we celebrate our diverse population by spotlighting the food, music and signature dance of Argentina. Enjoy a sampling of Argentine delicacies from Malbec Restaurant. Music and tango dancers will be by Tango Reo.

This event is free and open to all residents of the Village of Friendship Heights.



## Halloween Pizza Party for children

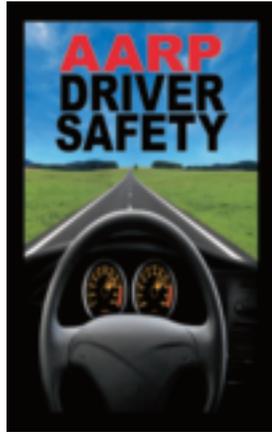
The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, up to 10 years old, on **Friday, Oct. 28, from 6:30 to 8:30 p.m.**

There will be Halloween games, refreshments and a few fright-filled activities. Admission is free, but pre-registration is required for all attendees. Children must be accompanied by a parent or guardian.

Sign up at the Village Center. The deadline is Wednesday, Oct. 26. For details or to volunteer, contact Anne O'Neil at 301-656-2797. *Pizza and treats are for children only, please.*

## AARP offers safe driver class

The AARP Driver Safety Program 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 when you register and also to the class) and \$20 for nonmembers. Money orders or checks made out to AARP only (no cash, please). All students must bring to class their driver's license and a ballpoint pen. Please register at the Village Center now.



## Metro official to give "Safe Track" update

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. Mr. Scott's talk will take place just two days after the conclusion of Surge 10 (a shutdown of a section of the Red Line), and he expects to have some new information to share. Please let us know you are coming by calling 301-656-2797.

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## Friendship Heights VILLAGE NEWS

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Email: [info@friendshipheightsmd.gov](mailto: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 November issue is October 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.

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# Village Council Update

## Center renovation progress report

The renovation of the Village Center is nearing completion as this goes to press. The Center will reopen to the public on **Monday, October 3**. (If you are taking the *Basic Photography class on Saturday, October 1*, or the *Yoga class on Sunday, October 2*, those classes will take place as scheduled at the Center).

Some work will still need to be finished after we reopen. The light fixtures in the hallways and classrooms will not be replaced until later in October. The new lights in the bathrooms will also not be available until later. Temporary fixtures will be installed in the bathrooms until the new lights arrive. The acoustic wood paneling in the auditorium will be delayed as well until mid-October or so. We look forward to welcoming residents back to see the new look!

## “Village” concept presentation



At our September 12 Council meeting, Village resident Connie Row gave a presentation on the “Village” concept and

the effort to establish one in our community. This is an organization supporting neighbors helping neighbors age in place by providing a variety of services. There are more than 50 “Village” organizations in the Washington, DC area, and 25 in Montgomery County alone.

Staff and Council members held a follow-up meeting with the organizers shortly after and will continue the dialogue with them.

## Update on Village archives project

Council agendas, minutes, correspondence, contracts and maps dating from 1973 through 2010 fill a dozen cabinets in the basement of the Village Center. In June 2014, Council member and Village Historian, Clara M. Lovett, started reviewing and organizing these files. Center renovations that got underway this summer interrupted the organization of additional documents, mainly related to land use and capital improvements.

The archives project will resume when the Center reopens. Completion is targeted for the end of 2016 or early 2017. At that point, Council member Lovett will recommend that the oldest Village archives (ca. 1973–2003) be transferred to the Maryland State Archives for proper storage and preservation. Her recommendation is based on consultations with fellow historians and archivists at the Maryland State Archives, the Maryland Historical Society,

and the historical section of the Montgomery County Planning Commission.

These archives are a rich source of information about the Village, but they do not tell the whole story—yet. Residents are invited to help fill gaps in the record by sharing correspondence and other relevant items from your own files with the Village Council and Staff.

## Village to host forum for U.S. Senate candidates October 30

U.S. Senate candidates Chris Van Hollen (D) and Kathy Szeliga (R) will appear in a forum at the Village Center on **Sunday, Oct. 30, from 4:30 to 5:30 p.m.**

Chris Van Hollen has been the U.S. Representative for Maryland’s 8th Congressional District since 2003 and is the top Democrat on the House Budget Committee. Kathy Szeliga has been a member of the Maryland House of



Chris Van Hollen



Kathy Szeliga

Delegates since 2011 and has served as Minority Whip in the House since 2013. The opponents are running to replace the retiring incumbent Senator Barbara Mikulski.

Each candidate will have one half hour to make remarks and take questions from a moderator. Ms. Szeliga will appear from 4:30 to 5; Mr. Van Hollen will appear from 5 to 5:30 p.m.

Please let us know you are coming, call 301-656-2797.

## Shredding truck returns October 27

A truck from Shred-it will return to the Village on **Thursday, October 27, from 5 to 7 p.m.**

The truck will park in its usual spot on Friendship Boulevard adjacent to the Village Center. Residents only are invited to use this free service.



Council action at the September 12 meeting:

- Approved renewal of membership in the Maryland Municipal League for FY 2017.

*The next Council meeting will be Tuesday, October 18, at 7:30 p.m. in the Village Center.*

# ON THE GO...

## Spend an afternoon at the racetrack



Join us on **Friday, Oct. 28**, when we travel to Laurel Park to enjoy a delicious buffet lunch and watch the horse races. The first ten people to sign up (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. Please register by Oct. 13. There are 30 spaces available.

## New York Times editor to speak at the Center

Jonathan Weisman, deputy editor at the New York Times Washington bureau, will speak at the Village Center on the presidential campaign and election 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. Please join us for this interesting evening less than two weeks before the election. Let us know you are coming by calling 301-656-2797.

### Save the Date

Join us at the Village Center on Wednesday, Nov. 16, at 2 p.m., for a screening and panel discussion of the PBS FRONTLINE film "Being Mortal," based on the book by New Yorker magazine writer and Boston surgeon Atul Gawande.

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## Tea and Talk: The case of the poisoned president

In March 1857, James Buchanan was stricken and fell gravely ill at his own presidential inauguration, as did about 700 others in the city. As many as 30 people, including some of Buchanan's relatives, died. The explanation offered for the apparent poisonings was that it was all the result of an exterminating job at the hotel where so many of the stricken were guests. However, suspicions and conspiracy theories lingered throughout Buchanan's term that some group or foreign power had tried to kill him.

On **Wednesday, Nov. 2, at 1 p.m.**, at the Village Center lecturer Carol Bessette will explore the state of the nation and the city at that time and discuss the various theories. She is a retired Air Force intelligence officer, a Vietnam veteran, a Certified Master Tour Guide in the Washington, DC area, and a frequent speaker at the Friendship Heights Village Center. Afterward, please stay for tea. Call 301-656-2797 to register.



## Tea and Talk: Why I love to write

Cynthia Darling wrote her first poem at age seven. In college she majored in English and went on to earn master's degrees in public administration and social work. During a career in the federal government, she worked in mental institutions, an Indian reservations and for the Department of Justice in Washington. It was against this bureaucratic background that her love of writing was bolstered. Ms. Darling will speak at the Village Center on **Wednesday, Oct. 26, at 2 p.m.**, about her impetus for writing stories, how these stories came into her life and the technological hurdles she has had to overcome. She has written novels, mysteries and poetry. Her latest book, "Hardened Hearts," was published in September. After the program, please stay for tea. Please let us know you are coming by calling 301-656-2797.

### **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.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

**Thursday, Oct. 6, 7 p.m. — Movie — *Spotlight***— In 2001, editor Marty Baron of The Boston Globe assigns a team of journalists to investigate allegations against John Geoghan, an unfrocked priest accused of molesting more than 80 boys. Led by editor Walter “Robby” Robinson, reporters interview victims and unseal sensitive documents, ultimately exposing a cover-up of sexual abuse within the Roman Catholic Church. Stars Michael Keaton, Mark Ruffalo and Rachel McAdams. Rated R. Running Time: 129 minutes.

**Thursday, Oct. 13, 7 p.m. — Movie — *Miracles from Heaven*** — Anna Beam lives with a rare, incurable disorder that leaves her unable to digest food. Everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Her family and doctors are even more baffled when she begins to show signs of recovering from her fatal condition. Stars Kylie Rogers and Jennifer Garner. Rated PG. Running Time: 104 minutes.

**Thursday, Oct. 20, 7 p.m. — Movie — *Ghostbusters*** — With paranormal activity on the rise, a Columbia University academic, her ghost-chasing friend, the friend’s business partner, and an MTA employee join forces to bust ghosts and save New York. Stars Melissa McCarthy, Kristen Wiig and Leslie Jones. Rated PG-13. Running Time: 117 minutes.

**Thursday, Oct. 27, 7:30 p.m. — *Jonathan Weisman on Election 2016* — see page 4 for details.**

The Village Book Club will meet this month on **Tuesday, Oct. 18, at 11 a.m.** The book selection is “Five Quarters of the Orange” by Joanne Harris. Look for a copy in the Center Reading Room on the shelf marked “Village Book Club Selections.”

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# ART and CULTURE

## Latino Art League exhibits in Friendship Gallery this month

The Latino Art League of Greater Washington will present a multimedia exhibit titled "Fall Colors" at the Friendship Gallery in October.

TLAL, a private, nonprofit organization, is a leader in the dissemination and promotion of Latin American art and culture in the metro area of Washington, DC. It is a professional and creative community of artists and educators whose experience ranges across a variety of media and disciplines. Since its inception in 2015, the league has created opportunities of exposure and promotion for its members and has partnered with businesses, galleries, and government institutions to showcase and promote the multicultural diversity and art of Latinos and their presence in the area.

The exhibit runs from Oct. 3 to 29. All are invited to meet



"Lenga Trees during Fall"  
by Felisa Federman

the artists at a reception on **Sunday, Oct. 9, 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. Note that all sales of art are final.

## Artisan Fair set for November

Mark your calendars for **Friday, Nov. 4 and Saturday, Nov. 5** for our 14th annual Holiday Affair artisan fair featuring fused glass, textiles, jewelry, paintings, ornaments, notecards, and more. The festivities begin Friday with a reception from 5:30 to 8 p.m. Enjoy light snacks while shopping. Glasses of wine, for those 21 and older, will be available for a nominal fee. The fair continues Saturday, from 10 a.m. to 4 p.m. There is no admission fee. For information, please contact Anne O'Neil at 301-656-2797 by Oct. 15. All items must be handcrafted by the artist.



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## O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### Café Muse presents...

This month's Café Muse, on **Monday, Oct. 17**, will feature poets David Baker and Stanley Plumly.

David Baker is the author of "Scavenger Loop," his eleventh book of poetry. His "Never Ending Birds," won the Theodore Roethke Memorial Poetry Prize in 2009. His many honors include fellowships from the Poetry Society of America, the Pushcart Foundation, the National Endowment for the Arts, and the Guggenheim Foundation.

Stanley Plumly is the author of a number of poetry collections including "Old Heart," which won the Los Angeles Times Book Award and was nominated for the National Book Award; "Against Sunset," his eleventh and most recent book of poems. His honors include a Guggenheim Fellowship, an IngramMerrill Foundation Fellowship, and three National Endowment for the Arts grants. He is a Distinguished University Professor at the University of Maryland.

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.

1

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

2

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

3

10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club

4

8:15 a.m.: Walking Club  
12 - 4 p.m.: Blood Pressure Screening  
2 - 4 p.m.: Suburban Nurse Specialist  
**No Tuesday Tea**  
7 p.m.: Pilates

5

10:15 a.m.: Yiddish  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**1 p.m.: Suburban Lecture: Put Your Best Foot Forward**  
**7 p.m.: Hilda Seibel Memorial Concert and Reception**

6

8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime  
11 a.m.: Still Life Painting  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7 p.m.: Movie: Spotlight**

7

9:15 a.m.: Drop-in Tai Chi  
**10 a.m. - 3 p.m.: AARP Driver Safety**  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
1 p.m.: Abstract Painting  
1 p.m.: Mah Jongg

8

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
10:30 a.m.: Basic Photography

9

9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers  
**11:30 a.m. - 1:30 p.m.: Art Reception**

10

**Columbus Day Center Open**  
**9 a.m. to 2 p.m.**  
**Shuttle bus runs on weekend schedule**  
  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
1 p.m.: Strength Training with Tonya

11

8:15 a.m.: Walking Club  
12 - 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Coordination  
2 p.m.: Speech Therapy and Support Group  
2 - 4 p.m.: Suburban Nurse Specialist  
3 - 4 p.m.: Tea  
7 p.m.: Pilates

12

11 a.m.: Chair Exercise  
12 p.m.: Chess group

13

8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime  
11 a.m.: Still Life Painting  
2 p.m.: All About Uber  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7 p.m.: Movie: Miracles from Heaven**

14

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
1 p.m.: Mah Jongg

15

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

16

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

17

10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training with Tonya  
2 p.m.: American Songwriters: Irving Berlin  
**7 p.m.: Cafe Muse**

18

8:15 a.m.: Walking Club  
11 a.m.: Village Book Club  
12 - 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Coordination  
2 - 4 p.m.: Suburban Nurse  
3 - 4 p.m.: Tea  
7 p.m.: Pilates  
**7 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING**

19

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**2 p.m.: Concert and Tea: Eric Abrahamson**  
**5:30 p.m.: Program Advisory Committee Meeting**  
**7:30 p.m.: Concert: Tom Lagana**

20

8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime  
11 a.m.: Still Life Painting  
**12:30 p.m.: Vision Support Lunch and Learn**  
2 p.m.: Using your iPhone  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7 p.m.: Movie: Ghostbusters**

21

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
1 p.m.: Abstract Painting  
1 p.m.: Mah Jongg

22

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
**10 a.m. - 2 p.m.: Prescription Drug Take-Back Day**  
10:30 a.m.: Basic Photography

23

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers

24

**10 a.m. - 2 p.m.: MVA Mobile Office**  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training w/ Tonya  
2 p.m.: American Songwriters: Frank Loesser  
**6:30 p.m.: Caregivers Support Group**

25

8:15 a.m.: Walking Club  
12 - 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Coordination  
2 - 4 p.m.: Suburban Nurse Specialist  
**6:30 - 8 p.m.: Fall Festival**

26

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**2 p.m.: Tea and Talk: Cynthia Darling**  
**7:30 p.m.: Concert: Bill Wright and Haskell Small**

27

8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime  
11 a.m.: Still Life Painting  
2 p.m. Using your iPhone  
**5 - 7 p.m.: Shred-It Truck**  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7:30 p.m.: Jonathan Weisman on Election 2016**

28

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
**11:45 a.m.: Depart for Laurel**  
1 p.m.: Abstract Painting  
1 p.m.: Mah Jongg  
**6:30-8:30 p.m.: Children's Halloween Party**

29

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

30

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers  
**4:30 - 5:30 p.m.: Senate Candidates' Forum**

31

10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training w/ Tonya  
2 p.m.: American Songwriters: Gershwin, Ellington and The Blues

### Ragtime concert and tea

Please join us for a concert and tea at the Village Center on **Wednesday, Oct. 19, at 2 p.m.**, when Eric Abrahamson plays a program of Ragtime and Tin Pan Alley hits. Mr. Abrahamson is a composer, arranger, orchestrator, musical director and teacher. He is a musical director for Cedar point amusement parks and plays regularly at Disneyland. His show 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.

### 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.

### Shred-It truck returns

Shred-it will be back on **Thursday, Oct. 27**. The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*

### 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.



# 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.

## 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, Nov. 25, Dec. 23, Dec. 30.

### ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel. 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. Beginning with the eyes, the class is coached to develop skills by looking into the soul of the 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 influential and fascinating American composers: Irving Berlin: “The Founding Father,” Frank Loesser: “A Most Remarkable Fellow,” “Gershwin, El-

lington and The Blues,” and, “The Art of Improvising: Jazz and Otherwise.” Mondays, 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 (and, yes, he takes requests!). Light refreshments will be served. Class will not meet Nov. 7.

### 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 and 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 takes place 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 will introduce 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 for 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 reliable 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, 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!); and, using the navigation feature — using maps, finding gas and food on the road and setting destinations. The cost is \$60 for residents; \$75 for nonresidents.

## **EXERCISE AND FITNESS**

### **BALANCE, MOVEMENT & 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, 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, and improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet Oct. 5.

### **MAT PILATES**

A 6-week session, Tuesdays, 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 and Nov. 8.

### **STRENGTH TRAINING W/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, 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, Nov. 27.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations Tuesdays, 2 to 4 p.m.

### **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 each 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

### **CHESS**

An informal group plays chess, Wednesdays, 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets every Friday, 10:30 a.m. to noon. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS GROUP**

Book lovers participate in 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.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the University of Maryland Extension’s SeniorHealth 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.

### **SCRABBLE**

This group of Scrabble players meets at the Center, Thursdays at 6:15 p.m. All are welcome.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need

*Continued on page 14*

# CONCERTS

Concerts are held Wednesdays, 7:30 — 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

**Wednesday, Oct. 5 — Memorial Concert for Hilda Seibel**— Local violinist Susan Jones brings her classical music group to the Village Center for a concert in honor of longtime friend and colleague Hilda Seibel. Hilda, a virtuoso violinist, was a fixture in the Washington classical music scene for decades. A reception will begin at 7 p.m., with the concert following at 7:30.

**Wednesday, Oct. 12 — No concert**

**Wednesday, Oct. 19 — Tom Lagana** — Tom Lagana is a jazz and classical guitarist. This educator and composer is a graduate of the Berklee School of Music in Boston and frequently performs at jazz festivals with orchestras, including the Baltimore Symphony Orchestra. He has performed with the Walt Disney Jazz Band and sat in with the late Charlie Byrd on many sessions at the King of France Tavern in Annapolis.

**Wednesday, Oct. 26 — Bill Wright and Haskell Small**— Clarinetist Bill Wright joins pianist Haskell Small for a night of Gershwin favorites. Bill Wright recently retired after more than 30 years with the National Symphony Orchestra. Haskell Small has performed in Europe, Asia, and South America, and throughout the United States.

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# TO YOUR HEALTH

## Vision Support Group: AMD news you can use

If someone you know has “dry” age-related macular degeneration (AMD), you won’t want to miss the Vision Support Lunch and Learn at the Village Center on **Thursday, Oct. 20, from 12:30 to 1:30 p.m.** Dr. Richard A. Garfinkel, a leader in retina/macular diseases, will present the facts on the Medicare-approved ForeseeHome Monitoring Program.

This daily home-monitoring system is a major technological advancement that can detect early changes, which could mean a person’s “dry” AMD has become “wet” even before the patient notices any visual symptoms. Dr. Garfinkel is an expert in diseases of

the retina and is affiliated with Retina Group of Washington. He has served as a medical advisor to the Prevention of Blindness Society’s Macular Degeneration Network and is the recipient of POB’s Professional Service Award. The Vision Support Group is a partnership of the Village of Friendship Heights and the Prevention of Blindness Society of Metropolitan Washington ([www.youreyes.com](http://www.youreyes.com)). You don’t have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.



## Put your best foot forward

Learn about common problems that can affect your mobility and comfort from podiatrist Danielle Venegonia at this month’s Suburban lecture at the Village Center on **Wednesday, Oct. 5, at 1 p.m.** Bring your questions about bunions, hammertoes, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes. There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend. This lecture was originally scheduled for July.



## Our Listings in the Friendship Heights Community

### FOR SALE

5610 Wisconsin Ave. #607  
\$2,695,000: 2 BR + Den, 2.5 BA,  
2 Balconies; 2,856 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

4550 N. Park Ave. #803  
\$849,900: 2 BR, 2 BA,  
Balcony; 1,408 SqFt

### FOR RENT

5600 Wisconsin Ave. #704  
\$3,100/mo: 1 BR, 1.5 BA,  
Balcony; 1,141 SqFt

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



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*Continued from page 11*

help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

**TEA**

Village volunteers serve hot beverages, cookies and fruit to Village residents and their guests, Tuesdays, 3 to 4 p.m. Tuesday Tea resumes on Oct. 11.

**VILLAGE BOOK CLUB**

The book club meets one Tuesday morning each month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members are welcome.

**VILLAGE BRIDGE CLUB**

The bridge club meets Mondays, 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

**VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium most Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caregiver older than age 13.

**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 each month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

**WALKING CLUB**

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

**YIDDISH**

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

**A million thanks to Brighton Gardens, Courtyard by Marriott, The Willoughby, 4701 Willard, The Elizabeth, and 4620 N. Park for hosting many Village programs during the Center's renovation. We appreciate your generosity.**



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.

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- **Care Coordination**
- **Social Programs**
- **Meals on Wheels**
- **Transportation**
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- **Hospice**

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

[www.jssa.org](http://www.jssa.org)

<b>Hospice</b>	<b>Premier Homecare</b>	<b>General Inquiries</b>
<b>301.816.2676</b>	<b>301.984.1742</b>	<b>301.816.2633</b>

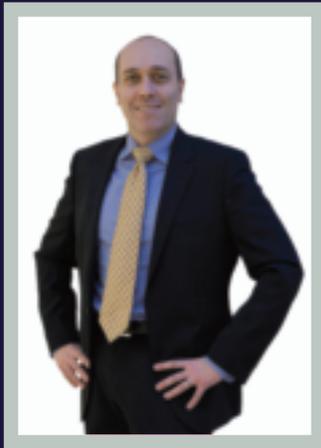
**JEWISH SOCIAL SERVICE AGENCY**

200 Wood Hill Road, Rockville, MD 20850



Connect with JSSA

301-404-3280



SamS@LNF.com  
samsolovey.com

# SAM'S FEATURED LISTINGS

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### THE ELIZABETH-Apt 308H

Stunning Renovation 2BR/2BA  
1,325 Sq Ft w/Open Flr Pln  
Assigned Parking Space  
**Offered at \$529,000**



## FOR SALE

### THE WILLOUGBY-Apt 1114S

Fully Renovated 1BR/1BA  
883 Sq Ft w/courtyard view  
Assigned Parking Space  
**Offered at \$299,000**



## FOR RENT

### THE CARLETON-Apt 613

Eat-in Kitchen 2BR/2BA  
1,260 Sq Ft w/Balcony  
Assigned Parking Space  
**Offered at \$2,800**



## UNDER CONTRACT

### THE ELIZABETH-Apt 417S

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*Friendship Heights*

## VILLAGE NEWS

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Chevy Chase, Maryland 20815

### Find us on Facebook:

[www.facebook.com/VillageOfFriendshipHeights](http://www.facebook.com/VillageOfFriendshipHeights)

### Check out our **NEW** website:

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**e-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**phone:** 301-656-2797

**October 2016 events calendar**