



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

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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.

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.

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.*