

# Friendship Heights Village Center



# Calendar of Events 2016

## N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

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  
3 – 4 p.m.: Tea  
7 p.m.: Pilates

2

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**1 p.m.: Tea and Talk: The Case of the Poisoned President**  
**7:30 p.m.: Concert: Jim Vandelly**

3

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  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7:30 p.m.: Metro's "SafeTrack" with Charlie Scott**

4

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  
**5:30 – 8 p.m.: Artisan Fair Reception**

5

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
**10 a.m. – 4 p.m.: Artisan Fair**  
10:30 a.m.: Basic Photography

6

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

7

10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training with Tonya

8

8:15 a.m.: Walking Club  
**Election Day**  
All classes canceled  
Polls open 7 a.m. — 8 p.m.

9

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**1 p.m.: Suburban Lecture: On Atrial Fibrillation**  
**7:30 p.m.: Concert: Caliente**

10

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  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7 p.m.: Movie: Genius**

11

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
**Veterans Day**  
**Center open 9 a.m. to 2 p.m.**  
**Shuttle bus runs on weekend schedule**

12

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

13

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

14

10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
2 p.m.: American Songwriters: The Art of Improvising  
6:30 p.m.: Caregivers Support Group  
**7:30 p.m. FRIENDSHIP HEIGHTS COUNCIL MEETING**

15

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 Specialist  
3 – 4 p.m.: Tea  
7 p.m.: Pilates

16

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.: Being Mortal**  
**7:30 p.m.: Concert: Tales in the Village**

17

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**  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil  
**7 p.m.: Movie: Wild Oats**

18

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

19

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

20

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

21

10 a.m.: Great Books  
10:30 a.m.: Resistance Training  
12:30 p.m.: Bridge Club  
**7 p.m.: Cafe Muse**

22

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
2 – 4 p.m.: Suburban Nurse  
3 – 4 p.m.: Tea  
7 p.m.: Pilates

23

10:15 a.m.: Yiddish  
12 p.m.: Chess group  
**No Concert**

24

**Happy Thanksgiving!**  
**Center closed**  
**No shuttle bus**



25

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
**Center open 9 a.m. to 2 p.m.**

26

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs

27

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

28

**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 with Tonya

29

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  
3 – 4 p.m.: Tea

30

10:15 a.m.: Yiddish  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**2 p.m.: Tea and Talk: Freer/Sackler**  
**7:30 p.m.: Concert: Thomas Pandolfi**

**There's still space for you at these programs at the Village Center**

**•Carol Bessette will present a program about James Buchanan titled "The Case of the Poisoned President" on Wednesday, Nov. 2, at 1 p.m. Tea will be served afterward.**

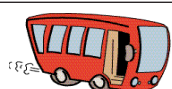
**•Charlie Scott, Senior Government Relations Officer for Washington Metropolitan Area Transit Authority, will give an update on Metro repairs on Thursday, Nov. 3, at 7:30 p.m.**

### 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.

### 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.

### The season to share: collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include low sugar 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, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, over 2,000 children in 60 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. Last year Village residents donated 629 pounds of canned and boxed food- a record!

**Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.**