



J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day Open House 2 to 3:30 p.m. Shuttle bus runs from 1:30-4 p.m. between buildings and Village Center	2 Center open 9 a.m. - 2 p.m. 10 a.m.: Great Books Shuttle bus runs on a weekend schedule	3 8:15 a.m.: Walking Club 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Pilates	4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 5:30 p.m.: Community Advisory Committee Meeting	5 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Florence Foster Jenkins	6 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	7 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
8 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	9 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 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.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Pilates	11 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: Managing Your Medications 7:30 p.m.: Concert: Guitar Duo w/ Steve Abshire and Steve Herberman	12 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Allan Lichtman: Predicting the Trump Victory	13 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	14 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
15 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception	16 Martin Luther King Jr. Day Center Open 9 a.m. - 2 p.m. 10 a.m.: Great Books Shuttle bus runs on a weekend schedule	17 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.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	18 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group	19 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Getting Started on Facebook 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Secret Life of Pets	20 Inauguration Day Center Open 9 a.m. - 2 p.m. 9:15 a.m.: Drop- in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	21 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
22 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse	24 8:15 a.m.: Walking Club 12 - 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 - 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea	25 9:30 a.m.: Depart for African Art Museum 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Beau Soir	26 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Getting Started on Facebook 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Sully	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	28 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
29 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 6:30 to 8:30 p.m.: Square Dance	30 10 a.m. - 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	31 8:15 a.m.: Walking Club 12 - 4 p.m.: Blood Pressure Screening 2 - 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	Friendship Heights Neighborhood Network expands outreach FHNN will kick off 2017 with an exciting series of weekly community outreach events: <ul style="list-style-type: none"> • Coffee Get Together: Join in the conversation and get to know your neighbors better. Group lead: Connie Row (Elizabeth resident). Jan. 4, 10-11 a.m., Panera Bread, 4459 Willard Ave. • From Laos to London by the Seat of My Pants 1956-1958: Frank Huffman (Elizabeth resident) will describe and show slides of his trip around the world by motorcycle and other vehicles. Jan. 9, 3-4 p.m., The Elizabeth Party room. • Tea, Cookies, & Sunset: Jan. 18, 3-4:30 p.m., at the home of a resident (location to be announced). • Coffee Get Together: Get to know your neighbors better. Group lead: Carolina Zumaran-Jones (Elizabeth resident). Jan. 26, 10-11 a.m., Panera Bread, 4459 Willard Ave. RSVP to cjones28@yahoo.com if you wish to attend one or more events. Bring a friend!			

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.

Special Friday night concert with PEAR

Join us for special evening concert featuring PEAR on **Friday, Feb. 3, from 7 to 8 p.m.** Husband-and-wife team Curtis Brengle and Julie Ragins are the members of PEAR, a powerful, eclectic duo that performs your favorite songs with a twist. The show is a great mash up, stylistically diverse and multi generational. Enjoy music from Adele to the Doobie Brothers, Stevie Wonder to the Great American Songbook, and even a few originals. Bold in its simplicity, the beauty of Ragins' voice and the brilliance of Brengle's piano playing requires nothing more. They play songs that really resonate with people, but the approach is fresh and creative. In a time when a "more is more" mentality reigns, PEAR's unprocessed approach shows that less is more when done with style and substance.

Light refreshments will be served. The concert is free, but please call the Village Center at 301-656-2797 to let us know you'll be attending.