



## D E C E M B E R

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



<p><b>4</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>5</b></p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse</p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Dancing with the Healthy Brain demo 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 <b>6:15 p.m.: Depart for Arena Stage</b> 7 p.m.: Pilates</p>	<p><b>7</b></p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>2 p.m.: Pearl Harbor Day Tea and Concert with Ginny Carr</b> <b>4:30 p.m.: Program Advisory Committee</b> <b>5:30 p.m.: Community Advisory Committee</b> <b>7:30 p.m.: Concert: Frank Cassel</b></p>	<p><b>1</b></p> <p>8:15 a.m.: Walking Club <b>9:15 a.m.: Depart for Sackler Gallery</b> 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 <b>7 p.m.: Movie: Love and Friendship</b></p>	<p><b>2</b></p> <p>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</p>	<p><b>3</b></p> <p>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</p>
<p><b>11</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>12</b></p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>6 p.m.: Depart for Mormon Temple</b> 6:30 p.m.: Caregivers Support Group <b>7:30 p.m. FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>13</b></p> <p>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 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p><b>14</b></p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: Holiday Cheer, Holiday Fear <b>7:30 p.m.: Concert: Logan Circle</b></p>	<p><b>8</b></p> <p>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 <b>7:30 p.m.: Dr. Anthony Fauci on Infectious Diseases</b></p>	<p><b>9</b></p> <p>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</p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club <b>9 a.m. – 1 p.m.: GEICO/ Goodwill Donation Drive</b> 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</b></p> <p><b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club</p>	<p><b>20</b></p> <p>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</p>	<p><b>21</b></p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group <b>7:30 p.m.: Concert: Annie and Mac</b></p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting <b>12:30 p.m.: Vision Support Lunch and Learn</b> 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil <b>7:30 p.m.: Michael Mezey on the Electoral College</b></p>	<p><b>16</b></p> <p>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</p>	<p><b>17</b></p> <p>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</p>
<p><b>25</b></p> <div style="text-align: center;"> <p><b>Center closed</b></p> <p><b>No shuttle bus service</b></p> </div>	<p><b>26</b></p> <p style="text-align: center;"><b>Christmas observed</b></p> <p style="text-align: center;"><b>Center closed</b></p> <p style="text-align: center;"><b>Shuttle bus runs on a weekend schedule</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p><b>28</b></p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble <b>7 p.m.: Movie: Finding Dory</b></p>	<p><b>23</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>25</b></p> <div style="text-align: center;"> <p><b>Center closed</b></p> <p><b>No shuttle bus service</b></p> </div>	<p><b>26</b></p> <p style="text-align: center;"><b>Christmas observed</b></p> <p style="text-align: center;"><b>Center closed</b></p> <p style="text-align: center;"><b>Shuttle bus runs on a weekend schedule</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p><b>28</b></p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble <b>7 p.m.: Movie: The Beatles: Eight Days a Week</b></p>	<p><b>30</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>31</b></p> <p>8:15 a.m.: Walking Club</p>

### 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.

### GEICO to hold Goodwill donation

GEICO is hosting a Goodwill e-cycling/donation drive and shredding event on **Saturday, Dec. 10, from 9 a.m. to 1 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.