



F E B R U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY


<p>Learn the fine art of origami</p> <p>Fashion beautiful boxes using the ancient art of origami when Jahee Oh offers a three-hour workshop on Saturday, Feb. 4, from 9:30 a.m. to 12:30 p.m.</p> <p>The fee for the three-hour workshop is \$20 per person, materials and tools are included. Sign up at the Village Center. The minimum number of students is 6; maximum is 10. For information, call 301-656-2797.</p>	<p>1</p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group</p>	<p>2</p> <p>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: Snowden</p>	<p>3</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 7-8 p.m.: PEAR concert</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Origami Workshop 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>5</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>6</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 5:30 p.m.: Village Council Worksession on Strategic Planning</p>	<p>7</p> <p>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</p>	<p>8</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: A Better Body at Any Age 7:30 p.m.: Concert: Mari Beth Gowen Trio</p>	<p>9</p> <p>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 7:30 p.m.: A'Lelia Bundles: History and Heritage</p>
<p>12</p> <p>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</p>	<p>13</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2 p.m.: Tea and Talk: "L'Affaire Madoff" 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>14</p> <p>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</p>	<p>15</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 2 p.m.: Insomnia and Aging</p>	<p>16</p> <p>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 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Southside with You</p>
<p>19</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>20</p> <p style="text-align: center;">President's Day Center Open 9 a.m. – 2 p.m.</p> <p>10 a.m.: Great Books</p> <p style="text-align: center;">Shuttle bus runs on a weekend schedule</p>	<p>21</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.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>22</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Eric Byrd</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 9:45 a.m.: Depart for the outlets 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: The Dressmaker</p>
<p>26</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2 p.m.: Tea and Concert: "Hooray for Hollywood" 7 p.m.: Café Muse</p>	<p>28</p> <p>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</p>	<p style="text-align: center;">Thank you generous neighbors!</p> <p>A big thank you to all the Village residents who donated 458 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provided food for 3,760 households each month and 2,500 "Smart Sacks" to elementary school children each week last year.</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.

Friendship Heights Neighbors Network (FHNN) — February 2017 EVENTS

Feb. 1, 3- 4:30 p.m.: Tea, cookies, and sunset—Meet up to make more Friendship Heights friends at the home of a Friendship Heights resident. RSVP to diannewolman@yahoo.com.

Feb. 8, Noon, Friendship Heights Village Center: Learn to play chess with your neighbors or improve your tactics — Beginners and seasoned players may bring a chess set or come without one. Class leaders: Lee Ohringer and Norm Schiff.

Feb. 13, 5 - 6 p.m., The Elizabeth Party Room: The Beacon Hill Villages and the Village to Village Network will celebrate 15 years of the Village to Village Movement. By live webinar, Dr. Atul Gawande, internationally recognized surgeon-author, will speak on how community living offers opportunities as we grow older.

Feb. 23, 10:30 a.m. - Noon, 4701 Willard, Club Room: Learn how to move with greater ease and efficiency. Try a gentle "Feldenkrais" session led by Seth Dellinger. For all fitness levels. Wear comfortable clothing.

Feb. 27, 6:30 p.m., The Elizabeth Party Room: Travel back 40 years with James Jones, (The Elizabeth) for a slide show about his research on San Ignacio de Moxos, "The Spiritual Capital of the Jesuit Missions (1689)" in the depths of the Bolivian Amazon.

Inclement weather? Consider using the FH Shuttle. For more information, connect with czjones28@gmail.com.