



M A R C H						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Village author to speak at the Center</b> Kyi May Kaung, a writer, poet, political economist, and Village resident will discuss her memoir, "A Time to Write: Not Just about Burma," at the Village Center on <b>Thursday, March 9, at 7:30 p.m.</b> Dr. Kaung worked for 13 years in international radio and with the Burmese democracy movement while in exile in Washington. Copies of her book will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.</p>			<p><b>1</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group</p>	<p><b>2</b> 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 <b>7 p.m.: Movie: Arrival</b></p>	<p><b>3</b> 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>4</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>5</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>6</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya</p>	<p><b>7</b> 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><b>8</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>1 p.m.: Suburban Lecture: Palliative Care</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: Jody Marshall and Ellen James</b></p>	<p><b>9</b> 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 <b>7:30 p.m.: Book Signing with Kyi May Kaung</b></p>	<p><b>10</b> 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>11</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>12</b> 9:10 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>13</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</b></p>	<p><b>14</b> 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><b>15</b> <b>7:30 a.m.: Depart for Philadelphia</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group</p>	<p><b>16</b> 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 <b>12:30 p.m.: Vision Support Lunch and Learn</b> <b>7 p.m.: Movie: My Left Foot</b></p>	<p><b>17</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</p> 	<p><b>18</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>19</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>20</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books <b>10 a.m.-2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club <b>7 p.m.: Café Muse</b></p>	<p><b>21</b> 8:15 a.m.: Walking Club <b>10 a.m.: IONA Care Management</b> 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p><b>22</b> 10:15 a.m.: Yiddish 12 p.m.: Chess group <b>7:30 p.m.: Concert: Brothers Flanagan</b></p>	<p><b>23</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>10:15 a.m.: Depart for National Harbor</b> 11 a.m. – 4 p.m.: Village Playtime 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Moonlight</b></p>	<p><b>24</b> 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>25</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>26</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>27</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya</p>	<p><b>28</b> 8:15 a.m.: Walking Club <b>10 a.m.: Caregivers Support Group</b> 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><b>29</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>30</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>11 a.m.- 2 p.m.: Glaucoma Screenings</b> 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Manchester by the Sea</b></p>	<p><b>31</b> 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>AARP Foundation Tax-Aide offers free, individualized tax preparation for low- to moderate-income taxpayers, especially those 60 and older, at the Chevy Chase Library, 8005 Connecticut Ave., on Thursdays from 10 a.m. to 4 p.m. Call 240-777-2577 to make an appointment. <u>Please do not call the library.</u></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) — March 2017 EVENTS**

**March 4, 6 – 8:30 p.m.: POT LUCK DINNER PARTY** at Ravelle Brickman’s home, 4701 Willard Avenue. Host provides the entrée, guests contribute a dish. Limited to 8 attendees. RSVP to ravelleb@gmail.com Please state the course you will bring.

**March 14, 2–4 p.m.: CRAFTS AND CHAT** at Dianne Wolman’s home, 4701 Willard Ave. Anyone who knits, crochets, quilts, sketches, does coloring books, or has a portable project is welcome. RSVP to Diannewolman@yahoo.com

**March 19, 5 – 6 p.m., LET’S TALK TECH!** in The Elizabeth Party Room. Learn the basics for any handheld device e.g., cell phone or tablet. RSVP to fhneighbors.org

**March 22, 6:30 – 7:30 p.m.: FILLING UP YOUR DANCE CARD: A GUIDE TO HEALTHY AGING IN PLACE** in The Elizabeth Party Room. Presentation by Trey Sunderland, MD, a national leader in geriatric psychiatry.

Visit the FHNN website at <http://www.fhneighbors.org> for March program details.