




		M	A	Y		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	2 8:15 a.m.: Walking Club 10 a.m. – 2 p.m.: MVA Mobile Office 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	3 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: New Brass Quintet	4 8:15 a.m.: Walking Club 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.: Book Signing with Barbara Feinman Todd	5 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	6 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
7 9:10 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	8 7 a.m. to 8 p.m.: COUNCIL ELECTION 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	9 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	10 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: The Latest on Blood Pressure 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Washington Revels Maritime Voices	11 8:15 a.m.: Walking Club 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: "Hidden Figures"	12 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	13 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
14 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	15 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7 p.m.: FRIENDSHIP HEIGHTS COUNCIL SWEARING-IN 7:30 p.m.: COUNCIL MEETING	16 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	17 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.: Tea and Talk: Rima Faber: The Brain and Movement Connection 7:30 p.m.: Concert: Kinor Dance Company	18 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 7:30 p.m.: Susan Gluck Mezey on NC House Bill 2	19 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	20 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
21 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	22 9:15 a.m.: Tai Chi 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 3 p.m.: Coffee and Concert: John Eaton 7 p.m.: Café Muse	23 8:15 a.m.: Walking Club 10 a.m.: Caregivers Support Group 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	24 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Mini-Musicals on the Move presents "Mary Poppins"	25 8:15 a.m.: Walking Club 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: "LaLa Land"	26 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	27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
28 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	29 Memorial Day Center open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule 10 a.m.: Great Books	30 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	31 10:15 a.m.: Yiddish 10:45 a.m.: Depart for Chez François 12 p.m.: Chess group 1 p.m.: Play reading 7:30 p.m.: Concert: World Jam Club	Friendship Heights Neighbors Network (FHNN) Celebrate spring at the "First Friendship Fling" on Sunday, May 21, 3 to 5 p.m. , at the Village Center. Mingle with your neighbors, enjoy lively music and song, tasty food and drinks, and tempting auction items. Also learn more about FHNN's future programs, how to become a member or volunteer, and how to support this growing community organization. Admission: only \$10, so bring a friend! For information, call 240-620-3285.		

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.

Village Center Hours
 The Friendship Heights Village Center is currently closed during renovations. We anticipate construction to continue through August.

Produce market returns to the village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 6, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday through December.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, bok choy, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

