



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



1						<p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>2 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>3 10 a.m.: Great Books 12:30 p.m.: Bridge Club</p>	<p>4 8:15 a.m.: Walking Club Center open 9 to 5 2 to 4 p.m.: Fourth of July Celebration Shuttle bus runs on weekend schedule</p>	<p>5 10:15 a.m.: Dumbarton Coffee/Doughnuts 10:45 a.m.: Depart for Dumbarton 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: Coping with Parkinson's 5:30 p.m.: COMMUNITY ADVISORY COMMITTEE—Open to the Public 7 p.m.: Concert: Marsha and the Positrons</p>	<p>6 8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Beauty and the Beast</p>	<p>7 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>8 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>9 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</p>	<p>10 9:30 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Tea and Talk: Gary Vikan, Confessions of a Museum Director 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING—Open to the Public</p>	<p>11 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 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>12 1 p.m.: Suburban Lecture: A Refreshing Look at Hydration 1 p.m.: All in the Eyes 7 p.m.: Concert: Steven Hom and Karla Chisholm</p>	<p>13 8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Allied</p>	<p>14 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 p.m.: Bele Bele Outdoor Concert</p>	<p>15 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>16 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>17 9:30 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Financial Well-Being in Retirement 7 p.m.: Café Muse</p>	<p>18 8:15 a.m.: Walking Club 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>19 1 p.m.: All in the Eyes 7 p.m.: Concert: Richard Miller</p>	<p>20 7:30 a.m.: Depart for Eastern Shore 8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Fantastic Beasts</p>	<p>21 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>22 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>23 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>24 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club</p>	<p>25 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</p>	<p>26 7 p.m.: Concert: Pam Parker Trio</p>	<p>27 8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Café Society</p>	<p>28 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</p>	<p>29 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>30 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>31 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club</p>	<p style="text-align: center;">Shuttle bus hours</p> <p>Monday through Friday 6:40 a.m. to 9:40 p.m. Saturday and Sunday 8 a.m. to 7 p.m.</p>		<p style="text-align: center;">Friendship Heights Neighbors Network (FHNN)--July Event</p> <p>July 23, 3—5 p.m.: ICE CREAM SOCIAL at the Elizabeth Party Room. Meet and mingle with your friends and neighbors who are learning about or already members of, volunteers or supporters for FHNN. FHNN helps seniors age in place by neighbors helping neighbors. Join in the summer fun! RSVP by July 21 to fhneighbors.org and visit our website at http://www.fhneighbors.org for more information about FHNN and current and future events.</p>		
		<p style="text-align: center;">Village Center Hours</p> <p>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.</p>				

