



## S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

1

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events

2

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs Farm Market  
9:30 a.m.: Photography for Children (make-up class)  
10:30 a.m.: Basic Photography (make-up class)

3

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

4

**Labor Day Center Open 9 a.m. to 2 p.m.**  
10 a.m.: Great Books  
**Shuttle bus runs on weekend schedule**

5

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea

6

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
**5:30 p.m.: Community Advisory Committee Mtg.**  
**7 p.m.: Concert: Rock Creek**

7

8:15 a.m.: Walking Club  
11 a.m. - 4 p.m.: Village Playtime  
**1 p.m.: Tea and Talk: Joan Hart on the East Wing**  
**6:45 p.m.: Acrylic or Oil**  
**7 p.m.: Movie: My Cousin Rachel**

8

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory

9

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs Farm Market  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

10

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**

11

9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
**7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING**

12

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 p.m.: Speech Therapy and Support Group  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates

13

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**1 p.m.: Suburban Lecture: Diabetes**  
**5:30 p.m.: Program Advisory Committee Mtg.**  
**7 p.m.: Concert: PEAR**

14

8:15 a.m.: Walking Club  
**9:45 a.m.: Depart for the NGA East Wing**  
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: Snatched**

15

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

16

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs Farm Market  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

17

9:10 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

18

9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
**7 p.m.: Café Muse**

19

8:15 a.m.: Walking Club  
11 a.m.: Village Book Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates

20

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**No Concert**

21

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: Certain Women**

22

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

23

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs Farm Market  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

24

9:10 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

25

9:30 a.m.: Tai Chi Intro.  
**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  
**2 p.m.: Tea and Talk with Roz Warren**

26

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates

27

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**1 – 4 p.m.: Flu Shots**  
**7 p.m.: Concert: Ellen Tenenbaum**

28

8:15 a.m.: Walking Club  
10 a.m.: Vision Support Group  
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: Beatriz at Dinner**

29

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

30

8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs Farm Market  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

### 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

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.

### Live theater at the Village Center

Enjoy a delightful hour of play reading performances by Seniors on Stage, a group of amateur senior actors in Montgomery County, at the Village Center on **Wednesday, Oct. 4, at 1 p.m.**

The actors will perform staged play readings by local as well as more well-known playwrights (Oscar Wilde and others). Please let us know you are coming by calling 301-656-2797.

### Can ya Canasta?

If you are interested in a regular weekly game of Canasta at the Village Center, please call Len and Harriet Belkin in the Willoughby at 301-951-8549.