

# Friendship Heights Village Center



# Calendar of Events 2017

## O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>2</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>1 p.m.: Tea and Talk with Cathy Sikorski: Elder Law</b>	<b>3</b> 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	<b>4</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>1 p.m.: Seniors on Stage</b> <b>5:30 p.m.: Community Advisory Committee Mtg.</b> <b>7:30 p.m.: Concert:Dixie Power Trio</b>	<b>5</b> 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 <b>7:30 p.m.: Fred Hiatt: The State of the Presidency</b>	<b>6</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 1 p.m.: Mah Jongg	<b>7</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography	
<b>8</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>9</b> <b>Columbus Day Center Open 9 a.m. to 2 p.m.</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training  <b>Shuttle bus runs on weekend schedule</b>	<b>10</b> <b>7:30 a.m.: Depart for Wilmington</b> 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Support 2 – 4 p.m.: Nurse 3 – 4 p.m.: Tea 6:30 p.m.: Pilates <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</b>	<b>11</b> 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 <b>1 p.m.: Suburban Lecture on Hearing Loss</b> <b>5 – 7 p.m.: Shred-it Truck</b> <b>7:30 p.m.: Concert: String of Pearls</b>	<b>12</b> 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 <b>7 p.m.: Movie: The Hero</b>	<b>13</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 1 p.m.: Mah Jongg	<b>14</b> 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	
<b>15</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>	<b>16</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>3 p.m.: Coffee and Concert with Eric Abrahamson</b>	<b>17</b> 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	<b>18</b> 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes 2 p.m.: American Songwriters <b>6:30 to 8 p.m.: Fall Festival</b>	<b>19</b> 8:15 a.m.: Walking Club 10:30 a.m.: Vision Support 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: The Mummy</b>	<b>20</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 1 p.m.: Mah Jongg	<b>21</b> 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	
<b>22</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>23</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>2 p.m.: Tea and Talk with Sheldon Hochberg: Artificial Intelligence</b> <b>7 p.m.: Café Muse</b>	<b>24</b> 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	<b>25</b> 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 2 p.m.: American Songwriters <b>7:30 p.m.: Concert: The Audinos</b>	<b>26</b> 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 <b>7 p.m.: Dr. K. Eric De Jonge on Home-Based Primary Care</b>	<b>27</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 1 p.m.: Mah Jongg <b>6:30 to 8:30p.m.: Child- ren's Halloween Party</b>	<b>28</b> 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	
<b>29</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>30</b> 9:30 a.m.: Tai Chi Intro. <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>7:30 p.m.: Book Signing with Royce Hanson</b>	<b>31</b> 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					

### Visionary head of Children's to speak at Center

Dr. Kurt Newman, president and CEO of Children's National Health System and one of the nation's leading pediatric surgeons, will discuss his book, "Healing Children: A Surgeon's Stories from the Frontiers of Pediatric Medicine," at the Village Center on **Thursday, Nov. 16, at 7:30 p.m.**

Dr. Newman's book is part memoir, part guide for parents—of healthy as well as sick children—and partly a discussion of the importance of child-centered health care and stand-alone pediatric hospitals. Dr. Newman is both a surgeon and nationally recognized leader on pediatric health issues. He is also an advocate for expanding mental health access for kids and has led two national forums on this issue. He helped develop the vision for the Sheikh Zayed Institute for Pediatric Surgical Innovation at Children's National, inspired by the goal of making surgery for children minimally invasive and pain free.

Please let us know if you plan to come by calling 301-656-2797. Copies of "Healing Children," provided by Politics and Prose, will be available for purchase. All proceeds from the book will go to the Pediatric Health Opportunity Fund, a charity supporting pediatric research and innovation at Children's National and other research centers.

#### 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.

#### Seniors on Stage at the Center

Enjoy live theater at the Village Center when Seniors on Stage, a group of amateur senior actors in Montgomery County, present a delightful hour of play reading performances on Wednesday, Oct. 4, at 1 p.m. Please let us know you are coming by calling 301-656-2797.