



D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


What's New on the Village website?

Have you checked out the Village website recently? Click on "What's New?" and scroll down to a new category titled "Village Center Program Updates." Currently you'll find slides from a PowerPoint presentation by Sheldon Hochberg in October on Artificial Intelligence and a delightful interview with Center instructor Joan Samworth.

<p>3</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>	<p>6</p> <p>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 5:30 p.m.: Community Advisory Committee Mtg. 7:30 p.m.: Concert: Jody Marshall and Ellen James</p>	<p>7</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Glass Castle</p>	<p>8</p> <p>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>9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>10</p> <p>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>11</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: Pazit Aviv: "The Changing Landscape of Our Communities: Are We Ready?" 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<p>12</p> <p>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 Happy Hanukkah!</p>	<p>13</p> <p>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.: Suburban Lecture: "Healthier Habits for a Healthier You" 7:30 p.m.: Concert: 42nd Street Singers</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: Depart for Alexandria 11 a.m.: Vision Support 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7:30 p.m.: Book Signing with Alice McDermott</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</p>	<p>16</p> <p>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>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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</p>	<p>20</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 7:30 p.m.: Concert: Friday Morning Music Club</p>	<p>21</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Dunkirk</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>Center Closed Merry Christmas No shuttle bus service</p>	<p>26</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea</p>	<p>27</p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess Group 7:30 p.m.: Concert: Eunbi Kim</p>	<p>28</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 7 p.m.: Movie: Cars 3</p>	<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>30</p> <p>8:15 a.m.: Walking Club</p>

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

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.

Imagining yourself at 120

Explore the concept of designing the second half of one's life at the Village Center on **Wednesday, Jan. 24, at 2 p.m.** The program is based on a new book, "I've Decided to Live 120 Years," by Ilchi Lee, educator and founder of the worldwide Body & Brain holistic health practice. It will be led by senior Body & Brain instructor and Town of Somerset neighbor, Joanne Steller. The author clearly states that there are no magic pills for long life. He writes that his unwavering decision to live 120 years makes such a life span a possibility and inspires choices for healthfulness, life purpose, and creating new sources of happiness. The workshop intends to help you see ways to begin or refine your own "second half" design. Ms. Steller will share key concepts and interactive exercises from the book that focus on the word "decided" in the book's title. Please let us know you plan to come by calling 301-656-2797.