



**M A R C H**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p><b>1</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Roman J. Israel, Esq.</b></p>	<p><b>2</b></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><b>3</b></p> <p>8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>	<p><b>4</b></p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>5</b></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</p>	<p><b>6</b></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><b>7</b></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 <b>5:30 p.m.: Community Advisory Committee Mtg.</b></p>	<p><b>8</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Murder on the Orient Express</b></p>	<p><b>9</b></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 1 p.m.: Abstract Painting</p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>11</b></p> <p>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></p>	<p><b>12</b></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</p>	<p><b>13</b></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</p>	<p><b>14</b></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 <b>1 p.m.: Suburban Lecture: "Nutrition After 50"</b> <b>5:30 p.m.: Program Advisory Committee Mtg.</b> <b>7:30 p.m.: Concert: Sior-Og and Irish Dancers</b></p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 2 p.m.: Glaucoma Screenings 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: The Big Sick</b></p>	<p><b>16</b></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 1 p.m.: Abstract Painting</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Photography for Children</p>			
<p><b>18</b></p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</b></p> <p>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 p.m.: Café Muse</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 11 a.m.: Book Club 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea <b>6 p.m.: Depart for Tour of Monuments</b> 6:30 p.m.: Pilates <b>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>21</b></p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group <b>1 p.m.: Tea and Talk: "A New Approach to Diabetes"</b> 1 p.m.: All in the Eyes 7 p.m.: Mental Health Issues in the Elderly</p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Hidden Figures</b></p>	<p><b>23</b></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 1 p.m.: Abstract Painting</p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>			
<p><b>25</b></p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>12 p.m.: Vision Support Lunch and Learn</b> 12:30 p.m.: Bridge Club 1 p.m.: Strength Training <b>6:30 p.m.: Female Computers in Astronomy</b></p>	<p><b>27</b></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><b>28</b></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 <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Ferdinand</b></p>	<p><b>30</b></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><b>31</b></p> <p>8:15 a.m.: Walking Club 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>			

**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.

**Put a little art in your children's summer plans**

Our weeklong art camp for children returns **Monday, June 18, through Friday, June 22.** Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands.

Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up before April 1 and pay only \$225 per child.

Please come in person to the Village Center to ensure a space; this camp will fill up quickly.