


# Friendship Heights Village Center



# Calendar of Events 2018

## O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1:00 p.m.: Strength Training 3 p.m.: Concert with John Eaton	<b>2</b> 8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 12-4 p.m.: Blood Pressure Screening 1 p.m.: Painting for Everyone 1 p.m.: Balance and Fall Prevention 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Mat Pilates	<b>3</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 7 p.m.: Concert: Eddie Sanders	<b>4</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 7 p.m.: Lecture: Haunted Houses of Montgomery County	<b>5</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	<b>6</b> 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs 9:30: Children's Photography 10:30 a.m.: Basic Photography	
<b>7</b> 9:10: Yoga 9:30-1:30 p.m.: Coffee and Sunday Papers	<b>8</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>Columbus Day Center closes at 2 p.m. Shuttle runs on a weekend schedule</b>	<b>9</b> 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 2:30-3:30 p.m.: Speech Therapy 3-4 p.m.: Tea 7 p.m.: Mat Pilates	<b>10</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Better Sleep 7 p.m.: Concert: Jeffrey Chappell	<b>11</b> 8:15 a.m.: Walking Club 10:30: Chair Yoga 6:30-8 p.m.: Fall Festival	<b>12</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events	<b>13</b> 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs 9:30 a.m.: Children's Photography 10 am.-12 p.m.:Tech Help 10:30 a.m.: Basic Photography	
<b>14</b> 9:10: Yoga 9:30-1:30 p.m.: Coffee and Sunday Papers 11:30-1:30 p.m.: Art Reception	<b>15</b> 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 COUNCIL MEETING	<b>16</b> 8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 11 a.m.: Village Book Club 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea	<b>17</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 5-7 p.m.: Shred-It Truck 7 p.m.: Concert: Jenny Wilson Trio	<b>18</b> 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Ocean's 8	<b>19</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	<b>20</b> 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>21</b> 9:10: Yoga 9:30-1:30 p.m.: Coffee and Sunday Papers	<b>22</b> 8 a.m.: Depart for Newport 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	<b>23</b> 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha 12-4 p.m.: Blood Pressure Screening 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Mat Pilates	<b>24</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Marty Nau	<b>25</b> 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Blair Witch Project	<b>26</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	<b>27</b> 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>28</b> 9:10: Yoga 9:30-1:30 p.m.: Coffee and Sunday Papers 5-7 p.m.: Children's Halloween Party	<b>29</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.-2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 3 p.m.: Seniors on Stage	<b>30</b> 8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 11 a.m.: Village Book Club 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 3:30-4 p.m.:Halloween Parade 7 p.m.: Mat Pilates	<b>31</b> 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Jesse Palidofsky	<b>The Shred-it Truck is coming!</b> The Shred-it truck will park on Friendship Boulevard, next to the Village Center, on <b>Wednesday, Oct. 17, from 5 to 7 p.m.</b> Residents are invited to bring paper materials for shredding. <i>This service is available for Village residents only.</i>			

**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.

### Village Playtime offers two musical Tuesdays

Babies, toddlers and preschool children, parents, grandparents, and friends are invited to the Village Center on **Tuesday, Oct. 9 and Oct. 23, from 10 to 11 a.m.**, for special musical programs by Marsha Goodman Wood.

As part of this weekly program for younger children, Village Playtime features a variety of programs throughout the month including music by Marsha, opportunities for children to get creative with special kid-friendly art projects, and free play. Children must be accompanied by an adult or caregiver over 13. Parents, grandparents and friends are all welcome.

