

# Friendship Heights Village Center



# Calendar of Events 2019

## A P R I L

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

<p><b>7</b></p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p><b>1</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>2</b></p> <p>8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 10:30 a.m.: Children's Storytime 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30-3:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Mat Pilates</p>	<p><b>3</b></p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish <b>10:15 a.m.-1 p.m.: County Mobile Commuter Store</b> 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes <b>5:30 p.m.: Community Advisory Committee Meeting (Open to the Public)</b> <b>7 p.m.: Concert: New Mountain Fever Band</b></p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation <b>7 p.m.: College Options for Creative Students</b></p>	<p><b>5</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>6</b></p> <p>8:15 a.m.: Walking Club 9:30: Children's Photography 10:30 a.m.: Basic Photography</p>
<p><b>14</b></p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers <b>11:30 a.m.-1 p.m.: Art Reception</b></p>	<p><b>8</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 <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</b></p>	<p><b>9</b></p> <p>8:15 a.m.: Walking Club <b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b> 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2-4 p.m.: Nurse Specialist 3-4 p.m.: Speech Therapy 3-4 p.m.: Tea</p>	<p><b>10</b></p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish <b>10:15 a.m.-1 p.m.: County Mobile Commuter Store</b> 11 a.m.: Chair Exercise 12 p.m.: Chess <b>1 p.m.: Suburban Lecture: Diabetes and Your Feet</b> <b>7 p.m.: Concert: Windsong</b></p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation <b>7 p.m.: Movie: The Front Runner</b></p>	<p><b>12</b></p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting <b>1:30 p.m.: "Staying Sane in Stressful Political Times"</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography <b>12- 1:30 p.m.: Community Day Celebration</b></p>
<p><b>21</b></p> <p>9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p><b>15</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 1:30 p.m.: Writing Your Life Stories</p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 10:30 a.m.: Children's Storytime 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 7 p.m.: Mat Pilates</p>	<p><b>17</b></p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish <b>10:15 a.m.-1 p.m.: County Mobile Commuter Store</b> 12 p.m.: Chess <b>2:30 p.m.: Chair Yoga Demo</b> <b>5-7p.m.: Shred-It Truck</b> <b>7 p.m.: Concert: Guity Adjoonani</b></p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation <b>7 p.m.: Movie: On the Basis of Sex</b></p>	<p><b>19</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>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography</p>
<p><b>28</b></p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p><b>22</b></p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>10 a.m. - 2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club 1:30 p.m.: Writing Your Life Stories <b>6:30 p.m.: Mountain Music Monday Jam</b></p>	<p><b>23</b></p> <p>8:15 a.m.: Walking Club <b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b> 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Mat Pilates</p>	<p><b>24</b></p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish <b>10:15 a.m.-1 p.m.: County Mobile Commuter Store</b> 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes <b>7 p.m.: Concert: String of Pearls</b></p>	<p><b>25</b></p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 12 p.m.: Vision Resources Lunch and Learn 4-5:30 p.m.: Spanish Conversation <b>7 p.m.: Legislative Wrap-Up with Susan Lee</b></p>	<p><b>26</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>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Children's Photography 10 a.m.-2 p.m.: Drug Take-Back Day 10:30 a.m.: Basic Photography</p>
<p><b>28</b></p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p><b>29</b></p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1:30 p.m.: Writing your life stories <b>3 p.m.: Ragtime Concert with Eric Abrahamson</b></p>	<p><b>30</b></p> <p>8:15 a.m.: Walking Club 10 a.m.-12 p.m.: Village Playtime 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7 p.m.: Mat Pilates</p>				

### Join our community art show

It's not too soon to start preparing for this year's community art show in July. This multi-media exhibit is open to all artists in the area. Suggestions for paintings, photographs or sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. Prizes will be awarded to the top winners. Applications will be available at the Village Center soon.

**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.

### Shredding truck returns April 17

A shredding truck will return to the Village on **Wednesday, April 17, from 5 to 7 p.m.** The truck will park on Friendship Boulevard by the Center entrance. Residents are invited to use this free service.

### Prescription Drug Take-Back Day at the Village Center, Saturday, April 27, 10 a.m. to 2 p.m.