

# Friendship Heights Village Center



# Calendar of Events 2019

## J U L Y

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 1:30 p.m.: Writing Your Life Stories	<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.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates <b>7:30 p.m.: Council Finance Committee meeting</b>	<b>3</b> 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes  <b>No concert</b>	<b>4</b> <b>2–4 p.m.: July 4th Celebration</b>	<b>5</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	<b>6</b> 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>7</b> 9:10 a.m.: Yoga 9:30 a.m.–1 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 <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</b>	<b>9</b> 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 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea 7 p.m.: Mat Pilates	<b>10</b> 8 a.m.: Depart for St. Michaels 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes <b>1 p.m.: Suburban Lecture: Stroke symptoms</b> <b>7 p.m.: Concert: Steven Hom and Karla Chisholm</b>	<b>11</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation <b>7 p.m.: Movie: Mary Poppins Returns</b>	<b>12</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	<b>13</b> 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>14</b> 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>	<b>15</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>2 p.m.: AARP Smart Driver Workshop</b>	<b>16</b> 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime <b>10:30 a.m.: Children's Splash Party</b> 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea <b>7:30 p.m.: Council Communications Committee meeting</b> 7 p.m.: Mat Pilates	<b>17</b> 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Richard Miller</b>	<b>18</b> 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: Can You Ever Forgive Me?</b>	<b>19</b> 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	<b>20</b> 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>10 a.m.–1 p.m.: Village Yard Sale</b> 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>21</b> 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 10 a.m.: Depart for Shepherdstown	<b>22</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>6:30–8:30 p.m.: Monday Mountain Music Jam</b>	<b>23</b> 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 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	<b>24</b> 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Marsha and the Positrons</b>	<b>25</b> 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: Spider-Man: Into the Spider-Verse</b>	<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 <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Photography	
<b>28</b> 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	<b>29</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>10 a.m.–2 p.m.: MVA Mobile Office</b>	<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 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	<b>31</b> 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes <b>3 p.m.: Link Between Music and Brain Development</b> <b>7 p.m.: Concert: Jenny Wilson Trio</b>				

### 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.

A listing of monthly activities

is available after hours by calling the Village Center



301-656-2797

Press 11