



## S E P T E M B E R

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|--|---|--|---|--|
| <b>1</b><br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers  | <b>2</b><br>10 a.m.: Great Books   | <b>3</b><br>8:15 a.m.: Walking Club<br>10 a.m.-12 p.m.: Village Playtime<br>12-4 p.m.: Blood Pressure Screening<br>2-4 p.m.: Nurse Specialist<br>3-4 p.m.: Tea<br>7 p.m.: Mat Pilates  | <b>4</b><br>10:15 a.m.-1 p.m.: Mobile Commuter Store<br>10:15 a.m.: Yiddish<br>12 p.m.: Chess<br>1 p.m.: All in the Eyes<br><b>5:30 p.m.: Community Advisory Committee Meeting</b><br><b>7 p.m.: Concert: Songwriter's Night</b>  | <b>5</b><br>8:15 a.m.: Walking Club<br>10:30 a.m.: Chair Yoga and Meditation<br>4-5:30 p.m.: Spanish Conversation<br>6:30 p.m.: Color Theory<br><b>7 p.m.: The medical side of Sepsis</b>                    | <b>6</b><br>9:15 a.m.: Drop-In Tai Chi<br>10:30 a.m.: Coffee and Current Events<br>10:30 a.m.: Balance, Movement and Memory   | <b>7</b><br>8:15 a.m.: Walking Club<br><b>9 a.m.-1 p.m.: Twin Springs Farm Market</b><br><b>12-1 p.m.: Brown Bag Great Courses DVD: The Grand Canyon</b> |
| <b>8</b><br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers  | <b>9</b><br>9:30 a.m.: Tai Chi Intro.<br>10 a.m.: Great Books<br>12:30 p.m.: Bridge Club<br>1 p.m.: Strength Training<br><b>7:30 p.m.: Friendship Heights Village Council Meeting</b>                                  | <b>10</b><br>8:15 a.m.: Walking Club<br><b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b><br>12-4 p.m.: Blood Pressure Screening<br>1 p.m.: Balance and Fall Prevention<br>2-4 p.m.: Nurse Specialist<br>3-4 p.m.: Speech Therapy<br>3-4 p.m.: Tea<br>7 p.m.: Mat Pilates         | <b>11</b><br>9:30 a.m.: Tai Chi Ongoing<br>10:15 a.m.-1 p.m.: County Mobile Commuter Store<br>10:15 a.m.: Yiddish<br>11 a.m.: Chair Exercise<br>12 p.m.: Chess<br><b>1 p.m.: Suburban Lecture: Thyroid Issues</b><br><b>7 p.m.: Concert: Thomas Pandolfi</b>                                      | <b>12</b><br>8:15 a.m.: Walking Club<br>10:30 a.m.: Chair Yoga and Meditation<br>4-5:30 p.m.: Spanish Conversation<br>6:30 p.m.: Color Theory<br><b>7 p.m.: Booksigning: "Washington-Dealmaker in Chief"</b> | <b>13</b><br>9:15 a.m.: Drop-In Tai Chi<br>10:30 a.m.: Coffee and Current Events<br>10:30 a.m.: Balance, Movement and Memory  | <b>14</b><br>8:15 a.m.: Walking Club<br><b>9 a.m.-1 p.m.: Twin Springs Farm Market</b>   |
| <b>15</b><br>9:10 a.m.: Yoga<br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers<br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers<br><b>11:30 a.m.-1 p.m.: Art Reception</b> | <b>16</b><br>9:30 a.m.: Tai Chi Intro.<br>10 a.m.: Great Books<br>12:30 p.m.: Bridge Club<br>1 p.m.: Strength Training<br><b>3-4 p.m.: Medical Marijuana Talk</b>  | <b>17</b><br>8:15 a.m.: Walking Club<br><b>10:30 a.m.: Village Playtime: Tonya's Tots and Seniors</b><br>11 a.m.: Village Book Club<br>12-4 p.m.: Blood Pressure Screening<br>1 p.m.: Balance and Fall Prevention<br>2-4 p.m.: Nurse Specialist<br>3-4 p.m.: Tea<br>7 p.m.: Mat Pilates          | <b>18</b><br>9:30 a.m.: Tai Chi Ongoing<br>10:15 a.m.-1 p.m.: County Mobile Commuter Store<br>10:15 a.m.: Yiddish<br>11 a.m.: Chair Exercise<br>12 p.m.: Chess<br>1 p.m.: All in the Eyes<br><b>5:30 p.m.: Program Advisory Committee Meeting</b><br><b>7 p.m.: Concert: Tango Reo</b>            | <b>19</b><br>8:15 a.m.: Walking Club<br>10:30 a.m.: Chair Yoga and Meditation<br>4-5:30 p.m.: Spanish Conversation<br>6:30 p.m.: Color Theory<br><b>7 p.m.: Movie: Long Shot</b>                             | <b>20</b><br>9:15 a.m.: Drop-In Tai Chi<br>10:30 a.m.: Coffee and Current Events  | <b>21</b><br>8:15 a.m.: Walking Club<br><b>9 a.m.-1 p.m.: Twin Springs Farm Market</b><br><b>12-1 p.m.: Brown Bag Great Courses DVD: Yellowstone</b>     |
| <b>22</b><br>9:10 a.m.: Yoga<br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers  | <b>23</b><br>9:30 a.m.: Tai Chi Intro.<br>10 a.m.: Great Books<br><b>10 a.m.-2 p.m.: MVA Mobile Office</b><br>12:30 p.m.: Bridge Club<br>1 p.m.: Strength Training<br><b>6:30-8:30 p.m.: Monday Mountain Music Jam</b> | <b>24</b><br>8:15 a.m.: Walking Club<br><b>10 a.m.: Village Playtime: Music with Marsha Goodman-Wood</b><br>11 a.m.: Village Book Club<br>12-4 p.m.: Blood Pressure Screening<br>1 p.m.: Balance and Fall Prevention<br>2-4 p.m.: Nurse Specialist<br>3-4 p.m.: Tea<br>7 p.m.: Mat Pilates       | <b>25</b><br>9:30 a.m.: Tai Chi Ongoing<br>10:15 a.m.-1 p.m.: County Mobile Commuter Store<br>10:15 a.m.: Yiddish<br>11 a.m.: Chair Exercise<br>12 p.m.: Chess<br>1 p.m.: All in the Eyes<br><b>3 p.m.: Life After Sepsis talk with Cheryl Douglass</b><br><b>7 p.m. Concert: Machaya Klezmer</b> | <b>26</b><br>8:15 a.m.: Walking Club<br><b>12-1 p.m.: Vision Resource Lunch and Learn</b><br>4-5:30 p.m.: Spanish Conversation<br>6:30 p.m.: Color Theory<br><b>7 p.m.: Movie: Stockholm</b>                 | <b>27</b><br><b>9 a.m.: Depart for Annapolis</b><br>9:15 a.m.: Drop-In Tai Chi<br>10:30 a.m.: Coffee and Current Events<br>10:30 a.m.: Balance, Movement and Memory | <b>28</b><br>8:15 a.m.: Walking Club<br><b>9 a.m.-1 p.m.: Twin Springs Farm Market</b><br><b>12-1:30 p.m.: Sharing Stories with Grandparents</b>         |
| <b>29</b><br>9:10 a.m.: Yoga<br>9:30 a.m.-1 p.m.: Coffee and Sunday Papers  | <b>30</b><br>9:30 a.m.: Tai Chi Intro.<br>10 a.m.: Great Books<br>12:30 p.m.: Bridge Club<br>1 p.m.: Strength Training   | <p><b>News from the Reading Room:</b></p> <p>Please visit the Center Reading Room to find shelves designated for our growing collection of children's and young adult books. Magazines in the lobby lounge are free for the taking. Please find them in a basket across from the front desk.</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.

## Twin Springs brings the farm to Friendship Heights

Twin Springs Fruit Farm sets up its market on the portico of the Friendship Heights Village Center every Saturday from 9 a.m. to 1 p.m., until mid-December.

Every Saturday you'll find fresh vegetables and fruits, jams, jellies, eggs, cheese, honey and fresh-baked breads.

