



**N O V E M B E R**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



	<p><b>1</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p><b>2</b></p> <p><b>Election Day</b> <b>Polls Open 7 a.m. – 8 p.m.</b> <b>No nurses or tea today</b> <b>Shuttle bus on regular weekday schedule</b> 8:15 a.m.: Walking Club 5 p.m.: Beginning Bridge</p>	<p><b>3</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Kathie Trahan</b></p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie</b></p>	<p><b>5</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl <b>1 p.m.: Improving Your Memory Workshop</b> <b>7 – 9 p.m.: Artisan Fair-Preview Party</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>10:30 - 3 p.m.: Artisan Fair</b></p>
<p><b>7</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>1 p.m.: Depart for Arena Stage</b></p>	<p><b>8</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 p.m.: Friendship Heights Council Meeting</b></p>	<p><b>9</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses</p>	<p><b>10</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: "Savvy Eating for the Holidays"</b> 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Dixie Power Trio</b></p>	<p><b>11</b></p> <p><b>Veterans Day</b> <b>Center Open</b> <b>9 a.m. to 2 p.m.</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi</p>	<p><b>12</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>14</b></p> <p>9 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>15</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>7 p.m.: Café Muse</b></p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>10:45 a.m.: Depart for Arlington Cemetery</b> 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates</p>	<p><b>17</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel <b>7:15 p.m.: Storytelling Preview</b> <b>7:30 p.m.: Concert: John Brown Band</b></p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Maurine Beasley: Eleanor Roosevelt</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.: Strength Training with Cheryl <b>2 p.m.: Tea and Talk: Nancy Roman on Astronomy</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>21</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>22</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p><b>23</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses</p>	<p><b>24</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling <b>NO CONCERT</b></p>	<p><b>25</b></p> <p><b>Happy Thanksgiving!</b> <b>Center Closed</b></p>	<p><b>26</b></p> <p><b>Center Open</b> <b>9 a.m. to 2 p.m.</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>28</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>29</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p><b>30</b></p> <p>8:15 a.m.: Walking Club <b>9 a.m.: Depart for Mount Vernon</b> 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates</p>	<p><b>Memory workshop</b> Jane Priest, Chief Program Officer for the Alzheimers Association of the National Capital Area, will present a workshop on how to improve your memory at the Village Center on <b>Friday, Nov. 5, from 1 to 2 p.m.</b> Ms. Priest will provide practical information as well exercises to do in class and tip sheets to take home. She is an experienced health care professional with a broad background in health care management, wellness services for community programs and clinical medical care. Please call 301-656-2797 to sign up. Registration is important so there will be plenty of hand-outs for everyone.</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.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

**'Tis the season to share: food and toy collection**

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna served nearly 36,000 households this year and distributed more than 47,000 "Smart Sacks" to elementary school children.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar.**  
New toys will also be collected and delivered to needy children in the area.