




J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

And don't forget...
Helen Simonson, author of the bestseller, *Major Pettigrew's Last Stand*, will speak at the Village Center on **Thursday, June 2, at 7:30 p.m.** Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

<p>5</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>6</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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: <i>The Scarlet Letter</i></p>	<p>1</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Choral Ensemble 6:30 p.m.: Depart for Kennedy Center 7 p.m.: Concert: Good Time Trio</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Helen Simonson</p>	<p>3</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 1 p.m.: Water Color Painting</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>12</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>13</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 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p>8</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Knee Pain 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Choral Ensemble 7 p.m.: Concert: Rockville Brass Band</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m.: Music program for children Noon. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The King's Speech</p>	<p>10</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 1 p.m.: Water Color Painting</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>19</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>20</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Communication Workshop</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: <i>Hawthorne Our Contemporary</i></p>	<p>15</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Choral Ensemble 7 p.m.: Concert: Bill Thomas Blues Band</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Rabbit Hole</p>	<p>17</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 1 p.m.: Water Color Painting</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>26</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 7 p.m.: Yoga</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p>22</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Choral Ensemble 7 p.m.: Concert: Hui O Ka Pua 'Ilima</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: True Grit</p>	<p>24</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 1 p.m.: Water Color Painting 1 p.m.: Tea and Talk: Insurance Questions</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>26</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 7 p.m.: Yoga</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 12:30 – 4:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p>29</p> <p>9:30 a.m. to 1 p.m.: Children's Art Camp 9:45 a.m.: Depart for Toby's 7 p.m.: Concert: Leigh Goodwin Trio</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children's Art Camp 6:15 p.m.: Scrabble 7 p.m.: Movie: Tangled</p>	<p>Cafe Muse presents... This month's Café Muse, on Monday, June 6, at 7 p.m., presents Martin Galvin and Rod Jellama. Martin Galvin is the author of two full-length collections and three chapbooks, including <i>Wild Card</i>, winner of the Washington Area Poetry Book Award, and most recently, <i>Sounding the Atlantic</i>. Rod Jellama is the author of seven books, including <i>A Slender Grace</i>, winner of the Towson University Prize, and <i>Incarnality: the Collected Poems</i>. Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.</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.

One-day bridge at the Center

Come play a day of fun bridge and receive advice from Center bridge instructor, Frank Shull. The one-time class will be held **Tuesday, July 12, from 5 to 8 p.m.** There are no structured hands or lessons- just fun bridge with answers to your specific questions as you play. See page 10 for more details.