

Friendship Heights Village Center



Calendar of Events 2012

S E P T E M B E R

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Can you spare a few hours?

The Friendship Heights Village Center is looking for residents who are interested in volunteering to help out at the Village Center. Volunteers are needed on an on-call basis to answer phones and help with administrative duties at the front desk. Please contact Village Manager Julian Mansfield at 301-656-2797 or email jmansfield@friendshipheightsmd.gov.



<p>2</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>3</p> <p>Labor Day Center Open 9 a.m. to 2 p.m.</p> <p>Shuttle Bus runs on weekend schedule</p> <p>10 a.m.: Great Books</p>	<p>4</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination free demo 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates free demo</p>	<p>5</p> <p>9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise free demo 7:30 p.m.: Concert: Hai-Bo Bai and Virginia Lum</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji free demo 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga free demo 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: My Week with Marilyn</p>	<p>7</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 free demo</p>	<p>1</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>9</p> <p>9 a.m.: Yoga free demo 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya free demo 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting 7 p.m.: Yoga free demo</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>12</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: "Is This a Harmless Headache?" 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga for Runners 7:30 p.m.: Concert: Machaya Klezmer</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Depart for Newseum 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>14</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>15</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</p>
<p>16</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>17</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>19</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 6 p.m.: Yoga for Runners 7:30 p.m.: Tales in the Village: Storytelling Network</p>	<p>20</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 12:30 p.m.: Vision Support Group 1 p.m.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Beginners 7 p.m.: Depart for Black Watch</p>	<p>21</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 2 p.m.: Tea and Talk: Washington During World War II</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 12 p.m.: Landon Symphonette</p>
<p>23</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>24</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 10 a.m. – 2 p.m.: MVA Bus 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist No Pilates class</p>	<p>26</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga for Runners No Concert Yom Kippur</p>	<p>27</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.: Chair Yoga 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Germany: Europe's New Superpower</p>	<p>28</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>29</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 12 – 5 p.m.: Taste of Friendship Heights</p>
<p>30</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</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.



Shredding Truck Returns to Friendship Heights
Tuesday, October 23
5 to 7 p.m.