

# Friendship Heights Village Center



# Calendar of Events 2009

## O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p><b>4</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>5 p.m.: A Conversation with Susan Schwab</b></p>	<p><b>5</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>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>7</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>1:30 p.m.: Tea and Talk: Stories From a Former White House Chief Usher</b> 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Chang and Mutchnik</b></p>	<p><b>8</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: The Visitor</b></p>	<p><b>9</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 1 p.m.: Painting is for Everyone</p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>11</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>12</b></p> <p><b>Columbus Day Center Open</b> <b>9 a.m. to 2 p.m.</b> <i>(shuttle bus runs on weekend schedule)</i> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: Fall Prevention and Balance</b> 3 p.m.: Chair Yoga <b>5 - 7 p.m.: Shred- It</b> <b>7:30 p.m.: Concert: Project Natale</b></p>	<p><b>15</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Sunshine Cleaning</b></p>	<p><b>16</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. – 3 p.m.: AARP Safe Driving</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</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>7:30 p.m.: Richard Breitman: Refugees and Rescue</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya <b>12:30 p.m.: Vision Support Group</b> 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist <b>7:30 p.m.: Gail Collins</b></p>	<p><b>21</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10:15 a.m.: Depart for Montpelier</b> 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 3:30 p.m.: Jazzin’ Through the Years <b>7:30 p.m.: Concert: Thomas Pandolfi</b></p>	<p><b>22</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 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Hon. William Cohen and Janet Langhart Cohen</b></p>	<p><b>23</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 1 p.m.: Painting is for Everyone <b>3 p.m.: Tea and Talk: Technology 101</b></p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>25</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</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>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>28</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 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 3:30 p.m.: Jazzin’ Through the Years <b>7:30 p.m.: Concert: Ellouise Schoettler Stories</b></p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>3 – 7 p.m.: Flu Shots</b> 4 p.m.: Children’s Art Class 6:15 p.m.: Scrabble <b>7 p.m.: Movie: Monsters vs. Aliens</b></p>	<p><b>30</b></p> <p><b>10 a.m. – 2 p.m.: Flu Shots</b> 10:30 a.m.: Coffee and Current Events <b>7- 8:30.: Children’s Halloween Bingo</b></p>	<p><b>31</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</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.

## It’s Back - Shredding Truck returns to the Village

A truck from “Shred-It” will park on Friendship Boulevard next to the Village Center on **Wednesday, October 14, from 5 to 7 p.m.** This is a special service for Village residents only.

