



S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>5 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>6 Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books Shuttle bus on weekend schedule</p>	<p>7 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</p>	<p>1 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: Russian Nationalism 7:30 p.m.: Concert: Ziva's Spanish Dance Ensemble</p>	<p>2 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: The Lovely Bones</p>	<p>3 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>4 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>12 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 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</p>	<p>14 Primary Election Day Polls Open 7 a.m. – 8 p.m. No classes or Tea today Shuttle bus on regular weekday schedule 8:15 a.m.: Walking Club</p>	<p>8 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 1 p.m.: Suburban Lecture: Staying on Your Feet! 1 p.m.: Health Insurance Counseling</p>	<p>9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Alice in Wonderland</p>	<p>10 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>11 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>19 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>20 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 7 p.m.: Café Muse 8 p.m.: Village Council Meeting</p>	<p>21 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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 4:45 p.m.: Depart for L'Auberge 7 p.m.: Pilates</p>	<p>15 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.: Tea and Talk: Esther Delaplaine: Memories of the Glen Echo Protests 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series: Early 20th Century Modernism 7:30 p.m.: Concert: Tim Roberts</p>	<p>16 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 7:30 p.m.: Book Signing with Martha Grimes</p>	<p>17 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p>18 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p> 
<p>26 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>27 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>28 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 7 p.m.: Pilates</p>	<p>22 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 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Project Natale</p>	<p>23 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 7:30 p.m.: Book Signing with Jane Smiley</p>	<p>24 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Carol Bessette: Why Do People Spy?</p>	<p>25 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 – 5 p.m.: Taste of Friendship Heights</p> 
<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.</p> 	<p>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.</p>	<p>Village book club to begin this month Monthly meetings of a new book club will begin at the Village Center on Tuesday, Sept. 21, at 11 a.m., and will last about an hour. This will be an organizational meeting to talk about future books to read and discuss. Please call 301-656-2797 to let us know if you plan to attend.</p> 	<p>Driver Safety Program at the Center The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums. The one-day course will be offered Friday, Oct. 1, from 10 a.m. to 3 p.m. at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring their driver's license and a ballpoint pen to class with them. Barbara Newland will be the instructor. Please register at the Village Center.</p> 			