

# Friendship Heights Village Center



# Calendar of Events 2017

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## Friendship Heights Neighbors Network (FHNN) — April 2017 EVENTS

**Wednesday, April 5, Noon–2 p.m.:** "The Lunch Bunch" (self-pay). Location TBD. RSVP by April 4 to Connie Row at constancerow@comcast.net. Indicate if you need transportation.

**Wednesday, April 19, 6 to 7:30 p.m.:** The Elizabeth Party Room. Documentary: "Fix It." The effect of private insurance on business and the need to move to a Single Payer, Medicare for All program. Followed by Q&A led by Dr. David Rabin, Research Professor, Director, Community Health Care Studies, Georgetown University School of Medicine.

For additional April activities, please go to the FHNN website at <http://www.fhneighbors.org/> and click on the EVENTS section.

<b>1</b>
8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography

<b>2</b>
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

<b>3</b>
9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya

<b>4</b>
8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates

<b>5</b>
10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>7:30 p.m.: Concert: Kokopelli</b>

<b>6</b>
8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>10 a.m.: Depart for NMAAHC</b> 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Fences</b>

<b>7</b>
9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting

<b>8</b>
8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography

<b>9</b>
9:10 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>

<b>10</b>
9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya

<b>11</b>
8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea

<b>12</b>
10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>1 p.m.: Suburban Lecture: What is a Hospitalist?</b> <b>5:30 p.m.: Community Advisory Committee Mtg.</b>

<b>13</b>
8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m. Acrylic or Oil <b>7 p.m.: Movie: Jackie</b>

<b>14</b>
9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory

<b>15</b>
8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography

		7 p.m.: Pilates	<b>7:30 p.m.: Concert: Guity Adjoonani and Friends</b>		
<b>16</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>17</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING open to the public</b>	<b>18</b> 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>19</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5–7 p.m.: Shred-it Truck <b>7:30 p.m.: Tales in the Village: Ellouise Schoettler on the ERA</b>	<b>20</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>6:30 p.m.–8 p.m.: Community Day Celebration</b>	<b>21</b> 9:15 a.m.: Drop-in Tai Chi <b>10 a.m.–3 p.m.: AARP Driver Safety</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting
<b>23</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>24</b> 9:15 a.m.: Tai Chi <b>10 a.m.–2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya <b>7 p.m.: Café Muse</b>	<b>25</b> 8:15 a.m.: Walking Club <b>10 a.m.: Caregivers Support Group</b> 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>26</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes <b>7:30 p.m.: Concert: Logan Circle in honor of Hilda Seibel</b>	<b>27</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting <b>12:30 p.m.: Vision Support Lunch and Learn</b> 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Lion</b>	<b>28</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting
					<b>29</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children <b>10–11:30 a.m.: Children's Mother's Day Card Workshop</b> <b>10 a.m.–Noon: Drug Take-Back Day</b> 10:30 a.m.: Basic Photography

**30**  
9:10 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers


**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.

**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.



### AARP-sponsored programs

**The AARP Driver Safety Program** will be offered **Friday, April 21, from 10 a.m. to 3 p.m.**, at the Village Center and will be taught by Jerry Hulman. It costs \$15 for AARP members (please bring your membership card when you register and also to the class) and \$20 for nonmembers. Cash or checks made out to AARP only.

Each student must bring a valid driver's license and a ballpoint pen to class. Please register at the Village Center.

**AARP Foundation Tax-Aide** offers free, individualized tax preparation for low to moderate-income taxpayers, especially those 60 and older, at the Chevy Chase Library, 8005 Connecticut Ave. on Thursdays, from 10 a.m. to 4 p.m. Call 240-777-2577 to make an appointment. Please do not call the library.