

# Friendship Heights Village Center



# Calendar of Events 2018

## F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

8:15 a.m.: Walking Club  
10 a.m.: Seated Yoga  
11 a.m. – 4 p.m.: Village Playtime  
11 a.m.: Still Life and Beyond  
**6:15 p.m.: Depart for Theater J**  
**7 p.m.: Movie: The Mountain Between Us**

2

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

3

8:15 a.m.: Walking Club  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

4

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

5

9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge  
1 p.m.: Strength Training

6

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates

7

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess Group  
1 p.m.: All in the Eyes  
**5:30 p.m.: Community Advisory Committee Mtg.**

8

8:15 a.m.: Walking Club  
10 a.m.: Seated Yoga  
11 a.m. – 4 p.m.: Village Playtime  
11 a.m.: Still Life and Beyond  
**7 p.m.: Movie: Thank You for Your Service**

9

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

10

8:15 a.m.: Walking Club  
10:30 a.m.: Basic Photography  
9:30 a.m.: Photography for Children

11

9:10 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**  
**6:30 - 8 p.m.: Mardi Gras Concert**

12

9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge  
1 p.m.: Strength Training  
**7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING AND BUDGET HEARING**

13

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2 p.m.: Speech Therapy and Support Group  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates Make-up Class

14

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess Group  
1 p.m.: All in the Eyes  
**1 p.m.: Suburban Lecture: Am I Having a Heart Attack?**  
**7:30 p.m.: Concert: Bea Gilbert**

15

8:15 a.m.: Walking Club  
10 a.m.: Seated Yoga  
11 a.m. – 4 p.m.: Village Playtime  
11 a.m.: Still Life and Beyond  
**7 p.m.: Movie: Daughters of the Dust**

16

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Abstract Painting

17

8:15 a.m.: Walking Club  
10:30 a.m.: Basic Photography

18

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

19

**Presidents Day Center Open 9 a.m. to 2 p.m. shuttle bus runs on weekend schedule**  
9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books

20

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  
6:30 p.m.: Pilates

21

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
12 p.m.: Chess Group  
**2 p.m.: Tea and Talk: David Weinstein and The Eddie Cantor Story**

22

8:15 a.m.: Walking Club  
10 a.m.: Seated Yoga  
11 a.m. – 4 p.m.: Village Playtime  
11 a.m.: Still Life and Beyond  
**7 p.m.: Movie: Wonder**

23

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

24

8:15 a.m.: Walking Club  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

25

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

26

9:30 a.m.: Tai Chi Intro.  
**9:30 a.m.: Depart for Nat Geo Museum**  
**10 a.m. – 2 p.m.: MVA Mobile Office**  
10 a.m.: Great Books  
**12 p.m.: Vision Support Lunch**  
12:30 p.m.: Bridge  
1 p.m.: Strength Training  
**7 p.m.: Café Muse**

27

8:15 a.m.: Walking Club  
12 – 4 p.m.: Blood Pressure Screening  
2 – 4 p.m.: Nurse Specialist  
3 – 4 p.m.: Tea  
6:30 p.m.: Pilates

28

9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
12 p.m.: Chess Group  
1 p.m.: All in the Eyes  
**7:30 p.m.: Concert: Rock Creek**

The Village Book Club will meet on **Tuesday, Feb. 20, at 11 a.m.** The book selection is "A Gentleman in Moscow" by Amor Towles. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

### 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.

### New life for your eyeglasses

Do you have old eyeglasses that you no longer wear? Consider donating them. Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center. The glasses are then disinfected and distributed to the underprivileged, particularly in developing countries.