



M A Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Is it all Greek to you?

If you have an interest in joining a Modern Greek Conversation Club that would meet weekly at the Village Center for fellowship and discussion, please email greekconvclub@gmail.com. Note: the group welcomes speakers of all levels, but it is not a class for non-speakers.

<p>6</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>7</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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.: Seniors on Stage 5:30 p.m.: Community Advisory Committee Mtg. 7:30 p.m.: Concert: Martime Voices</p>	<p>10</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Post</p>	<p>11</p> <p>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</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>
<p>13</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>14</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: Meditation and You with Julie Potter 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<p>15</p> <p>8:15 a.m.: Walking Club 11 a.m.: Village Book 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</p>	<p>16</p> <p>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.: Suburban Lecture: "Think F.A.S.T." 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: David McLaughlin</p>	<p>17</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Greatest Showman</p>	<p>18</p> <p>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</p>	<p>19</p> <p>7 a.m.: Royal Wedding Viewing Party 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>
<p>20</p> <p>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</p>	<p>21</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12 p.m.: Vision Support Lunch and Learn 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse</p>	<p>22</p> <p>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</p>	<p>23</p> <p>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 7:30 p.m.: Concert: Kinor Dancers</p>	<p>24</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Thor</p>	<p>25</p> <p>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</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>27</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</p> <p>Memorial Day Center Open 9 a.m. to 2 p.m. 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Shuttle Bus runs on weekend schedule</p>	<p>29</p> <p>8:15 a.m.: Walking Club 10 a.m. – 2 p.m.: MVA Mobile Office 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Depart for Tour and Tea 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>30</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: SHIP on Medicare 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Mark Hanak</p>	<p>31</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7:30 p.m.: Meditation and You with Julie Potter</p>	<p>Tech Help</p> <p>Village resident Ananmay Sharan will come to the Center on select Saturdays (May 12 and 19) this month from 10 a.m. to noon to help answer a variety of computer questions. Ananmay is a high school junior who is passionate about technology. He hopes to study computer science in college. Please bring your device with you.</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.

Produce market returns to the village

Twin Springs Fruit Farm will set up its market on **Saturday, May 5, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday until mid-December.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

