



S E P T E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

2
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3
Labor Day Center Open 9 a.m. to 2 p.m.
9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
Shuttle runs on a weekend schedule

4
8:15 a.m.: Walking Club
10 a.m. - 12 p.m.: Village Playtime
12 – 4 p.m.: Blood Pressure Screening
2 – 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea
7 p.m.: Pilates

5
9:30 a.m.: Tai Chi Ongoing
12 p.m.: Chess group
1 p.m.: All in the Eyes
7 p.m.: Concert: Machaya Klezmer

6
8:15 a.m.: Walking Club
11 a.m.: Still Life and Beyond
7 p.m.: Movie: Tag

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

8
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
9:30 a.m.: Children's Photography
10:30 a.m.: Basic Photography

9
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
11:30 a.m. – 1:30 p.m.: Art Reception

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

11
8:15 a.m.: Walking Club
10 a.m. – 12 p.m.: Village Playtime
12 – 4 p.m.: Blood Pressure Screening
1 p.m.: Balance and Fall Prevention
2:30 p.m.: Speech Therapy and Support Group
2 – 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea
7 p.m.: Pilates

12
9:30 a.m.: Tai Chi Ongoing
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: All in the Eyes
1 p.m.: Suburban Lecture: "Emergency Preparedness"
4 p.m.: Program Advisory Committee Meeting
5:30 p.m.: Community Advisory Committee Meeting
7 p.m.: Concert: Hui O Ka Pua 'Ilima

13
8:15 a.m.: Walking Club
11 a.m.: Still Life and Beyond
5:30 p.m.: Council Committee Mtg. on Bulletin Board and Signage
7 p.m.: Movie: Won't you be my Neighbor

14
7:30 a.m.: Depart for Fallingwater
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
1 p.m.: Abstract Painting

15
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
9:30 a.m.: Children's Photography
10 a.m. – 1 p.m.: "Because She's My Mother"
10:30 a.m.: Basic Photography

16
9:10 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17
9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
12:30 p.m.: Bridge Club
1 p.m.: Strength Training with Tonya
7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING

18
8:15 a.m.: Walking Club
10 a.m. – 12 p.m.: Village Playtime
11 a.m.: Village Book Club
12 – 4 p.m.: Blood Pressure Screening
1 p.m.: Balance and Fall Prevention
2 – 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea
7 p.m.: Pilates

19
9:30 a.m.: Tai Chi Ongoing
11 a.m.: Chair Exercise
12 p.m.: Chess group

20
8:15 a.m.: Walking Club
11 a.m.: Still Life and Beyond
1 p.m. Vision Support Group: Tonya Walton on Fall Prevention
7 p.m.: Movie: Book Club

21
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Memory and Movement
1 p.m.: Abstract Painting

22
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
9:30 a.m.: Children's Photography
10:30 a.m.: Basic Photography

23
9:10 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24
9:30 a.m.: Tai Chi Intro
10 a.m.: Great Books
10 a.m. – 2 p.m. MVA Mobile Office
12:30 p.m.: Bridge Club
1 p.m.: Strength Training with Tonya
3 p.m.: Sepsis Talk with Cheryl Douglass
7 p.m.: Café Muse

25
8:15 a.m.: Walking Club
10 a.m. Children's Concert with Marsha Goodman-Wood
12 – 4 p.m.: Blood Pressure Screening
1 p.m.: Balance and Fall Prevention
2 – 4 p.m.: Suburban Nurse Specialist
3 - 4 p.m.: Tea
7 p.m.: Pilates

26
9:30 a.m.: Tai Chi Ongoing
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1-4 p.m.: Flu Shots
1 p.m.: All in the Eyes
7 p.m.: Concert: Tango Reo

27
8:15 a.m.: Walking Club
1 p.m.: Still Life and Beyond
7 p.m.: Sepsis Talk with Cheryl Douglass

28
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Memory and Movement
1 p.m.: Abstract Painting

29
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
10:30 a.m.: Basic Photography

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

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.

Master the "art" of shopping at our fair

Art and shopping aficionados will rejoice at the opportunities that abound at the Friendship Heights annual "Holiday Affair" artisan fair.

Our own art gallery/ shopping spot returns to the Village Center on **Friday, Nov. 2, from 5:30 to 8 p.m., and Saturday, Nov. 3, from 10 a.m. to 4 p.m.** This isn't your average craft fair- all items must be hand-crafted by the individual artists! You'll find something for everyone from jewelry, pottery to fiber arts to fused and blown glass.

Bring the whole family to the Village Center for unique gifts and gift ideas. Admission is free. For information about opportunities to participate, please contact Anne O'Neil at 301-656-2797 by Oct. 15.