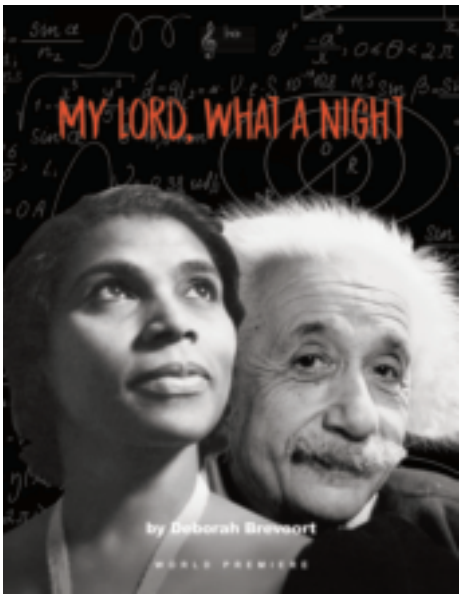
Friendship Heights
VILLAGE NEWS
JUNE 2019 VOLUME 35, NO. 6 www.friendshipheightsmd.gov 301-656-2797

MC Summer Theater Sampler, see page 4.



Catch two new plays in Shepherdstown and brunch at the Bavarian Inn

See Shepherdstown when it sizzles as the West Virginia hamlet hosts its annual Contemporary Arts Theater Festival. We've got great seats for "My Lord, What a Night" and "Support Group for Men" on **Sunday, July 21.** Prior to the performances, we'll enjoy a European Sunday Brunch Buffet at the famed Bavarian Inn.

Based on actual events during a turbulent time in our nation's history, Deborah Brevoort's "My Lord, What a Night," offers a rare glimpse into what transpired on a fateful evening in 1937.

After performing a sold-out concert in Princeton, N.J., internationally renowned singer Marian Anderson was refused a room at the whites-only Nassau Inn. With nowhere for Anderson to go, Albert Einstein invites her to stay in his home, beginning an intimate friendship between two icons that lasted a lifetime.

"Support Group for Men," by playwright Ellen Fairey is hilarious

Continued on page 5, see Plays

A Day in St. Michaels
—history, a harbor cruise and Eastern Shore fare

Visit the colonial harbor town of St. Michaels, Maryland, for a full day of activity that offers something for everyone on **Wednesday, July 10.** Spend the day along a beautiful stretch of waterfront property located on the St. Michaels harbor and the scenic Miles River.

We'll begin with a highlights tour of the Chesapeake Bay Maritime Museum during which you'll discover the incredible history, heritage and culture of the Chesapeake Bay through interactive exhibits and priceless collections. Explore a working boatyard, scale the winding stairs to a birds-eye view of St. Michaels from the 1879 Hooper Strait Lighthouse and learn about the Chesapeake's oyster and crab industries.

Indulge in the seafood bounty of the Chesapeake Bay at The Crab

Continued on page 5, see St. Michaels

Summer concerts in the park begin

June marks the beginning of our summer outdoor concert series, and we have a lineup designed to get you moving, soothe your soul, and bring your friends and family together.

Every Wednesday night at 7, musicians will perform an hour-long concert in Hubert Humphrey Park, in front of the Village Center. In the event of inclement weather, concerts will move indoors to the Village Center.

This year's series kicks off with the Motown sounds of the MoSoundz Revue band. Throughout the summer, we'll feature jazz, Dixieland, Americana, Spanish guitar and much more. Concerts are free and open to the public.

AARP Driver Safety Class, see page 2.

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Start your summer off safely with AARP's Driver Safety class

The AARP Driver Safety Program will be offered **Thursday, June 13, from 10 a.m. to 3 p.m.,** at the Village Center.

Nina Uzick will be the instructor. The one-day course costs $15 for AARP members (please bring your membership card when you register and also to the class) and $20 for nonmembers. Checks should be made out to AARP.

All students must bring their driver's license and a ballpoint pen to class with them. Please register at the Village Center.

Friendship Heights
VILLAGE NEWS

www.friendshipheightsmd.gov
Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the July issue is June 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Bruce Pirnie
Parliamentarian

Michael Dorsey

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Village Council members elected, begin new term

The Council election was held on May 13. Eight candidates ran for the seven seats, including all seven incumbent Council members. The following seven members were sworn in to serve for the 2019–2021 term, with offices as indicated:

Melanie Rose White, *Mayor*

Michael Mezey, *Chairman*

Carolina Zumaran-Jones, *Vice Chairman*

Paula Durbin, *Secretary*

Kathy Cooper, *Treasurer*

Bruce Pirnie, *Parliamentarian*

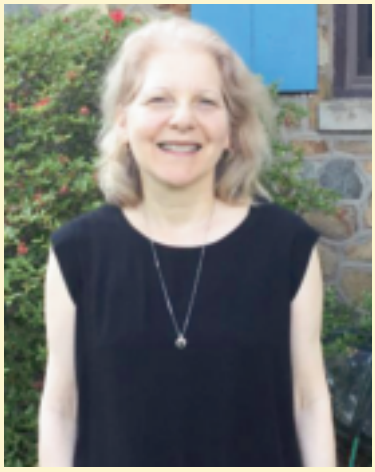
Michael Dorsey

Congratulations and welcome to the newest Council member, Bruce Pirnie!

At the June 10 meeting the Council will appoint members of the Council committees as well as members of the Program Advisory Committee and Community Advisory Committee.

Village hires Jeanne Pettenati as Assistant to Program Director

Our newest staff addition is Jeanne Pettenati, who has been hired for the part-time Assistant to Program Director position. Jeanne will work closely with Program Director Anne O'Neil on a wide array of Village Center activities.



Jeanne has been a writer/editor for many years, and she has a law degree and a Masters in Italian literature. She recently gave a presentation at the Village Center about two important 20th century artists. Jeanne has been involved with the Center for a number of years, beginning when her two kids volunteered as counselors in our summer art camp. She will begin working here in late June. We welcome her to the team!

The next Council meeting, open to the public, will be Monday, June 10, at 7:30 p.m.

Improvements to Page Park proceeding at a rapid pace

As this goes to press, the second phase of plantings is nearing completion at Page Park. The first phase,

The interior walkway with some of the new plantings.

The seating area on the west side of the park is now more inviting.

planted in early May, enhanced the existing seating area on the west side of the park with a variety of shrubs and flowers, including day lilies, knockout roses, laurel, dogwood, black-eyed Susans, sedum and liriope. Along the interior pathway, holly shrubs, lirope, hosta, rhododendron, hydrangea and day lilies are in the process of being planted on either side.

The last phase will include flowers inside the circular wall to accompany the crepe myrtles. In addition, our landscape maintenance contractor has begun the turf improvement program, and the lawn is already improving considerably. There will be multiple applications of weed control and fertilizer continuing through the growing season. Our new irrigation system has been turned on to keep everything growing.

A "Sweet" musical sampling of Montgomery College's Summer Dinner Theater

Montgomery College students will perform a few scenes and songs from Montgomery College's Summer Dinner Theater productions of "Sweet Charity" and "Spamalot" during a special presentation at the Friendship Heights Village Center on **Monday, June 17, from 3 to 4 p.m.**

In "Sweet Charity," Charity works at a dance club where she has seen only the dark side of life through bad relationships. One day she meets Oscar and believes her luck has changed. When things turn sour, Charity stays sweet and hopeful that someday her ideals will materialize.

In the 2005 Tony award-winning "Spamalot," King Arthur is traveling around England recruiting his Knights of the Round Table. When he and his band of misfit knights finally gather in Camelot, they receive a charge from God to find the Holy Grail. The quest brings King Arthur and the Knights of the Round Table to strange places and into the company of strange characters, challenging them to keep their heads on straight or die terribly weird deaths.

As part of the presentation, the students will also share their professional aspirations and highlight their educational experiences at Montgomery College.

Following the program please, stay for light refreshments. Call 301- 656-2797 to RSVP.

Village Yard Sale set for July

Village residents are invited to participate in a summer yard sale in Humphrey Park in front of the Village Center on **Saturday, July 20, from 10 a.m. to 1 p.m.**

Participants must rent a 6-ft. table from the Village Center at a rate of $12 per table. One table per household. One chair per table will also be provided. There are a limited number of tables available for rent. Residents can sign up beginning July 1. Look for details in the July issue of the *Village News*.

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Plays, continued from page 1

exploration of what happens when society's new normal doesn't seem so normal any more. Every Thursday is Guys' Night for a group of pals who gather to vent about stalled careers, dashed romances, and other middle-aged struggles. When an unexpected visitor crashes the party, their notions of what it means to be a man in America are suddenly upended.

We'll arrive in Shepherdstown in time for the sumptuous brunch, which includes an omelet station, breakfast favorites, traditional German fare, prime rib, turkey, ham and meatloaf, salads, desserts and much more. We'll depart from the Village Center at 10 a.m. and should return by 10 p.m.

The cost of the trip, which includes round-trip transportation, tickets to both plays, European Sunday Brunch at the Bavarian Inn, and all taxes and gratuities, is $188. The price increases after June 30 to $214.

Residents may sign up immediately at the Village Center; nonresidents may sign up beginning June 7. There are 24 spaces available.

St. Michaels, continued from page 1

Claw— famous restaurant overlooking St. Michaels Harbor. The scrumptious traditional Eastern Shore menu offers visitors lunch, including crab cake and chicken, that will satisfy the heartiest of appetites.

Then, enjoy a relaxing hour-long cruise on the Patriot, a 149-passenger cruise ship guided with a historic narration of St. Michaels and the surrounding area.

Cruises run along the Miles River, where the expansive natural surroundings of the Eastern Shore can be enjoyed from the air-conditioned main deck or the open-air top deck.

The cost of the trip, which includes round-trip transportation, admission and tour of the Chesapeake Bay Maritime Museum, lunch at The Crab Claw, cruise aboard the Patriot, and all taxes and gratuities is $128.

Residents may sign up immediately at the Village Center; nonresidents may sign up beginning June 7. There are 29 spaces available.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.
Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, June 6, 7 p.m.—Movie—"Vice"— Governor George W Bush of Texas picks Dick Cheney to be his Republican running mate in the 2000 presidential election. No stranger to politics, Cheney's impressive résumé includes stints as White House chief of staff and defense secretary. When Bush wins by a narrow margin, Cheney begins to use his newfound power to help reshape the country and the world. Rated R. Running Time: 133 minutes.

Thursday, June 13, 7 p.m.—Movie—"Us"— Accompanied by her husband, son and daughter, Adelaide Wilson returns to the beachfront home where she grew up as a child. Haunted by a traumatic experience from the past, Adelaide grows concerned that something bad is going to happen. Then four masked strangers descend upon the house, forcing the Wilsons into a fight for survival. When the masks come off, the family is horrified to learn that each attacker takes the appearance of one of them. Rated R. Running Time: 121 minutes.

Thursday, June 20, 7 p.m.—"Crazy Rich Asians"— Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and his mother. Rated PG-13. Running Time: 121 minutes. *This movie contains audio description for the benefit of low-vision attendees.*

Thursday, June 27, 7 p.m.—Movie—"The Upside"— Inspired by a true story, The Upside is a heartfelt comedy about a recently paroled ex-convict who strikes up an unusual and unlikely friendship with a paralyzed billionaire. Stars Bryan Cranston and Kevin Hart. Rated PG-13. Running Time: 126 minutes.

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BRIGHTON GARDENS
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Montgomery Art Association shows off its creativity in June

The Montgomery Art Association (MAA) will hold a juried exhibit entitled "Creative Expressions 2019" at the Friendship Gallery in June. All are invited to meet the artists at a reception on Sunday, June 9, from 11:30 a.m. to 1:00 pm. The show runs from June 2 to June 29.

MAA, whose members come from the entire metropolitan area, is in its 64th year of operation. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, an online Members Gallery, and community outreach through children's art activities and a college scholarship program. Check their website, www.MontgomeryArt.org, for more information.

This year's juror is Gaby Mizes, Director of Registration at the popular Glenstone Museum in Potomac. For 12 years, Gaby has coordinated exhibition installations, managed the outgoing loans program, and cared for the collection. She is also the founder of Latin American ERA, a private consultant providing expertise in exhibitions and art management for national and international projects.

The exhibit will run from June 3 through June 29. All are invited to meet the artists at a reception on **Sunday, June 9, from 11:30 a.m. to 1:00 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the receptionist when you arrive or phone ahead: 301-656-2797. Please note that all sales of art are final.

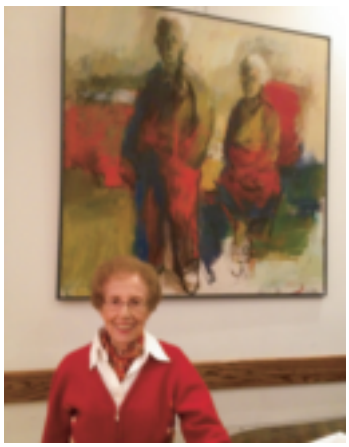
"Delicate Beauty" by Lilian Camio

"Holy Man on Wooden Bridge " by David Sommers

Village says goodbye to Doris Haskel

Longtime Village resident and art instructor Doris Haskel died Saturday, May 4. Haskel had taught drawing and painting for many years for Adult Education of Montgomery County—the graduate school of NIH—as well as the Friendship Heights Village Center.

She exhibited her paintings at the Baltimore Museum of Art and the Corcoran Gallery.



Doris Haskel poses with her painting of her parents.

A fun and artful way to earn service hours this summer

Interested in earning SSL hours this summer as a counselor for our summer art camp? Call Anne O'Neil at 301-656-2797 for details. The deadline to apply for service hours is June 2. You must be available to volunteer from the hours of 9 a.m. to 2 p.m. from Monday, June 24, through Friday, June 28.

Friendship Heights Village Center

Calendar of Events 2019

J U N E

SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY

Twin Springs offers fresh fruit, vegetables and more

Twin Springs Fruit Farm will set up its market on the portico of the Friendship Heights Village Center **every Saturday from 9 a.m. to 1 p.m.,** until mid-December.
The farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, sweet peppers and spring mixed greens, spring onions, lettuce and other veggies. Also available will be strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

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

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

3
9:30 a.m.: Tai Chi Intro.
10 a.m.: Great Books
12:30 p.m.: Bridge Club
1 p.m.: Strength Training
1:30 p.m.: Writing Your Life Stories
3 p.m.: Broadway, Blues and Jazz II with John Eaton

4
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
2–4 p.m.: Nurse Specialist
3–4 p.m.: Tea
7 p.m.: Mat Pilates

5
9:30 a.m.: Tai Chi Ongoing
10:15 a.m.–1 p.m.: County Mobile Commuter Store
10:15 a.m.: Yiddish
12 p.m.: Chess
5:30 p.m.: Community Advisory Committee (open to all residents)
7 p.m.: Concert: Mo-Soundz Revue Band

6
8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga and Meditation
4–5:30 p.m.: Spanish Conversation
6 p.m.:Depart for Hello Dolly
7 p.m.:Movie: Vice

7
9:15 a.m.: Drop–In Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Movement and Memory
11:15 a.m.:Depart for Glenstone Museum
1 p.m.: Abstract Painting

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

9
9:10 a.m.: Yoga
9:30 a.m.–1 p.m.: Coffee and Sunday Papers
11:30 a.m.–1 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
1:30 p.m.: Writing Your Life Stories
7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING

11
8:15 a.m.: Walking Club
10 a.m.: Village Playtime: Music with Marsha Goodman-Wood
12–4 p.m.: Blood Pressure Screening
1 p.m.: Balance and Fall Prevention
2–4 p.m.: Nurse Specialist
3–4 p.m.: Speech Therapy
3–4 p.m.: Tea
7 p.m.: Mat Pilates

12
9:30 a.m.: Tai Chi Ongoing
10:15 a.m.–1 p.m.: County Mobile Commuter Store
10:15 a.m.:Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess
1 p.m.: All in the Eyes
1 p.m.: Suburban Lecture: A Better Body at Any Age
7 p.m.: Concert: Dixie Power Trio

13
8:15 a.m.: Walking Club
10 a.m.–3 p.m.: AARP Driver Safety Class
10:30 a.m.: Chair Yoga & Meditation
4–5:30 p.m.: Spanish Conversation
7 p.m.: Movie: Us

14
9:15 a.m.: Drop– In Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Balance, Movement and Memory

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

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

17
9:30 a.m.: Tai Chi Intro.
10 a.m.–2 p.m.: MVA Mobile Office
10 a.m.: Great Books
1 p.m.: Strength Training
1:30 p.m.: Writing Your Life Stories
3 p.m.: MC Summer Dinner Theater Sampler

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.: Nurse Specialist
3–4 p.m: Tea
7 p.m.: Mat Pilates

19
9:30 a.m.: Tai Chi Ongoing
10:15 a.m.–1 p.m.: County Mobile Commuter Store
10:15 a.m.:Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess
1 p.m.: All in the Eyes
7 p.m.: Concert: Bele Bele Drum Collective

20
8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga and Meditation
11 a.m.: Still Life and Beyond
4–5:30 p.m.: Spanish Conversation
7 p.m.: Movie: Crazy Rich Asians (Audio Described Version)

21
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

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

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

24
Children's Art Camp
6:30–8:30 p.m.: Monday Mountain Music Jam

25
Children's Art Camp
7 p.m.: Mat Pilates

26
10:15 a.m.–1 p.m.: County Mobile Commuter Store
Children's Art Camp
7 p.m.: Concert: KIVA

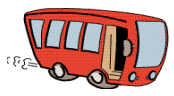
27
Children's Art Camp
7 p.m.: Movie: The Upside

28
Children's Art Camp

29
8:15 a.m.: Walking Club
9 a.m.–1 p.m.: Twin Springs Farm Market
9:30 a.m.: Children's Photography
10:30 a.m.: Basic Photography

30
9:10 a.m.: Yoga
9:30 a.m.–1 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.

Tap your inner artist for our community show in July

Our annual community art show in July in the Friendship Gallery is open to all artists in the area, in all media. This year's theme is "It's a wonderful world." Prizes will be awarded to the top winners. Applications are available at the Village Center.

CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.
In the event a class is cancelled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 6-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., June 21–Aug. 9. Class will not meet June 28 nor July 5. The participants will construct a three-dimensional shape that will become their inspiration for abstract paintings. Limit 10 students. For those who have previously taken this class; others may call Samworth at 301-346-7238. $120 for residents; $135 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., June 12–July 24. Class will not meet June 26. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. $75 for residents; $80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., June 15–Aug. 10. $130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as in the field. Students must bring a camera to class; digital cameras are preferred.

BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children. Taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., June 15–Aug.10. $80. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must bring a camera to class; digital cameras are preferred. A minimum of four students.

STILL LIFE AND BEYOND

A 6-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., June 20–Aug. 8. The class will not meet on June 27 nor July 4. $120 for residents; $135 for nonresidents. Participants will work on one Still Life set up for 6 weeks, experimenting with various palettes and approaches. Limit 14 students. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Samworth will present various materials, techniques and ideas to inspire original work.

WRITING AND MORE

WRITING YOUR LIFE STORIES

A 10-week class, taught by Barbara Rosenblatt, Mondays, 1:30 to 3 p.m., April 15–July 1. Learn how to write a meaningful, interesting memoir. Instructor uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion. $165 for residents; $180 for nonresidents. The class will not meet June 24. A minimum of six students is required.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group meets Thursdays, 4 to 5:30 p.m., Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND FALL PREVENTION

A 4-week class, Tuesdays, 1 to 1:50 p.m., June 4–July 2. Class The class will focus on simple exercises that improve overall balance. $45 for residents; $50 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., June 7–June 21. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. $35 for residents; $38 for nonresidents.

CHAIR EXERCISE

A 4-week class, Wednesdays, 11 to 11:50 a.m., June 5–July 3. Class will

not meet June 26. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. $70 for residents; $75 for nonresidents.

DC TAI CHI (INTRODUCTION)
A 6-week class, Mondays, 9:30 to 10:30 a.m., May 27–July 8. Class will not meet Jun 24. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. $70 for residents; $75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)
A 6-week class, Wednesdays, 9:30 to 10:30 a.m., May 29–July 10. Class will not meet June 26. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. $70 for residents; $78 for nonresidents.Visit www.dctaichi.com for details.

MAT PILATES
A 6-week session, Tuesdays, 6:30 to 7:30 p.m., June 4–July 9. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. $85 for residents; $90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION
A 6-week session, Thursdays, 10:30 to 11:45 a.m., in progress. May 16–June 20. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years.Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. $70 for residents; $75 for nonresidents.

STRENGTH TRAINING
A 6-week class, Mondays, 1 to 1:50 p.m., May 6–June 17. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. $70 for residents; $75 for nonresidents.

YOGA
An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays, 9:10 to 10:30 a.m., June 23–Aug. 11.This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for two hours before class. $115 for residents; $128 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE
A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS
An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS
This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI
Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is $3 per class.

GREAT BOOKS GROUP
Book lovers participate in lively discussions from books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING
The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT
An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month, 3 to 4 p.m.

Continued on page 14, see Classes

CONCERTS

Summer concerts are held every Wednesday from 7 to 8 p.m. in Humphrey Park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors.

Wednesday, June 5—MoSoundz Revue Band — The MoSoundz Revue Band is composed of seven seasoned local musicians (sibling vocalists, an expert keyboardist, a bassist from the group Harold Melvin and the Blue Notes, a guitarist who gigs regularly in D.C., a sassy native New Yorker on sax and a world-renowned lady drummer). They share a passion for performing classic songs of the Motown era.

Wednesday, June 12—Dixie Power Trio— Formed in 1992, Zachary Smith & the Dixie Power Trio has developed a reputation as the East Coast's premier "Louisiana variety band"—capable of playing authentic New Orleans jazz, zydeco, Cajun, street parade, and Louisiana-style funk. The four-piece trio has carved out a niche as a fun and exciting ensemble capable of entertaining audiences of all ages. The group has shared concert stages with many Louisiana luminaries, including the Neville Brothers, Terrance Simien, Dr. John, Wynton Marsalis, and others. The band is composed of bassist Andy Kochenour., guitarist Chuck Underwood, drummer Byron McWilliams and bandleader Zachary Smith, playing cornet, washboard, accordion, harmonica,and just about anything else he can lay his hands on.

Wednesday, June 19—Bele Bele Drum Collective— The Bele Bele Rhythm Collective is an intergenerational group of women from D.C. and surrounding areas who together form a sisterhood of the drum. Founded in 2008 and led by "Drumlady" Kristen Arant, the group performs tightly sewn compositions of polyrhythms on West African dunun and djembe drums, complete with exciting breaks, contagious songs, and dancing. This family-friendly concert promises to be fun for all ages!

Wednesday, June 26 —KIVA — For 29 years and counting, KIVA has been entertaining and enthralling audiences with their percussive, acoustic, worldbeat ensemble that celebrates the magic of nature and ancient bardic traditions with music that opens the heart and heals the spirit. The band blends strong vocal harmonies with rich and diverse acoustic and electric instrumentation, performing originals, traditionals, and covers.

An entertaining afternoon with John Eaton

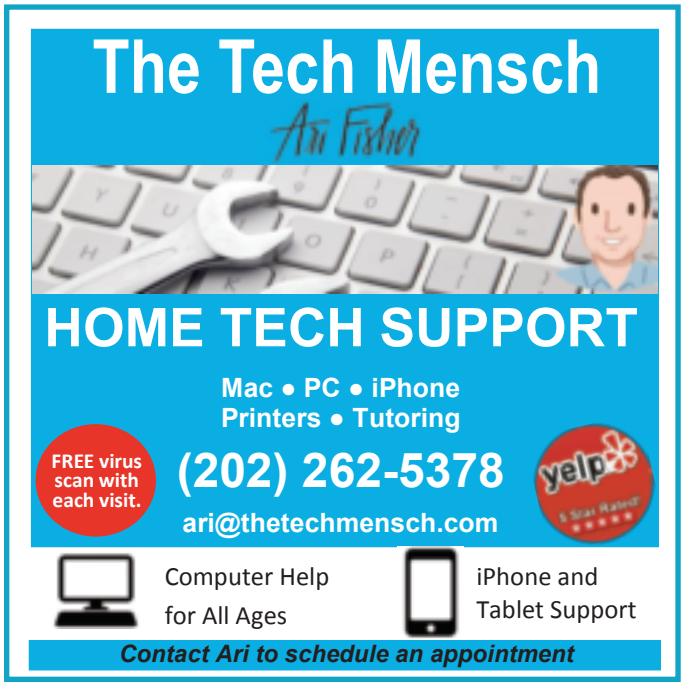
The inimitable John Eaton presents "Broadway, Blues and Jazz II" featuring favorites from the Great American Songbook on **Monday, June 3, at 3 p.m.,** at the Village Center.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton, is considered one of the foremost interpreters of American music. From jazz clubs to the White House, Eaton has performed for more than 30 years. The concert is free, but please call the Village Center at 301-656-2797 if you plan to attend.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



TO YOUR HEALTH

Vision Resource Forum

Keep your eyes safe this summer

The Vision Resource Forum is taking a break for the summer. In place of a regular meeting in June, we'll offer a special audio-described version of the film "Crazy Rich Asians" on **Thursday, June 20, at 7 p.m.** as part of our regular Thursday night movie at the Village Center. All are welcome.

In the meantime, the Society for the Prevention of Blindness has a few tips for keeping your eyes safe.

As the summer months approach, we all will have a chance to be outside more often, soaking up rays of sunshine and enjoying outdoor activities. Most people know that the sun's damaging ultraviolet (UV) rays are bad for your skin.

But did you know that too much sun on unprotected eyes increases the risk of eye diseases? Long-term exposure to the sun without proper protection can increase the risk of cataracts, macular degeneration, growths on the eye, and a rare form of skin cancer.

Luckily, there is a very simple tool that helps prevent those negative health effects—Sunglasses! Sunglasses are more than a bold fashion statement— they are a smart health choice! Sunglasses sold in the United States should provide the protection you need an block 99–100% of both UVA and UVB radiation, which causes the negative health effects described above. There should be a sticker or tag indicating the sunglasses block this radiation. Ophthalmologists recommend you buy sunglasses with larger lenses. The lens color does not matter for protection – what matters is the UVA/UVB protection!

A better body at any age

Staying fit and eating right are essential to good health and fitness. Health professionals agree that regular exercise can offer a number of benefits.

Exercise can help control weight, combat health conditions and diseases, boost energy, promote better sleep and improve your mood.

Exercise physiologist Jeanmarie Gallagher, from Suburban Hospital's Cardiac Rehabilitation Department, will share strategies for older adults to become and stay active, regardless of their physical limitations during this month's Suburban Lecture on **Wednesday, June 12 at 1 p.m.,** at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

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Classes, continued from page 11

TEA
Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB
The book club meets one Tuesday morning a month to discuss books chosen by the group. See this page for details.

VILLAGE BRIDGE CLUB
The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME
Toys are set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN (formerly Vision Support Group)
Meets the fourth Thursday of the month from noon to 1 p.m. See page 13 for details.

WALKING CLUB
Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH
Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

The Village Book Club will meet on **Tuesday, June 18, at 11 a.m.** The book selection is "HIstory of Wolves" by Emily Fridlund. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Put a little music in your toddler's morning

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on **Tuesday, June 11, at 10 a.m., at the Village Center.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get you singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited! Call the Village Center at 301-656-2797 for details.

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You are smarter than your smart car!

Don't be intimidated by your smart car. Learn to take advantage of all the wonderful things that high-tech machine car does and have fun in the process.

The AARP is offering a workshop to help you feel confident driving cars with the latest technology. Join us on **Monday, July 17, at 2 p.m.** for the Smart Driver TEK workshop at the Village Center.

During this 90-minute workshop, you'll learn how to use the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, the safety benefits of blind spot warning systems, forward collision warnings, smart headlights, and more.

The fee is $5 per person. Pre-registration is required. To sign up, stop by the Village Center with cash or check, or sign up online at aarp.org/workshop.

Some artful summer plans for little hands

Give the child in your life the gift of art by enrolling him or her in our summer art camp **Monday, June 24, through Friday, June 28, from 9:30 a.m. to 1 p.m.**

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands, including painting to pottery to jewelrymaking, and art appreciation.

Children must have completed kindergarten to qualify. The cost is $250 per child. Sign up at the Village Center no later than June 5.

Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

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June 2019 events calendar