

Friendship Heights Village Center



Calendar of Events 2018

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	3 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	4 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. 7:30 p.m.: Concert: Charles Mokotoff	5 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: Goodbye Christopher Robin	6 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	7 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
8 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	10 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	11 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: "Stay Firm on Your Feet" 7:30 p.m.: Concert: Logan Circle	12 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: Wonder	13 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	14 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	16 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse	17 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	18 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 – 7 p.m.: Shred-it Truck 5:30 p.m.: Council Capital Improvements / Communications Committee Mtg. 7:30 p.m.: Concert: String of Pearls	19 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 6:30 – 8 p.m.: Community Day Celebration	20 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	21 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
22 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 9:30 a.m.: Tai Chi Intro. 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12 p.m.: Vision Support Lunch and Learn 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	24 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	25 9 a.m.: Depart for Russian Treasure Exhibit 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: Bethesda- Chevy Chase High School Jazz Combo	26 8:15 a.m.: Walking Club 10 a.m. – 3 p.m.: AARP Driver Safety 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Susan Lee on Elder Abuse	27 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	28 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography
29 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training					

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.

Do you speak Greek?

Are you looking for others to talk to and improve your language skills? If you have an interest in joining a Modern Greek Conversation Club that would meet weekly at the Village

Center for fellowship and discussion, call or text Irene at 301-221-6602. Note: the group welcomes speakers of all levels, but it is not a class for non-speakers.



Free tech help at the Village Center

Do you need help with your iPhone, iPad, laptop, or Kindle? Do you have questions about email, Facebook, texting, Uber or Lyft? How about using PowerPoint or FaceTime, creating photo collages or playing games on your phone?

Village resident Ananmay Sharan will come to the Center every Saturday morning this month, **April 7, 14, 21 and 28**, and will be available to help anyone who drops in between 10 a.m. and noon. Ananmay is a high school junior who is passionate about technology and wants to help his neighbors. He hopes to study computer science in college. Please bring your device with you.

Please respect Ananmay's time and that of other people waiting. This is not a class for individuals!