



N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Would you care to join our caregivers group?

We're looking to form a caregivers group in Friendship Heights and would welcome your feedback on when you can meet and what types of topics you'd like us to address. The group would meet at least once a month and each meeting would include a guest speaker and/or time for questions and sharing.

Please stop by the Village Center and pick

up a short one-page survey. You can fill it out while at the Center or take it home and bring it back. Just make sure to return it by Nov. 30. We'd like to start meetings in January.



1

8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga
11 a.m.: Still Life and Beyond
7 p.m.: Montgomery County Executive Candidates Forum

2

9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Balance, Memory and Movement
10:30 a.m.: Coffee and Current Events
1 p.m.: Abstract Painting
5:30-8 p.m.: Artisan Fair

3

8:15 a.m.: Walking Club
9 a.m.-1 p.m.: Twin Springs
9:30: Children's Photography
10 a.m.-4 p.m.: Artisan Fair
10:30 a.m.: Basic Photography

4

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

5

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

6

8:15 a.m.: Walking Club
Election Day Polls Open 7 a.m.-8 p.m.
No Tea
No Suburban Nurse

7

9:30 a.m.: Tai Chi Ongoing
10:15 a.m.: Yiddish
10:15 a.m.-1:15 p.m.: County Mobile Commuter Store
11 a.m.: All in the Eyes
11 a.m.: Chair Exercise
12 p.m.: Chess
5:30 p.m.: Program Advisory Committee meeting
7 p.m.: Concert: Christiana Drapkin

8

8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga
11 a.m.: Still Life and Beyond
4 p.m.: Spanish Conversation
7 p.m.: Movie: Tully

9

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

10

8:15 a.m.: Walking Club
9 a.m.-1 p.m.: Twin Springs
9:30 a.m.: Children's Photography
10 a.m.-12 p.m.: Tech Help
10:30 a.m.: Basic Photography

11

9:10: Yoga
9:30-1:30 p.m.: Coffee and Sunday Papers
11 a.m.: Veteran's Day Bell Ringing and Concert

12

Veterans Day Observed Center open 9 a.m.-2 p.m.
9:30 a.m.: Tai Chi Intro.
10 a.m.: Great Books
1 p.m.: Strength Training
Shuttle bus runs on weekend schedule

13

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
2:30-3:30 p.m.: Speech Therapy
3-4 p.m.: Tea
6:30 p.m.: Mat Pilates

14

9:30 a.m.: Tai Chi
10:15 a.m.: Yiddish
10:15 a.m.-1:15 p.m.: County Mobile Commuter Store
11 a.m.: All in the Eyes
11 a.m.: Chair Exercise
12 p.m.: Chess
1 p.m.: Suburban Lecture: Lifestyle Medicine: A New Approach
5:30 p.m.: CAC mtg.
7 p.m.: Concert: Sue Richards

15

8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga
11 a.m.: Still Life and Beyond
4 p.m.: Spanish Conversation
7 p.m.: Movie: Black Panther

16

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

17

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

18

9:10: Yoga
9:30-1:30 p.m.: Coffee and Sunday Papers
11:30 a.m.-1:30 p.m.: Art Reception

19

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 COUNCIL MEETING

20

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
6:30 p.m.: Mat Pilates

21

Center open 9 a.m.-5 p.m.
9:30 a.m.: Tai Chi Ongoing
10:15 a.m.: Yiddish
10:15 a.m.-1:15 p.m.: County Mobile Commuter Store
11 a.m.: Chair Exercise
12 p.m.: Chess
No concert

22

Happy Thanksgiving
Center closed
No shuttle bus

23

Center open 9 a.m.-2 p.m.
9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Coffee and Current Events

24

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

25

9:30-1:30 p.m.: Coffee and Sunday Papers

26

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

27

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.: Tea
6:15 p.m.: Depart for Arena Stage
6:30 p.m.: Mat Pilates

28

9:30 a.m.: Tai Chi Ongoing
10:15 a.m.: Yiddish
10:15 a.m.-1:15 p.m.: County Mobile Commuter Store
11 a.m.: Chair Exercise
12 p.m.: Chess
3-4 p.m.: Senior Scams
7 p.m.: Concert: World Jam Club

29

8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga
11 a.m.: Still Life and Beyond
4 p.m.: Spanish Conversation
7 p.m.: Movie: Crazy Rich Asians

30

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

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.

The season to share: Collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.