



## J A N U A R Y

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

**Reminder: The AARP Safe Driver Class, originally scheduled for November, will take place Jan. 17, from 10 a.m. to 3 p.m.**

**1** 2 – 3:30 p.m.: **New Year's Day Open House**  
Shuttle runs 1:30 to 4 p.m.

**2** 9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
12 p.m.: Chess

**3** 8:15 a.m.: Walking Club  
11 a.m.: Still Life and Beyond  
4–5:30 p.m.: Spanish Conversation  
7 p.m.: **Movie: Mamma Mia: Here We Go Again**

**4** 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

**5** 8:15 a.m.: Walking Club  
9:30 a.m.: Children's Photography  
10:30 a.m.: Basic Photography

**6** 9:10 a.m.: Yoga  
9:30 a.m.–1 p.m.: Coffee and Sunday Papers

**7** 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.: **Book Signing with Stuart Eizenstat**

**8** 8:15 a.m.: Walking Club  
10 a.m.: **Village Playtime: Multi-Generational Sing-Along**  
12–4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
1:30– 3:30 p.m.: Painting for Everyone  
2–4 p.m.: Nurse Specialist  
3–4 p.m.: Speech Therapy  
3–4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**9** 9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: All in the Eyes  
11 a.m.: Chair Exercise  
12 p.m.: Chess  
1 p.m.: **Suburban Lecture: Shingles**  
5:30 p.m.: **Community Advisory Committee**  
7 p.m.: **Concert: Robert Satham**

**10** 8:15 a.m.: Walking Club  
9:15 a.m.: **Depart for Bible Museum**  
11 a.m.: Still Life and Beyond  
10:30: Chair Yoga  
4–5:30 p.m.: Spanish Conversation  
7 p.m.: **Movie: Hereditary**

**11** 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

**12** 8:15 a.m.: Walking Club  
9:30 a.m.: Children's Photography  
10:30 a.m.: Basic Photography

**13** 9:10 a.m.: Yoga  
9:30 a.m.–1 p.m.: Coffee and Sunday Papers  
11:30 a.m.– 1:30 p.m.: Art Reception

**14** 9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
1 p.m.: Strength Training  
7:30 p.m.: **FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING**

**15** 8:15 a.m.: Walking Club  
10 a.m.–2 p.m.: **Village Playtime**  
11 a.m.: **Village Book Club**  
12–4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
1:30– 3:30 p.m.: Painting for Everyone  
2–4 p.m.: Nurse Specialist  
3–4 p.m.: **Musical Tea with Mark Hanak**  
6:30 p.m.: Mat Pilates

**16** 9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: All in the Eyes  
11 a.m.: Chair Exercise  
12 p.m.: Chess

**17** 8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga  
10 a.m.–3 p.m.: AARP Safe Driver  
11 a.m.: Still Life and Beyond  
4–5:30 p.m.: Spanish Conversation  
7 p.m.: **Movie: Molly's Game**

**18** 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

**19** 8:15 a.m.: Walking Club  
9:30 a.m.: Children's Photography  
10:30 a.m.: Basic Photography

**20** 9:30 a.m.–1 p.m.: Coffee and Sunday Papers

**21** 9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
**Martin Luther King, Jr. Day Center open 9 a.m to 2 p.m.**  
Shuttle runs on weekend schedule

**22** 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  
1:30– 3:30 p.m.: Painting for Everyone  
2–4 p.m.: Nurse Specialist  
3–4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**23** 9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: All in the Eyes  
11 a.m.: Chair Exercise  
12 p.m.: Chess  
5:30 p.m.: **Program Advisory Committee**  
7 p.m.: **Concert: Seriously Fun Singers**

**24** 8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga  
11 a.m.: Still Life and Beyond  
4–5:30 p.m.: Spanish Conversation  
7 p.m.: **Movie: Eighth Grade**

**25** 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  
4:30 p.m.: **Frozen STEM event**  
5:30 p.m. **Children's "Frozen" movie and pizza**

**26** 8:15 a.m.: Walking Club  
10 a.m.: **Charles Schwartz Talk on Glaucoma**  
9:30 a.m.: Children's Photography  
10:30 a.m.: Basic Photography  
11:30 a.m.–1:30 p.m.: **Free Glaucoma Screening**

**27** 9:10 a.m.: Yoga  
9:30 a.m.–1 p.m.: Coffee and Sunday Papers


**28** 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

**29** 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  
1:30– 3:30 p.m.: Painting for Everyone  
2–4 p.m.: Nurse Specialist  
3–4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**30** 9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.: Yiddish  
11 a.m.: All in the Eyes  
11 a.m.: Chair Exercise  
12 p.m.: Chess  
1 p.m.: **Tackling Clutter**  
7 p.m.: **Concert: Ginny Carr**

**31** 8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga  
11 a.m.: Still Life and Beyond  
4–5:30 p.m.: Spanish Conversation  
7 p.m.: **Movie: Peppermint**

**Please donate your old eyeglasses**  
Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the less fortunate, particularly in developing countries.

**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.

### Thank you generous neighbors!

A big thank you to all the Village residents who donated canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

