

Friendship Heights Village Center

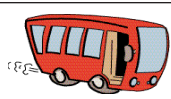


Calendar of Events 2019

O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Smile, breathe and laugh along with other seniors and toddlers too as Tonya Walton brings an intergenerational exercise program to the Village Center. Join us on Tuesday, Oct. 15, from 10:30 to 11:30 for Tonya's Tots and Seniors. This gentle exercise intergenerational program is guaranteed to make you smile! No need to sign up, just stop in!		1 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 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates	2 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 1 p.m.: All in the Eyes 1-4 p.m.: Flu Shots 7 p.m.: Concert: Christiana Drapkin	3 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: Breakthrough	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 a.m.-1 p.m.: Twin Springs Farm Market 11 a.m.-1 p.m.: Fused Glass Workshop
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 3 p.m.: Concert with John Eaton	8 8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 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.-1 p.m.: County Mobile Commuter Store 11 a.m.: Chair Exercise 12 p.m.: Chess No Concert	10 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 5:30 p.m.: Community Advisory Committee Meeting 7 p.m.: Movie: Bottom of the Ninth	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 a.m.-1 p.m.: Twin Springs Farm Market 12-1 p.m.: Lunchtime Lessons: Great Courses DVD: Washington, the White House and the Presidency
13 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	14 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Center Open 9 a.m.-2 p.m.	15 8:15 a.m.: Walking Club 10:30 a.m.: Tonya's Tots and Seniors 11 a.m.: Village Book Club 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 7:30 p.m.: Friendship Heights Village Council Meeting	16 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.: Suburban Lecture: Staying firm on you feet 7 p.m.: Concert: Mini-Musicals: The Music Man	17 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 4-5:30 p.m.: Spanish Conversation 6:30 to 8 p.m.: Fall Festival	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 a.m.-1 p.m.: Twin Springs Farm Market 12-1 p.m.: Lunchtime Lessons: DVD: The Supreme Court and the Legislature
20 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	21 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	22 8:15 a.m.: Walking Club 9:45 a.m.: Depart for Winchester 10 a.m.: Music with Marsha Goodman-Wood 12-4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 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.-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: TRDuo	24 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 12-1 p.m.: Vision Resource Lunch and Learn 4-5:30 p.m.: Spanish Conversation 5-7 p.m.: Shred-It Truck 7 p.m.: Movie: Yesterday	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 6:30-8:30 p.m.: Children's Halloween Party	26 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.-2 p.m.: Drug Take-Back Day
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 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 5:30 p.m.: Council Public Work Session on Aging in Place 6:30-8:30 p.m.: Monday Mountain Music Jam	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 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.-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: Magician Michael Taggart	31 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 2 p.m.: Adult Halloween Stories with Jane Dolkart 7 p.m.: Movie: Hotel Transylvania		



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.

Take a video tour of Washington, D.C., with Lunchtime Lessons by Great Courses

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C. on **Saturday, Oct. 12, and Saturday, Oct. 19, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

Saturday, Oct. 12, the DVDs feature Smithsonian Distinguished Scholar Richard Kurin presenting "How Washington D.C. came to be," and "The White House and the Presidency."

On **Saturday, Oct. 19,** the DVD presents Dr. Kurin as he covers "The Capitol Building and the Legislature," and "The Supreme Court and the Law of the Land." We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.