



F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make a little mountain music

Try your hand at music or just lend your voice during our monthly Mountain Music Jam and sing-along on **Monday, Feb. 24, from 6:30 to 8:30 p.m., at the Village Center.**

This informal music gathering invites you to jump right into the jam if you know basic chords in different keys. Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome.

Or just come to listen and enjoy as the musicians gather to make great sounds together. Whether you're picking with the musicians, singing along, or just listening, it promises to be a fun evening.

For details, call the Village Center at 301-656-2797. The event is free.

1

8:15 a.m.: Walking Club
10 a.m.-12 p.m.: Chinese New Year Chinese Classes for Children Preview



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
6:30 p.m.: Monday Night Bridge Club

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

5

10:15 a.m.-1 p.m.: County Mobile Commuter Store
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
1 p.m.: All in the Eyes
1 p.m. Music and the Aging Brain
5:30 p.m.: Community Advisory Committee meeting

6

8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga and Meditation
4-5:30 p.m.: Spanish Conversation
7 p.m.-8:30 p.m.: Writing Your Life Stories
7 p.m.: Movie: Maleficent

7

9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Balance, Movement and Memory
10:30 a.m.: Coffee and Current Events
11 a.m.: Natural Health
1 p.m.: Abstract Painting
1-2:30 p.m.: Friday Fiber Friends

8

8:15 a.m.: Walking Club
11 a.m.: Lip Print Reading Program

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
3 p.m.: Renters Alliance Talk
6:30 p.m.: Monday Night Bridge Club
7:30 p.m.: Friendship Heights Village Council Meeting

11

8:15 a.m.: Walking Club
10 a.m.: Music with Marsha Goodman-Wood
12-4 p.m.: Blood Pressure Screening
2-4 p.m.: Nurse Specialist
3-4 p.m.: Express Yourself
3-4 p.m.: Tea

12

9:30 a.m.: Tai Chi Ongoing
10:15 a.m.-1 p.m.: County Mobile Commuter Store
10:15 a.m.: Yiddish
1 p.m. Suburban Lecture:
1 p.m.: All in the Eyes
7 p.m.: Concert: Tai Chi Demonstration

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8:15 a.m.: Walking Club
10:30 a.m.: Chair Yoga and Meditation
2 p.m.: Canasta Class
4-5:30 p.m.: Spanish Conversation
7 p.m.-8:30 p.m.: Writing Your Life Stories
7 p.m.: Movie: Harriet

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9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Balance, Movement and Memory
10:30 a.m.: Coffee and Current Events
1 p.m.: Abstract Painting
1-2:30 p.m.: Friday Fiber Friends



Happy Valentine's Day

15

8:15 a.m.: Walking Club
12-1 p.m.: Lunchtime Lessons: Great Courses DVD: Civil Rights Landmarks

16

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

17

9:30 a.m.: Tai Chi Intro.
10 a.m.: Great Books
Presidents' Day Center Closes at 2 p.m.
Shuttle bus runs on weekend schedule

18

8:15 a.m.: Walking Club
11 a.m.: Village Book Club
12-4 p.m.: Blood Pressure Screening
2-4 p.m.: Nurse Specialist
3-4 p.m.: Tea

19

9:30 a.m.: Tai Chi Ongoing
10:15 a.m.-1 p.m.: County Mobile Commuter Store
10:15 a.m.: Yiddish
1 p.m.: All in the Eyes

20

8:15 a.m.: Walking Club
2 p.m.: Canasta Class
4-5:30 p.m.: Spanish Conversation
7 p.m.-8:30 p.m.: Writing Your Life Stories
7 p.m.: Movie: Motherless Brooklyn

21

9 a.m.: Depart for Craft Show in Baltimore
9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Balance, Movement and Memory
10:30 a.m.: Coffee and Current Events
1 p.m.: Abstract Painting
1-2:30 p.m.: Friday Fiber Friends

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8:15 a.m.: Walking Club
10 a.m.: Tech Help

23

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

24

9:30 a.m.: Tai Chi Intro.
10 a.m.: Great Books
12:30 p.m.: Bridge Club
1 p.m.: Strength Training
6:30 p.m.: Monday Night Bridge Club
6:30-8:30 p.m.: Mountain Music Jam and Sing-Along

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8:15 a.m.: Walking Club
10 a.m.-2 p.m.: MVA Mobile Office
10 a.m.-12 p.m.: Village Playtime
11 a.m.: Village Book Club
1 p.m.: Balance and Fall Prevention
12-4 p.m.: Blood Pressure Screening
2-4 p.m.: Nurse Specialist
3-4 p.m.: Tea
6:30 p.m.: Pilates for Postural Strength

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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
1 p.m.: All in the Eyes
7 p.m.: Concert: Leigh Goodwin- Black History Month Program

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8:15 a.m.: Walking Club
11 a.m.: Still Life and Beyond
12-1 p.m.: Vision Resources Lunch and Learn
2 p.m.: Canasta Class
4-5:30 p.m.: Spanish Conversation
7 p.m.-8:30 p.m.: Writing Your Life Stories
7 p.m.: Movie: The Third Man

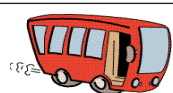
28

9:15 a.m.: Drop-In Tai Chi
10:30 a.m.: Balance, Movement and Memory
10:30 a.m.: Coffee and Current Events
1 p.m.: Abstract Painting
1-2:30 p.m.: Friday Fiber Friends

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8:15 a.m.: Walking Club
10 a.m.: Knitting Workshop

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.

Highlighting Washington's Civil Rights Sites during Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Feb. 15, at 12 p.m.**

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

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "Washington's Civil Rights Landmarks."

We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.

Save the Date: May 31- June 4 - Asheville, Biltmore, Hemings at Monticello tour and more