



Friendship Heights

VILLAGE NEWS

JULY 2022

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301-656-2797



Join our July 4th celebration at the Village Center

Our Independence Day celebration returns this year on **Monday, July 4, from 2 to 4 p.m.**, with the same old-fashioned atmosphere as in years past.

In addition to music with an Americana flavor from Frank Cassel and the Mountain Fever Band, we'll be serving hot dogs and delicious old-fashioned apple pie. Elected officials have also been invited to make remarks.



Ready to return to travel?

Harriet Edleson addresses travel concerns



If you're considering traveling this summer yet find yourself wavering, it's not surprising. Overall, you want to keep yourself and your loved ones safe.

Yet, for some, travel is a big part of life. If you wait for the perfect time, you may never go. You can postpone for only so long. Instead, during a pandemic that ebbs and flows, aim to mitigate risk.

On **Tuesday, July 12, at 10:30 a.m.**, author/journalist Harriet Edleson will discuss ways to be more comfortable and less uneasy about returning to the roads, skies, and tracks. A former health editor in the DC metropolitan area, Washington Correspondent for Travel Agent magazine, and author of "The Little Black Book of Washington, DC: The Essential Guide to America's Capital," Edleson has traveled widely since childhood and brings her experiences and expertise to the Village Center.

Most recently, she writes for MarketWatch.com and The Washington Post Real Estate section, and is the author of the book, "12 Ways to Retire on Less." Copies will be available for purchase.

Call 301-656-2797 to RSVP.

Authors pack romance, adventure and travel into book talks

Travel to exotic and faraway locales without leaving Friendship Heights as we welcome local authors for book talks in July and August.

On **Thursday, July 28, at 7 p.m.**, Tom Connell brings his "Shadow of a Pilgrim" to the Village Center. This comprehensive book— part memoir, part travelogue, part adventure story — looks like a coffee table book, with 340 color photographs.

On **Thursday, Aug, 4, at 7 p.m.**, Sepehr Haddad will discuss his book "A Hundred Sweet Promises." A family secret revealed 40 years ago by a grandmother to her grandson is now an acclaimed Russian historical fiction novel.

See details on both books on page 5.

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Reception for new Village residents

Are you new to the Village and eager to meet some of your neighbors?

Village residents, 21 years and older, who moved in during the last 12 months are invited to an informal reception at the Village Center on **Thursday, July 21, from 6 to 8 p.m.**

Not new to the Village? Bring a new resident with you. Pre-registration is required.

Call the Village Center at 301-646-2797 by July 19 to sign up.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

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Village Council Update

Council approves settlement agreement with 5500 Wisconsin Avenue developer

By a 4-3 vote at the June 21 meeting, following comments from residents, the Council approved a settlement agreement with Donohoe Development Company, the developer of the 5500 Wisconsin Avenue project. The agreement stipulates that the Village will remove its opposition to the sketch plan approval, and in return the developer will agree to 1) make changes to the development plan, and 2) acquire the pink house property (4607 Willard Avenue next to 4620 North Park) and limit development on that site. Key points of the agreement are as follows:

- The entrance to the 5500 Wisconsin apartment building will be on the private (shared) street that runs between The Hills Plaza and Wisconsin Avenue. There will be no access to the building from South Park Avenue or The Hills Plaza, thereby reducing drop-off traffic.
- There will be two pickup/drop-off spaces by the entrance to the building, at least four delivery vehicle spaces, and two loading docks for moving vehicles and garbage pickup, all by the main entrance.
- The developer will provide 10 additional garage parking spaces beyond what is required by code, to accommodate contractors and service personnel.
- The shared street will be one-way from The Hills Plaza toward Wisconsin Avenue.
- The developer will acquire the pink house property and will transfer about 38,000 square feet of density to the 5500 Wisconsin Avenue building. The remaining density on the pink house lot (8,200 square feet) will be used to build townhouses or single family houses with a 45-foot height limit, thereby protecting the residents of 4620 North Park next door.

The transferred density to 5500 Wisconsin will allow for a larger, 18-story building, more than 220 feet tall, including a penthouse and mechanical equipment on the roof. The Village agrees to remove its opposition to the sketch plan approval and will support the project moving forward.

Council negotiates to purchase 4608 North Park Avenue property

The Village is in negotiation to purchase 4608 North Park Avenue (the red house next to 4620 North Park) at a cost of \$3 million. The Council hired a settlement attorney to prepare a contract offer, and, as this issue goes to press, is preparing to submit an offer, following public discussion at the June 21 Council meeting. Further Council discussion and possible action are anticipated at the July 11 public Council meeting.

Discussions between the Village and the 4608 North Park owners began earlier this year, following the



Village's application to the County Historic Preservation Commission to have the house designated for historic preservation. Following a public hearing on June 22, at which Council member Al Muller testified in support, the Commission narrowly voted not to recommend the property for historic preservation. The Commission agreed with the staff report that the property did not meet the County's criteria for preservation, which includes the architectural significance of the house itself, the historic context of the property and its surroundings, and the importance of the original owner.

Primary Election Day: Tuesday, July 19

Maryland Primary Election Day is Tuesday, July 19. The Village Center is the polling place for all registered voters living in the Village. Polls will be open from 7 a.m. to 8 p.m. Voters can request a mail-in ballot on the Maryland State Board of Elections website by mail up until July 12. If you do not want to mail your completed ballot back, you can use the drop box that has been placed outside the Village Center's main entrance.



Early voting is available July 7 to 14, from 7 a.m. to 8 p.m. There are 14 early voting sites in the County. You can vote at any of these locations. The closest site to the Village is the Lawton Center in the Town of Chevy Chase (4301 Willow Lane).

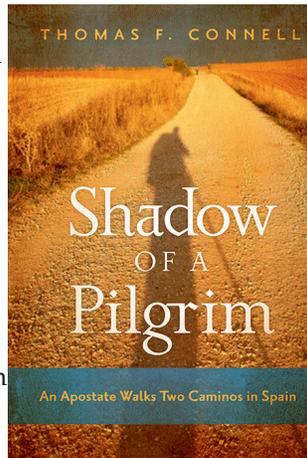
Other actions taken at the June 21 Council meeting:

- Approved motion to solicit bids for an independent financial consultant to review Village investments and provide recommendations.
- Approved extension of lease for one year for tenants at 4602 North Park Avenue.

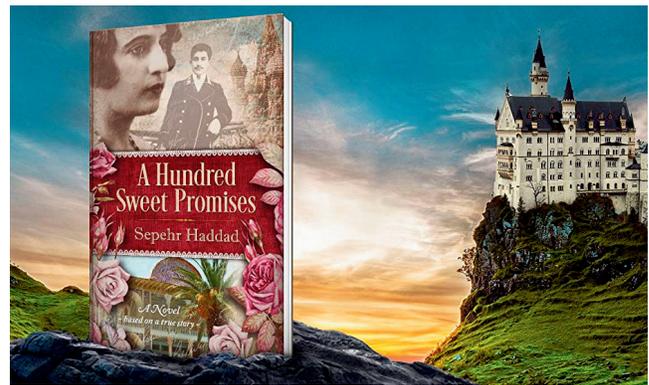
The next Council meeting, open to the public, will be Monday, July 11, at 7:30 p.m., at the Village Center.

Meet the Author— Thomas Connell *Shadow of a Pilgrim*

Join us on **Thursday, July 28, at 7 p.m.**, as author Tom Connell takes the audience on an epic adventure in this journal complete with keen insights, rollicking stories and hundreds of photographs. Lace up your boots and strap on your backpack as Connell guides you through his five-week hike across northern Spain, which covered 1,110 miles on foot. The journey starts in France and follows the ancient trail called the Camino Frances, across the Pyrenees, then across Spain to the historic city of Santiago de Compostela, to the ancient town the Romans named Finisterre, which means the end of the world. The book also covers a second and more remote Camino del Norte.



The talk is free, but please reserve a seat by calling the Village Center at 301-656-2797 or stop by the Village Center. Copies of “Shadow of a Pilgrim” will be available for purchase.



Meet the Author— Sepehr Haddad *A Hundred Sweet Promises*

Award-winning author Sepehr Haddad discusses “A Hundred Sweet Promises,” on **Thursday, Aug. 4, at 2 p.m.** at the Village Center. Inspired by a story his grandmother told him shortly before the 1979 Islamic Revolution in Iran, “A Hundred Sweet Promises” is the true tale of the author’s grandfather, Nasrosoltan Minbashian—a famed music composer living in Russia, in 1913. On the eve of World War I, Nasrosoltan embarks on a journey from his homeland, Persia, to study at the renowned St. Petersburg Conservatory in pursuit of his musical legacy. Nasrosoltan suddenly finds himself in a battle between head and heart while being carried forward on a wave of destiny toward an uncertain future .

The talk is free but please RSVP. To reserve a seat, email info@friendshipheightsmg.gov, call 301-656-2797 or stop by the Village Center. Copies of “A Hundred Sweet Promises” will be available for purchase. The book has won numerous awards for historical non-fiction.



A few items to enhance your summer trips
Sign up for your chance to win a travel-inspired basket when you attend our travel talk with author Harriet Edleson on **Tuesday, July 12, at 10:30 a.m.** at the Village Center. Ask the front desk staff for details.

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Lunch at a famous inn and two plays in Shepherdstown

Don't miss your chance to experience this year's Contemporary Arts Theater Festival in Shepherdstown, West Virginia. We have tickets to "Whitelisted" and "The House of the Negro Insane" on **Sunday, July 31**. Prior to the performances, we'll enjoy a three-course luncheon at the famed Bavarian Inn. Lunch includes a house salad, choice of chicken piccata, crab cake, or Schweinbraten (pork loin) for an entree, and Black Forest Cake for dessert. Coffee and/or tea is included. Please make your selection at sign-up.

In "Whitelisted", by Chisa Hutchinson, this haunting comedy involves Rebecca Burgess as she moves into a brownstone, renovates it, and simultaneously refuses to embrace her neighbors. When supernatural occurrences begin, Rebecca is dumbfounded.

"The House of the Negro Insane" by Terence Anthony is a moving historical drama that conjures hope in the face of physical, mental and spiritual incarceration.

We'll depart from the Village Center at 10:30 a.m. and should return by 8 p.m.

The cost of the trip, which includes round-trip transportation, tickets to both plays, lunch, and all taxes and gratuities, is \$199. Sign up immediately at the Village Center.

A chance to catch "Mockingbird" this summer

A few spaces remain for our trip to Aaron Sorkin's acclaimed production of *To Kill A Mockingbird* during a matinee performance at the Kennedy Center on **Thursday, July 7**.

Set in Alabama in 1934, Harper Lee's enduring story of racial injustice and childhood innocence centers on one of the most venerated characters in American literature, the small town lawyer Atticus Finch, played by Emmy Award-winner Richard Thomas. The cast of characters also includes Atticus' daughter Scout, her brother Jem, their housekeeper and caregiver Calpurnia, Tom Robinson, the man Atticus is defending, their visiting friend Dill, and a mysterious and reclusive neighbor Boo Radley.

We'll depart from the Village Center at 12 p.m., and should return by 5:30 p.m.

The cost is \$140, which includes one orchestra ticket and round-trip transportation. Sign up at the Village Center.

The Village Book Club will meet on **Tuesday, July 12, at 11:30 a.m., via Zoom**. The book selection is *Wilmington's Lie* by David Zucchino. The August book selection will be *Cloud Cuckooland* by Anthony Doerr.



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CLASSES AND CLUBS

PLEASE SIGN UP **AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver with Covid protocol when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART AND LANGUAGES

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Aug. 3 to Sept. 7. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a 4-week Spanish conversation group on Thursdays, 4 to 5:30 p.m. This class is on pause for the summer and will resume in September. English will NOT be spoken during the sessions. \$10. Minimum of five participants; maximum of eight.

SPANISH WITH ELENA

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts an Spanish class, with an emphasis on grammar and vocabulary, on Mondays, 5:30 to 7 p.m. This class is on pause and will resume in September. \$100. Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND STRENGTH

A 6-week class, Mondays, 11 to 11:50 a.m., taught by Tonya Walton., will begin in September. Designed to improve your balance and coordination. This class will improve

the communication between your muscles and your brain. It will consist of routines to strengthen your core and improve your overall mobility. All exercises are performed while standing and sitting (no floor/mat work). Designed to help seniors maintain their strength, flexibility and independence, with both standing and seated exercises using body weight and resistance bands (no floor/mat work). This class will help ward off age-related muscle loss, keep your bones strong, and promote mobility. \$75 for residents; \$85 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., July 13 to Aug. 3, taught by Cheryl Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques to improve your ability to perform daily activities safely. Will help to build your confidence while maintaining your balance and strengthening key muscle groups. The class is a prerequisite for the more complex Balance in Movement class. Clark is a licensed Physical Therapist Assistant who has been working on the aging body for more than 15 years. \$47 for residents; \$52 nonresidents. Please call the Village Center for start dates.

SEATED YOGA & MEDITATION

Louisa Klein, a yoga instructor with more than 40 years experience, teaches a 4-week session, Thursdays,

10:30 a.m. to noon, July 14 to Aug. 4. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. The class is designed to improve posture, balance, strength and flexibility. Emphasis on breathing techniques. \$47 for residents; \$55 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 7-week session, Mondays, 9:30 to 10:30 a.m., July 11 to Aug. 22. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$86 for residents; \$91 for nonresidents.

DC TAI CHI (TUESDAY NIGHT)

A 9-week session, Tuesday, 7:15 to 8 p.m., June 28 to Aug 23. Class will not meet on July 19. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$112 for residents; \$120 for nonresidents.

DC TAI CHI (ONGOING)

A 7-week session, Wednesdays, 9:30 to 10:30 a.m., July 13 to Aug. 24. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi. Fundamental training is required; maximum number is 20. \$86 for residents; \$91 for nonresidents.

Our Village Yard Sale offers a fun way to declutter

Village residents are invited to participate in a summer yard sale in Humphrey Park in front of the Village Center on **Saturday, July 9, from 10 a.m. to 1 p.m.**

Participants must rent a 6-ft. table from the Village Center for \$12. One table per household. Two chairs per table will also be provided. There are a limited number of tables available for rent. Register at the Village Center beginning July 1.

Tables will be set up no earlier than 9:30 a.m. on Saturday, July 9. Items for sale must be confined to your immediate table space. All unsold items must be removed from the table and the park by 2 p.m.

Table rental is limited to Village residents.

To register for this event, call the Village Center at 301-656-2797.

GENTLE YOGA WITH ROBIN

A 6-week Hatha Yoga, for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga," on consecutive Sundays, July 10 to Aug. 21, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$90 for residents; \$99 for nonresidents.

PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 12-week class, Tuesdays, 6 to 7 p.m., through July 26, taught by Dawn Maynard. The cost is \$300.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 6-week class, Saturdays, 9 to 10 a.m., taught by Dawn Maynard, is on pause for the summer. Check our August newsletter for September start dates.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. Nurse consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call 301-656-2797 to register. A free two-part canasta class for residents will be held on July 13 and July 20 from 1:15 to 2 p.m. A minimum of 6 is required. Registration for the class is required. Sign up no later than July 7.

CHESS

An informal group plays chess on Wednesdays, 12:30 to 3 p.m., at the Village Center.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon, and currently meets at the Village Center.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. at the Village Center. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qi Gong exercises.

EXPRESS YOURSELF

Susan Wranik leads an aphasia support group, sponsored by the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at 3 p.m. Call

Get inspired by our aquarium

Have you seen our new aquarium in the Village Center lobby?

The creator of this beautiful feature, Jim Karanikas of Aquatic Inspirations will offer a talk and special workshop on aquariums on **Monday, Aug. 8, at 1:30 p.m.**

Learn the basics of aquatic life and how to maintain a small aquarium/bowl. Karanikas will explain the biology and basics of keeping fish and plants in an aquarium. Participants will then setup their own bowl with a fish and plant/decorations.

The cost is \$45 per person and limited to 12 participants. Sign up at the Village Center by July 29 and pay \$35.

For information, call the Village Center at 301-656-2797.



Susan Wranik at 301-520-2332 or email susan@speakskill.com.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet on Fridays, from 1 to 2:30 p.m., at the Village Center. Call Joan Lewis at 301-452-4466 for details.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m. Call Judith Abrahams at 301-215-6950 or Jean McNelis at 301-656-6695 for details.

TEA

Village residents and guests are invited to enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m. Birthdays are celebrated on the first Tuesday of the month.

VILLAGE BOOK CLUB

The book club meets one Tuesday a month via Zoom. Email Sheila Manes at manessheila@gmail.com.

WALKING CLUB

The club takes two-mile, hour-long walks on Tuesdays, Thursdays, and Saturdays, starting at 8:15 a.m. at the Village Center. Call Eniko Basa at 301-657-4759.

CONCERTS



Concerts are held Wednesdays from 7 to 8 p.m. in Hubert Humphrey Park in front of the Friendship Heights Village Center. In the event of inclement weather, concerts will be moved indoors.

Wednesday, July 6—Karen Lovejoy- Karen Lovejoy has graced the East Coast with her music since the 1990s. Bandleader of the Lovejoy Group, she has opened for national recording artists as well as being a headliner. A favorite on the local scene, she has performed at the 219 Club, Twins, Mr. Henry's and Blues Alley. Her repertoire includes tender ballads, gentle bossa and down-home blues.

Wednesday, July 13—Robert Redd Group —Robert Redd started out as a trumpet player and began performing professionally while still in high school. He later switched to piano and was very quickly much in demand. For 15 years, he was a member of the Keter Betts trio. The trio played throughout the Washington area, including the Kennedy Center, Blues Alley, Wolf Trap, and Friendship Heights Village Center. Prior to that, Redd was pianist and musical director for singer-songwriter Kenny Rankin.

Wednesday, July 20—Steve Hom and Karla Chisholm— Guitarist Steve Hom has collaborated for years with several of the area's top jazz singers. He has performed for ambassadors, members of Congress and the Governor of Maryland. Jazz and pop vocalist Karla Chisholm has performed for luminaries from President Obama to Michael Jordan.

Wednesday, July 27—Max Gergits Trio—Gergits majored in jazz studies on a full scholarship at the University of Maryland. He has performed on the national stage with musicians including Terrell Stafford, Delfeoyo Marsalis, and Chris Gekkar. He and his trio bring a youthful sound to the familiar standards.

Mark your calendars for comedy in August!

Wednesday, Aug. 3—Comedy Night with Robert Mac

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MOVIES



All movies begin at 7 p.m. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, July 7 p.m.—Movie—Coco—Despite his family’s generations-old ban on music, young Miguel dreams of becoming an accomplished musician. He soon finds himself in the stunning and colorful Land of the Dead and embarks on an extraordinary journey to unlock the real story behind his family history. Rated PG-13. Running Time: 134 minutes
Brock This movie was preempted by our candidates forum in June.

Thursday, July 14, 7 p.m.— Movie—Petite Maman—From award winning director Celine Sciamma comes a poignant French film about love, loss, grief and innocence. After the death of her beloved grandmother, eight-year-old Nelly accompanies her parents to her grandmother’s home in the countryside. Her parents begin the process of cleaning out the contents of the home. While there, Nelly meets a young girl building a treehouse in the woods. The two girls bond, building and playing in this magical place. And one of them has a secret. Critics have universally praised the movie for acknowledging the pain felt after the death of a loved one and how this is processed and carried over time. One critic called it “a beautiful poem of a movie” Sciamma,

who previously directed Portrait of a Lady on Fire, also wrote the screenplay for this movie. Rotten tomatoes awarded the film a score of 97%. Rated PG. Running Time: 72 minutes

Thursday, July 21, 7 p.m.—Movie—Everything Everywhere All at Once—When an interdimensional rupture propels Michelle Yeoh into an unlikely hero needed to save the universe, mayhem and comedy ensue in this crazy fantasy adventure directed by Dan Kwan and Daniel Scheinert. Yeoh must use her newfound powers to battle bewildering dangers from the multiverse as the fate of our world hangs in the balance. The break from reality results in many humorous moments and is nonsensical, but somehow the center holds. To quote one critic, the movie uses science-fiction to ponder philosophical problems. The movie is characterized by stunning visuals, incredible acting, and a powerful story. Rotten tomatoes awarded the film a score of 95%. Rated R. Running Time: 132 minutes.

Thursday, July 28 , 7 p.m.—Booksigning: “Shadow of a Pilgrim” by Tom Connell — see page 5 for details.

Community Drive for school supplies for children in need

Help fill backpacks for children in need of school supplies during our community drive July 6 to Aug. 5 at the Village Center. Just look for the yellow school bus in our lobby!

We’re participating in the 23rd Annual “We’ve Got Your Back” back to school campaign sponsored by Wings For Joy Inc. Wings for Joy orchestrates eight to 10 campaigns each year to provide programs and services to women and children in need of guidance and support in Maryland and Washington D.C.

Wings’ programs and campaigns are designed to reach women and children in underserved communities, working with local shelters to provide assistance to families to aid in their empowerment and progression to lives of independence.

Pencils, pens, composition books and paper are always welcome. Please see the front desk for a more comprehensive list of most-needed items.

Cool off with an indoor Saturday movie at the Center

Beat the heat with a special matinee movie featuring “Now and Then” at the Village Center on **Saturday, July 30, at 11:30 a.m.** Fans of “Sisterhood of the Traveling Pants” and “Ladybird” will like this movie.

Follow the story of four 12-year-old girls and the eventful summer they spend together in their small town in 1970. This feel-good movie stars Melanie Griffith, Thora Birch, Rosie O’Donnell, Christina Ricca, Rita Wilson, Ashleigh Aston Moore, Demi Moore and Gaby Hoffman. Rated PG-13. Running Time: 102 minutes.



TO YOUR HEALTH

Summertime and your diet

A traditional Chinese medicine look at food

Summer is here! Come find out what foods are best to eat in the summer, and for particular conditions when Kimberly Coleman, Registered Nurse and Doctor of Acupuncture, presents a lecture on dietetic therapy on **Thursday, July 14, at 1:30 p.m.** at the Village Center.

Did you know acupuncture is just one modality in a larger system of medicine known as traditional Chinese medicine (TCM)? TCM originated in ancient China and has evolved over thousands of years as it spread to other east Asian countries and eventually the West. And another component of TCM is dietetic therapy. In addition to acupuncture, TCM practitioners use herbs, moxibustion, and cupping to treat a range of conditions. She will be offering an overview of TCM and its modalities along with dietary suggestions for Summer and self-care treatments for common summertime conditions.

Please stop by the Village Center or call 301-656-2797 to reserve a seat.

Tummy Troubles?

Suburban Lecture on Irritable Bowel Syndrome

Gastroenterologist Naveen Gupta will discuss irritable bowel syndrome, potential complications from this condition and treatment options during this month's Suburban Lecture on **Wednesday, July 13, from 1 to 2 p.m., via Zoom.**

To register and for Zoom access information, email info@friendshipheightsmd.gov.

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Free Glaucoma Screenings

The Prevention of Blindness Society of Metropolitan Washington, will be providing free glaucoma screenings on **Saturday, July 23, from 10:30 a.m. to 12:30 p.m.**, at the Village Center. To make an appointment call the Village Center at 301-656-2797.

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COVID-19 UPDATE

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Friendship Heights

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Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade

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ART AND CULTURE

Summer Open Arts Studio on Fridays CityLine Studio offer weekly art mini-lectures

Village residents and their guests are invited to enjoy an open studio at the Village Center Friday afternoons throughout the summer. We'll set up tables in Classroom 1 from 1 to 4 p.m. each Friday.

Budding and experienced artists alike are welcome to bring their art supplies for an afternoon of art. (Please note we are unable to store any projects or materials).

Space is limited to 12 artists each week. To reserve a space, please call the Village Center at 301-656-2797 no earlier than the Wednesday before

each weekly session. Space will be assigned first come first served and will be limited to residents and one guest. If you like, you may drop in to see if space is available.

As an added feature, one of our artist friends at CityLine Studios will offer a 10-15 minute mini art lecture at the start of each Friday session.

CityLine Studios is located at 4602 N. Park Ave. (opposite The Elizabeth).

While no instruction will be offered, participants are invited to give feedback to the lecturing artist.

Friendship Gallery celebrates freedom

Friendship Gallery celebrates Independence Day throughout the month of July with a special open exhibition, "Freedom for All."

Meet the artists during a reception on **Sunday, July 10, from 11:30 a.m. to 1 p.m.**

The Village Center is open Monday through Thursday 9 a.m. to 9 p.m., Friday 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

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Chasing the Aurora

Experience the awesome power of the Aurora Borealis as filmmaker, composer and writer Sean Harris presents "Chasing the Northern Lights in a land of Ice, Vikings and Volcanoes," on **Monday, Aug. 1, at 7 p.m.** at the Village Center.

In this multi-media talk, Harris will recount how a love affair sent him to the Arctic searching for a cure for heart-break. Sean first visited in 2002 and for the next 15 years he went back yearly for stays lasting up to three months. He often brought friends and photographers to Djupavik, a tiny hamlet of three people at the very wildest and northernmost part of the country.

Wandering the astonishing landscapes of Iceland and living with its people, he finds answers about creativity and imagination not only in the sky but in the ice and volcanoes under his feet.

Please call 301-656-2797, stop by the Village Center or email info@friendshipheightsmd.gov to reserve a seat.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Like us on Facebook:

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Visit our website:

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Phone: 301-656-2797

July 2022 events calendar