Friendship Heights
# VILLAGE NEWS
NOVEMBER 2022 VOLUME 39, NO. 11 www.friendshipheightsmd.gov 301-656-2797

**Patriotic Sing-Along, see page 4.**

## Cabaret Flamenco

***Dance, music , and a brief history of dance from Andalucia and Rajasthan***

In an evening of dance, music, images and cuisine, the Friendship Heights Village Center will be transformed in a "Juerga," a term used to describe gatherings of flamenco musicians and dancers in either formal or casual locations for revelry on **Wednesday, Nov. 16, from 6:45 to 8:30 p.m.** Cabaret Flamenco features dancing, music, costumes, an explanation of flamenco's connection to Rajasthan and India, a basic flamenco dance

steps demonstration, and solo guitar performance. At the conclusion of the performance, the audience is invited to sample a variety of foods representative of Spain.

Despite its global popularity, flamenco is still a mysterious art form of folk tradition that is grounded in Asian and Arabic music. It has evolved into a singular style that represents not just Iberia, Spain

**Continued on page 7, see Flamenco**

## Make a party out of shopping

Artisans of all types will fill the Village Center auditorium for two days, which feature shopping, music and food on **Friday, Nov. 4, from 5:30 to 8 p.m. and Saturday, Nov. 5, from 10 a.m. to 4 p.m.** Our Pop Up Shop not only offers great shopping but gives attendees a chance to talk with artists about their craft and their creative process. Pottery, glassware, wooden bowls and gifts, textiles, clothing, metal, stone and beaded jewelry, paintings, notecards, candles, holiday items, and more, will be for sale.

On Friday, enjoy the jazzy sounds of the Karen Lovejoy Group while shopping and mingling in festive atmosphere. The fair continues Saturday, from 10 a.m. to 4 p.m., with more shopping opportunities. Come for breakfast or lunch. We'll have concessions by Homemade Signatures featuring Belgian waffles, a baked potato bar, hearty vegetable soup, hot chocolate and coffee bar, hot cider, assorted soft drinks and a selection of desserts. There is no admission fee to the fair.

We'll also have a complimentary children's craft room where children, 5 and over, can make that special gift while their parents shop. Children under five are also welcome to visit the craft room and create, but must be accompanied by a parent or guardian. Crafts available while supplies last.

## Marvel at the Garden of Lights

Thousands of multi-colored twinkling lights tempt even the most seasoned Scrooge to embrace the holiday spirit. Join us as we visit the Garden of Lights holiday display at nearby Brookside Gardens on **Thursday, Dec. 15.**

Stroll through the outdoor, walk-through exhibit and enjoy glimmering one-of-a-kind displays adorning the flowerbeds and grounds throughout the horticultural gem in Wheaton**.**

Sip hot chocolate and nibble on holiday cookies from 4:15 to 4:45 p.m, prior to boarding the motorcoach. The cost of the trip is $35, which includes round-trip transportation and admission to the Garden of Lights, and all taxes and gratuities.

We'll depart from the Village Center at 5 p.m. and should return by 7:30 p.m. Residents may sign up immediately; nonresidents may sign up beginning Nov. l4.

**Artists of the High Renaissance, see page 5.**

# Eating for Autumn

## *Exploring Traditional Chinese Medicine and seasonal diets*

Fall is here and the holidays are around the corner!
Come to the village center on **Thursday, Nov. 17, at 2 p.m**. to learn how to support your lungs and large intestine during the autumn season when Kimberly Coleman discusses ways to cope when we inevitably overeat during family gatherings.

Following her talk, welcome special guest Lindsey Edwards, who will talk with us about how acupuncture can benefit our pets.

Dr. Coleman, a registered nurse and doctor of acupuncture, will be offering an overview of TCM and its modalities, dietary suggestions and lifestyle adaptations for Fall, along with self-care treatments for seasonal conditions, such as the common cold and flu.

In Traditional Chinese medicine (TCM), there are five elements that correspond to different times of the year and organs in our bodies. Metal is the element of Fall and associated with our lungs and large intestine.

The talk is free, please call 301-656-2797 to reserve a seat.


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# Acupuncture for Animals

Lindsey Edwards is a board-certified and licensed acupuncturist and has an additional certification in animal acupuncture for cats, dogs and horses. She will be discussing how acupuncture for animals compares to acupuncture for people on Thursday, Nov. 17, immediately following the 2 p.m. "Eating for Autum" talk by Kimberly Coleman.

Ms. Edwards will share some common medical diagnoses that acupuncture benefits in our four-legged companions.

*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**

The deadline for reserving space in the December issue is Nov. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## Council statement of support for 5500 Wisconsin Avenue project

On August 26, the Circuit Court ruled against the Village in its appeal of the Planning Board's approval of the sketch plan for 5500 Wisconsin Avenue. On September 2, the Village signed a settlement agreement regarding the 5500 Wisconsin Avenue project. Under this agreement, the Village will drop its opposition, including no longer appealing the court decision, and will support the project.

The agreement requires some changes that the Village requested in the original plans, such as relocating the apartment building's entrance from the corner of South Park and The Hills Plaza to the private street, providing vehicle pick-up and drop-off spaces in front of the lobby entrance on the private street, and providing parking spaces for delivery vehicles on that street.

The developer will pay the Village $1,000,000 for the Village's transferring to the Wisconsin Avenue project up to 32,718 square feet of density from the Village's recently purchased red house property. The density transfer will be used principally to widen the 7th floor of the Wisconsin Avenue building to be about the same size as the first 6 floors. The density transfer will not increase the height of the building. It is anticipated that an above-ground building construction permit will be issued within two years, with demolition of the existing building and ground construction commencing before then.

## Page Park project update

The Page Park project is moving forward after a minor delay in concrete work due to October's rainy weather. The contractor is proceeding with the installation of the patio, the pergola and the children's play area. The stone work phase is expected to continue through December and likely into January. Plantings are anticipated for early spring.

## Council expands shuttle bus express service

The Council unanimously agreed to add Wednesday morning express service from 6:40 to 8:00 a.m., with the same route and stops as the other express days, starting November 1. The bus will then switch to its regular Wednesday schedule to Westbard beginning at 8 a.m. Please find the revised schedule below.

**Monday through Friday**
**Morning to Mid-Afternoon**

**SHUTTLE BUS SCHEDULE**

**MORNING EXPRESS SERVICE**

| Amazon Grocery Store | Willoughby on Willard | N. Park and Willard | 4820 and 4815 on N. Park | Elizabeth on N. Park | Carleton on N. Park | Willoughby on N. Park | Willoughby on Friendship | The Highlands West | The Highlands East | Friendship Heights Metro | Amazon Grocery Store |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 6:40 | 6:44 | 6:45 | 6:46 | 6:47 | 6:48 | 6:49 | 6:49 | 6:50 | 6:51 | 6:53 | 6:57 |
| 7:00 | 7:04 | 7:05 | 7:06 | 7:07 | 7:08 | 7:09 | 7:09 | 7:10 | 7:11 | 7:13 | 7:17 |
| 7:20 | 7:24 | 7:25 | 7:26 | 7:27 | 7:28 | 7:29 | 7:29 | 7:30 | 7:31 | 7:33 | 7:37 |
| 7:40 | 7:44 | 7:45 | 7:46 | 7:47 | 7:48 | 7:49 | 7:49 | 7:50 | 7:51 | 7:53 | 7:57 |
| 8:00 | 8:04 | 8:05 | 8:06 | 8:07 | 8:08 | 8:09 | 8:09 | 8:10 | 8:11 | 8:13 | 8:17 |
| 8:20 | 8:24 | 8:25 | 8:26 | 8:27 | 8:28 | 8:29 | 8:29 | 8:30 | 8:31 | 8:33 | 8:37 |
| 8:40 | 8:44 | 8:45 | 8:46 | 8:47 | 8:48 | 8:49 | 8:49 | 8:50 | 8:51 | 8:53 | 8:57 |

** Shading denotes morning express service on Wednesdays. Normal service to Westbard Giant resumes at 8 a.m. (see page 4)*

## New Assistant to Program Director hired!

Following an extensive search that yielded some excellent candidates, the Council has hired Dale Conway, a longtime Village resident, to be our new Assistant to Program Director. Dale possesses extensive experience in communications, event planning, social media, and project management. She recently led her own communications firm, while earlier in her career she also worked for CNN, Business Times, Discovery, and the LPGA. Dale will begin November 1—we welcome her to our team!

## Sign up to receive alerts

Sign up to receive important alerts from the Village by simply using this QR code with your phone and completing the online form.

Other actions taken at the September 12 Council meeting:

- Approved proposal from Mulheron Tree Experts for snow removal services within the Village during the period 2022–2025, at a total cost determined by the work billed on a time and material basis as outlined in their proposal.

*The next scheduled Village Council meeting, open to the public, will be Monday, November 14, at 7:30 p.m., at the Village Center and on Zoom. Please visit our website for additional details.*

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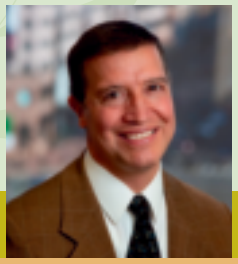

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# A patriotic sing-along with pianist Michael Dennison

Join us as we honor our veterans with an afternoon of patriotic music with pianist/vocalist Michael Dennison on **Thursday, Nov. 10 at 2 p.m.,** at the Village Center.

He is a singer, organist, pianist, pastor, teacher, writer, and community organizer. He has been sharing the joy of music for more than 25 years. His formal training began with the Maryland State Boychoir where he spent more than 10 years and it continued with private instruction in piano, organ, voice, choral conducting, and service playing. His instructors have included Lee F. Simmons (organ); Darryl Hopkins (piano); Dr. Frank Adams, the last surviving member of the Original Duke Ellington Orchestra (piano); Betty Roy-Butler (piano and service playing) Jewel Churn, Delores Jones, Shirley Hughes, and Katrina Koenig (voice), to name a few.

He has served numerous churches, schools, and other organizations throughout the Baltimore-Washington Metropolitan Area as well as Pawleys Island, S.C. He has travelled extensively throughout the United States, Canada, the United Kingdom, and the Caribbean and has worked with numerous world-class performers, conductors, and composers.

To reserve a seat, stop by the Village Center, or call 301-656-2797.

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# Exploring the art of the High Renaissance

## *An evening lecture with Nick Glakas*

Join us for a journey back to 16th century Italy when individuals such as Leonardo, Michelangelo, Raphael and Titian pursued artistic excellence and individual fame.

Our guide is Nick Glakas, a former naval officer, international lawyer, college association president and ship lecturer discusses the artists of the High Renaissance on **Thursday, Dec. 8, at 7 p.m.**, at the Village Center.

The Renaissance was one of history's great turning points, marking the end of the Middle Ages and the birth of the modern world. The climax of the Renaissance— the "High Renaissance" — took place in early 16th century Rome, where papal munificence created unparalleled opportunities for work on a grand scale by Leonardo, Michaelango, Raphael, and Titian.

Lectures by Nick Glakas are always popular, so please stop by the Village Center, or call 301-656-2797 to reserve a seat.

# Thanksgiving Food Drive at the Village Center

Help fight hunger in our community by taking part in our Thanksgiving food drive to collect healthy food for Manna Food Bank in Gaithersburg. We will be collecting non-perishable food items at the Village Center until Nov. 18.

Manna is always in need of items without ingredients like added sugar, saturated/trans fats, and sodium. Some examples are canned fish packed in water, fruit canned in its own juice, low sodium vegetables and soup, brown rice and whole wheat pastas, natural nut butters and dried beans.

Lists of the most needed foods, are available at the Village Center.

To donate, look for the turkey on the table in the Village Center lobby!

The Village Book Club will meet on **Tuesday, Nov. 15 at 11:30 a.m., via Zoom.** The book selection is *The Personal Librarian* by Marie Benedict. The December book selection will be *A Single Rose* by Muriel Barbery.

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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., through Nov. 2. 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. $80 for residents; $85 for nonresidents.

### ENGLISH CONVERSATION

Mallory Starr, a Village resident and longtime Spanish teacher, conducts an 6-week English conversation group for adults on Tuesdays, 5 to 6 p.m., through Nov. 29. **$15.** Class will not meet Nov. 8. Minimum of two participants; maximum of 12. See story on page 7.

### SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a 6-week Spanish conversation group on Thursdays, 4 to 5:30 p.m., through Nov. 17. English will NOT be spoken during the sessions. **$10.** Minimum of five participants; maximum of eight.

## EXERCISE

### BALANCE AND STRENGTH

A 6-week class, Mondays, 11 to 11:50 a.m., Nov. 7 through Dec. 19. Taught by Tonya Walton. This class will improve the communication between your muscles and your brain. It will consist of routines to strengthen your core and enahnce your overall mobility, balance and coordination. All exercises are performed while standing and sitting. Designed to help seniors maintain their strength, flexibility and independence, by using body weight and resistance bands. (no floor/mat work). This class will help ward off age-related muscle loss and keep your bones strong. $82 for residents; $90 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

### BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., Nov. 9 to Nov. 30, 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. $52 for residents; $58 for nonresidents.

### GENTLE YOGA WITH ROBIN

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga," Sundays, Nov. 13 through Dec. 18, 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 $99 for residents; $109 for nonresidents.

### PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., through Nov. 29, taught by Dawn Maynard. Class will not meet Nov. 8. The cost is $250 for residents; $275 for nonresidents. Students are welcome to bring a towel, mat and any Pilates props.

### PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 10-week class, Saturdays, 9 to 10 a.m., through Dec. 3, taught by Dawn Maynard. The cost is $250 for residents; $275 for nonresidents. Students are welcome to bring a towel, mat and any Pilates props.

### SEATED YOGA AND MEDITATION

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Nov. 3 through Dec. 15. 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. Klein, a member of the International Yoga Teachers Association, has taught for more than 40 years. $85 for residents; $95 for nonresidents.

**FRIDAY AFTERNOON BEGINNING PILATES**

**STARTS IN JANUARY**

**Watch the December *Village News* for details**

**QIGONG AND TAI CHI (MONDAY)**
A 12-week session, Mondays, 9:15 to 10 a.m., through Dec. 12. Class will not meet Dec. 5. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; $179 for residents; $190 for nonresidents.

**QIGONG AND TAI CHI (TUESDAY NIGHT)**
A 12-week session, Tuesdays, 7:15 to 8 p.m., through Dec. 13. 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; $179 for residents; $190 for nonresidents.

**TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAY)**
A 12-week session, Mondays, 10 to 10:30 a.m., through Dec. 12. Class will not meet Dec. 5. Taught by internationally recognized Master Nick Gracenin, this class presents taolu (formal patterns) of traditional Taijiquan. Students will have the chance to try the more complex combined 42 Form sand the Tai Chi Fan. $138 for residents; $150 for nonresidents.

## 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.

**CHESS**
An informal group plays chess on Wednesdays, 12:30 to 3 p.m., in the Village Center reading room.

**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 Qigong exercises.

**EXPRESS YOURSELF**
Susan Wranik leads an aphasia support group, by the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at 3 p.m. Call 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. Group will not meet Nov. 11 nor Nov. 25.

**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 may enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

**VILLAGE BOOK CLUB**
The book club meets one Tuesday a month via Zoom. See page 5. Sheila Manes at manessheila@gmail.com.

**WALKING CLUB**
The club takes an hour-long two-mile, walk on a set route in Chevy Chase Village on Tuesdays, Thursdays, and Saturdays, at 8:15. On the other days, the group meets at 8:15 and decides on a route in the neighborhood. The routes may go longer and go into Bethesda and DC. Meets in front of the Village Center. Call: Eniko Basa at 301-657-5759 or email: eniko.basa@verizon.net

**Continued on page 7, see Flamenco**

or Andalucia, but the idea of a community called 'Al'Andaluz' in the centuries before flamenco's birth. The Phoenicians, the Greeks, the Romans and the Moors all established communities and trade in the South of Spain, and while most of the evidence is seen in castles or ruins today, flamenco still vibrantly attests to the waves of culture that swept thorugh Spain since civilization began. Cabaret Flamenco is a show produced by Sandra Bishop and Seanie Blue, whose entertainment company, Wonder 101, has been located in Friendship Heights since 2010. Their interest in flamenco stems from Sandra's years as a flamenco dancer and producer, including time where her studio, "Pink Flamenco" on North Park Avenue hosted weekly meetings of flamenco dancers and musicians. Blue grew up in Andalucia, and has had a longstanding interest in the Romani diaspora and its influence on flamenco.

The event is free; please call at 301-656-2797 or email info@friendshipheightsmd.gov to reserve a seat.

# Take a Canasta class

Beryl Blecher will be offering another series of introductory Canasta classes on Wednesday, Jan. 11 and Wednesday, Jan. 18, from 1:15 to 2 p.m. at the Village Center. Instruction and pamphlet will be provided.

The cost is $15 per person. Cash or check only. A minimum of 6 is needed. Sign up at the Village Center no later than Dec. 15.

# CONCERTS

**Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall at the Village Center. If you are arriving after the start of the performance, please wait until a break to enter. Please turn off phones prior to entering the auditorium. If you must leave early, please wait for a break in the performance.**

**Wednesday, Nov. 2 —Motown and More with Ray Apollo Allen** —A local singer living in the Fort Washington area, Ray Apollo Allen formed the singing group "Apollo Brothers" with his brother "Butch" and friend "Jackie Love" in the sixties. They debuted on television on the Barry Richard's Rock & Soul Show. In 1985, Ray went solo until the year 2000 and went on to sing only gospel for the next six years. Ray joined the Orioles in 2006, of which he is still a member. Ray has shared the stage with the greatest acts of the 50s, 60s, and 70s including The Drifters, The Platters, and Sam & Dave. Today, Ray Apollo Allen performs all over as a solo act singing renditions of rhythm & blues, gospel, and soul favorites when he is not with the group, the Orioles. This night he will be joined by four musicians for an evening featuring the music of some of Motown's most legendary singers.

**Wednesday, Nov. 9—String of Pearls**—Violinist Susan Jones returns to the Village Center with a program featuring a mix of classical music and tunes from the Great American Songbook.

**Wednesday, Nov. 16—Cabaret Flamenco —** Local entertainment producers Wonder 1010 presents an evening of music, dance, culture and cuisine, with a focus on flamenco. See page 1 for details.

**Wednesday, Nov. 23—No Concert**

**Wednesday, Nov. 30—Mpingo Clarinet Quartet—** Mpingo is a clarinet quartet that has been playing together for more than 15 years, performing at local venues such as Dumbarton House, Ellipse Art Center, Church of the Epiphany, Creative Caldron, the Lyceum, and the Village at Rockville. Mpingo is the Swahili name for the black wood of the clarinet. The various timbres of bass clarinet, basset horn, E-flat soprano clarinet, as well as B-flat soprano clarinet can create unique and different sounds for the ensemble. The quartet is composed of Nancy Genovese, Christopher Hite, Robert Little and Steve Lawson.

## Holiday arrangement workshop

Pam Maidl of Interior Garden Designs, the talent behind our holiday and festival decorations, will conduct an hour-long holiday centerpiece workshop on **Saturday, Dec. 10, at 10 a.m.** at the Village Center. Learn floral design and make and take beautiful holiday centerpieces. The cost is $30 and includes instructions, greenery and decorations. Sign up at the Village Center. Space is limited.


Save the DATE

10th Annual Pie Party & Donation Collection For A Wider Circle

Saturday, November 19th

Location: RLAH Office 4600 N. Park Avenue, Friendship Heights

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Collecting: canned food, housewares, furniture, winter coat donations

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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. Enjoy fresh popcorn during these presentations.***

**Thursday, Nov. 3, 7 p.m.—Movie—My Old School—** This is the fascinating true story of "Brandon Lee," the fictional name of a student who re-entered his Scottish high school more than a decade after graduating under a different name. Deceiving students, teachers and administrators at Bearsden Academy, the 30-year-old "Lee" embarked on an effort to "redo" his high school years so that he could retake exams and get into medical school, where he had recently flunked out. Alan Cumming voices over Lee's comments from an interview about the deception with director Juno McLeod. Lee, whose real name is Brian MacKinnon, refused to appear on camera. McLeod, one of Lee's former classmates, also interviewed fellow students and teachers for this documentary. Rated R. Running Time: 106 minutes.

**Thursday, Nov. 10, 7 p.m.—Movie—Under the Tuscan Sun—**Diane Lane stars in this romantic comedy drama, based on the best-selling memoir by Francis Mayes. When Lane, a writer in San Francisco, learns that her husband is having an affair, the crisis leads to a deep depression. Her best friend Patti (played by Sandra Oh), convinces Lane that a tour of Tuscany is the antidote to her life's upheaval. While in Cortona, Lane impulsively buys a run down villa, a life-changing event that helps her create a new life among colorful local characters and surrounded by a stunning landscape. Rated PG-13. Running Time: 113 minutes.

**Thursday, Nov. 17, 7 p.m.—Movie—Paws of Fury—**A town of cats is threatened by a villain who aims to wipe their town off the map. In comes Hank, a down on-his-luck hound who teams up with a reluctant trainer in the hope of becoming a fearsome samurai to save the cat village. Humor abounds in this animated family film where dog-hating cats need to team up with a canine to save their village. Michael Cera, Mel Brooks**,** George Takei, Michelle Yeoh and Samuel L. Jackson voice the main characters. Rated PG. Running Time: 97 minutes.

**Thursday, Nov. 24, 7 p.m.—No Movie—Center Closed—Happy Thanksgiving!**

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On-site at The Willoughby (North Park St. level entrance)

# A seasonal celebration of Sumi-e in the Friendship Gallery

**"Change is in the Air" by Penny Showell**

The National Capital Area Chapter of the Sumi-e Society of America presents "Floating Leaves, Falling Snow: Paintings from the Southeast Asian Brush Painting Tradition" in the Friendship Gallery in late October and November.

NCAC was established in 1972 to serve a group of artists who are avid in their appreciation of the centuries-old East Asian art form of Sumi-e and calligraphy. Using specialized brushes developed 2,000 years ago, painting with ink and watercolor on silk, rice paper and shikishi boards (handmade art paper laminated to a hard board backing), NCAC artists create unique brush strokes to form a lively and endless variety of painting subjects.

NCAC artists see themselves as bridges between East Asian and Western art, using energetic beautiful brush strokes, creating compositions that are asymmetrical, yet balanced, highlighting blank areas around the painted objects, and utilizing clusters of objects in a large grouping (the host) and medium and smaller groupings (the guests).

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

The exhibit runs from Monday, Oct. 24 though Saturday, Nov. 19. 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.

**"Winter Chill " by Carla Jaranson**

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.

# Come to our open art studio at the Village Center

Village residents and their guests are invited to bring their art supplies and enjoy an open studio at the Village Center on Friday afternoons. We'll set up tables in Classroom 1 from 1 to 4 p.m. each Friday. No studio on Nov. 11 nor Nov. 25.

(Please note we are unable to store any projects or materials.) Space is limited.

As an added feature, one of our artist friends at City-Line Studios will periodically offer mini lectures at the start of the session.

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

Artists who participate in this open studio at least once per month or 10 times over the next nine months are invited to enter the Community Art Show in the Friendship Gallery next July.

Watch the newsletter for details about this exciting opportunity to possibly showcase your art in our beautiful gallery.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery  Early Morning Hours

# Diabetes and Obesity

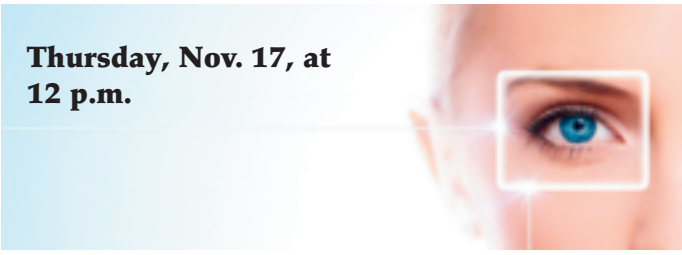
### Suburban Lecture for Diabetes Awareness Month

Diabetes puts people at risk for nerve damage, cardiovascular disease, foot and limb injuries, vision problems, and other complications that arise from having uncontrolled blood sugar, as the U.S. National Library of Medicine's MedlinePlus guide cautions. Not to mention, diabetes raises a person's risk of developing serious COVID-19, per the CDC. In honor of Diabetes Awareness Month, Camille Stanback, M.D., endocrinologist from Sibley Memorial Hospital, will discuss the role that obesity plays in increasing one's risk of developing diabetes.

Join us for this month's Suburban Lecture on **Wednesday, Nov. 9, from 1 to 2 p.m., via Zoom.** The lecture is free, but pre-registration is required.

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

# Low Vision Support Meeting




Join the Prevention of Blindness Society on **Thursday, Nov. 17, at 12 p.m.** at the Friendship Heights Village Center as we come together and learn about the POB and its services. Feel free to bring your lunch. To register, please call (301) 656-2797.

# Sam's Featured Listings

The Carleton

**Apartment 912**
Listed at $1,049,000
2BR + Den or 3BR | 2BA | 1540 Sq Ft
Fully Renovated, Upper Floor, Corner Unit
2 Assigned Parking Spaces

**Apartment 305**
For Rent at $4,000 per month
Large 2BR | 2.5BA | 1761 Sq Ft
SE Exposure, Corner Unit, Huge Balcony
2 Assigned Parking Spaces

**Apartment 107 - Sold**
Closed at $805,000
2BR | 2BA | 1314 Sq Ft
Fully Renovated and Lobby Level
2 Assigned Parking Spaces

**Please contact me for more details.**

Sam Solovey
**Vice President, Compass**
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M: 301.404.3280 | O: 301.298.1001
sams@compass.com

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*Friendship Heights*
VILLAGE NEWS

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## November 2022 events calendar