



Friendship Heights

VILLAGE NEWS

DECEMBER 2022

VOLUME 39, NO. 12 www.friendshipheightsmd.gov

301-656-2797



Make and Take a holiday arrangement, see page 2.

Village Center hosts an abundance of holiday events

A trip to a spectacular light display, a gingerbread contest, a holiday tea, holiday workshops, and more!

Yes, it's that time of year and the Village Center is ready to celebrate the holidays with a variety of season-inspired events and activities. From family-friendly gingerbread decorating contests to holiday workshops to special concerts and movies, we're offering something to brighten everyone's holiday season.

All of Santa's elves from our community are invited to the Village Center on **Saturday, Dec. 10, from noon to 4 p.m.**, to whip up decorating magic on gingerbread houses and gingerbread people.



We provide pre-built gingerbread houses and decorations—bring your own festive adornments, too. Your creation will be entered into our annual contest! Take a picture or two

of your finished holiday house for display in the Village Center and on our website; residents can vote for their favorites! Winners will receive prizes for "most holiday spirit," "fan favorite" and "most fun." Voters also get a prize!

This is a delightful event for all ages. The cost is \$15 for one house. Decorating must take place during the Dec. 10 event. Space is limited so sign up soon at the Village Center.

Additional holiday activities are detailed throughout this edition of the *Village News*.

Take a twilight tour of a glistening garden of lights

Join us for a family-friendly outing to nearby Brookside Gardens for a tour of the spectacular annual Garden of Lights display 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. A regional favorite, the exhibit features thousands of multi-colored twinkling lights.

Attendees are invited to 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. Sign up immediately at the Village Center. The deadline to sign up is Dec. 8.

The artists of the High Renaissance

Journey back to 16th century Italy with Nick Glakas as he highlights the the artists of the High Renaissance—Leonardo da Vinci, Michaelangelo, Raphael and Titian— during an evening lecture 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.

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

Children's concerts with Marsha Goodman-Wood, see page 2.



Make and Take Workshop: Festive Greens Arrangement

Learn how to create a festive table arrangement when Pam Maidl of Interior Garden Designs conducts an hour-long workshop on holiday floral design on **Saturday, Dec. 10, at 10 a.m.** at the Village Center.

Maidl, an expert flower arranger and the talent behind our holiday and festival decorations, will demonstrate, and offer guidance and encouragement. At the conclusion of the workshop, you'll have a festive arrangement to grace your home or to give a friend.

The cost is \$30 and includes instructions, greenery and decorations.

Seasonal refreshments will be served.

Sign up at the Village Center by Monday, Dec. 5. Space is limited.

Children's music with Marsha

Kindermusik teacher returns for two concerts this winter

Village toddlers, friends, and family are invited to sing, clap and dance along with Marsha Goodman-Wood as she presents a pair of Tuesday morning concerts at the Village Center on **Dec. 27 and Jan. 10, both at 9:30 a.m.**

Marsha is a former cognitive neuroscientist, as well as an award-winning songwriter, known for her clever original songs mixing science facts with messages about kindness and friendship. Her music has won a Parents' Choice Foundation Gold Award, a National Parenting Products Award, and various songwriting awards. Marsha's songs are entertaining and educational for kids and grown-ups! Please call 301-656-2797 to reserve a seat.



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 January issue is Dec. 3. 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.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Paula Durbin
Treasurer

Michael Mezey
Chairman

Carolina Zumaran-Jones
Historian

Bruce R. Pirnie
Vice Chairman

Michael Dorsey

Alfred Muller, M.D.
Secretary

VILLAGE MANAGER
Julian P. Mansfield

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

Friendship Heights
4601 N Park Ave., #10C
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade

COVID-19 UPDATE

GetWell Rehabilitation is using proper PPE & disinfectants. All sessions are 1:1 with private treatment rooms. Please call for more info.

phone 301-654-9355 | info@getwell-rehab.com
www.getwell-rehab.com  find us on facebook

Village Council Update

Village seeks sketches for identity signage

At the November 14 Village Council meeting, the Council unanimously agreed to accept the Community Advisory Committee's (CAC) proposal (which was approved by the Council's Parks and Grounds Committee) to replace the Village's bulletin board at the corner of South Park Avenue and The Hills Plaza with a Village of Friendship Heights welcome sign. The Council agreed with CAC's assertion that there is no large, easily visible sign to identify the Village. Most visitors and some residents may think Friendship Heights is only a geographical expression for part of Chevy Chase. A sign would announce our identity and express our pride in the Village of Friendship Heights. The Council also agreed with CAC's recommendation to replace the outside bulletin board with a digital sign in the front window of the Village Center's main entrance, which the Village staff is currently researching.

The Council also accepted CAC's recommendation to invite sketches from the community for the proposed welcome sign. All residents and property owners in Friendship Heights can submit sketches. The opening date for submissions is December 1, 2022, and the closing date will be January 1, 2023. Submissions can be dropped off at the reception desk in the Village Center.

For those who wish to submit a sketch, please be advised of the following requirements:

- Residents and property owners may submit up to three sketches.
- Sketches must be on white paper 10" x 8" (horizontal).
- Sketches may be color or black/white with suggestions for colors.
- The caption "Village Sign" must appear at upper left.
- Contestant's name and contact information must appear at lower right.
- The sign may be shown as having any appropriate shape.
- "Village of Friendship Heights" must appear.
- "Established 1914" or "Est. 1914" must appear.
- Sketch may include graphics such as the Village logo, flowers, trees, etc.

Lastly, the Council's Parks and Grounds Committee favored the idea of the Village staff preparing hard copies of the sketches for members of the CAC and Council. These hard copies will omit information on the contestants to preclude any form of favoritism. The CAC will first review the submissions and make recommendations to the Council, who will then select the winning sketch in a public session. The Council may accept the sketch as submitted or with modifications. The Village will then prominently display the winning sketch on its website, newsletter, and social media.

Council retains financial advisor to guide Village investments

At last month's Council meeting, the Council voted unanimously to retain the services of Hamilton Clark, financial advisor with Morgan Stanley, who is also the advisor for The Elizabeth Condominium Board. Mr. Clark will assist the Village in reallocating a portion of its funds into a CD-ladder program that will yield the highest returns. Mr. Hamilton will be meeting with the Council Finance Committee in early December to review and discuss investment options.

Page Park project update

The Page Park project is moving forward as planned. Recently, GreenSweep poured the concrete for the front and back steps, patio and play areas, and they have begun to install the flagstones. This work is expected to continue through December and likely into January. Plantings are anticipated for early spring.



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 November 14 Council meeting:

- Approved proposal from Green Electric Service to install LED bulbs in all Village streetlights.
- Approved proposal from Securitas to increase the wage of the Village's security guard.

The next scheduled Village Council meeting, open to the public, will be Monday, December 12, at 7:30 p.m., at the Village Center and on Zoom. Please visit our website for additional details.



M O R R I S O N
 COSMETIC & GENERAL
 DENTISTRY

A smile above the rest

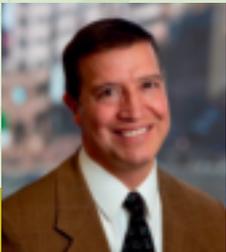


Call today or schedule online!

"Dr. Morrison and staff is top rated. The dental care and their professionalism in this field is second to none. No more taking chances with other dentists, I have found my dental home!"



Edson P.



MOST INSURANCES ACCEPTED:
 METLIFE
 DELTA DENTAL | GUARDIAN
 AETNA PPOII | TRI CARE

Eric K. Morrison, D.D.S., M.A.G.D.
 Master of the Academy of General Dentistry

The Barlow Building
 5454 Wisconsin Ave, Suite 620 | Chevy Chase, MD 20815

(301) 321-8011 | DrEricMorrison.com



Gentle ways to relieve stress during the holidays

With the holidays just around the corner, make time for yourself to release tension and relax.

The Village Center is offering a two-part, hour-long workshop to help you decompress from the holiday stress on **Friday, Dec. 16, from 11 a.m. to 12 p.m.**

The workshop begins with a "meditation script for holiday stress" by Louisa Klein, a long-time yoga instructor at the Village Center. Learn guided meditations using simple breathing and sound techniques to balance, calm and nourish you, to help you develop and maintain an equilibrium, simple skills and practices to overcome stress and anxiety. Cultivate an attitude of gratitude which can have an overall positive impact on your mental health and wellbeing.

End the workshop with sound therapy by our guide, Dinah Simpson, who will create a relaxing, meditative environment by combining breathing techniques and sound vibrations using 432hz quartz crystal bowls. Sound bowl therapy has been known to reduce stress, anxiety, relieve pain, and clear energy.

The holidays are a time to celebrate, so why stress?

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

The Tech Mensch

Ari Fisher



HOME TECH SUPPORT

Mac • PC • iPhone
Printers • Tutoring

(202) 262-5378

ari@thetechmensch.com

FREE virus scan with each visit.



5 Star Rated



Computer Help
for All Ages



iPhone and
Tablet Support

Contact Ari to schedule an appointment



A special afternoon tea with Mark Hanak and his music

Holiday spirit and the sounds of the season will fill the Village Center during our special tea with performer extraordinaire Mark Hanak on **Tuesday, Dec. 13**. The performance begins at 2 p.m. and lasts about an hour. Our tea immediately follows.

The Village Center will be dressed in its holiday finest for this very special seasonal tea. Enjoy hot brewed tea and festive sweet treats. *Please note no coffee will be served during this event.*

Seating is limited and reservations are required. To sign up, call 301-656-2797 or stop by the Village Center. Reservations must be made by Saturday, Dec. 10.



Center hosts two-day food drive

Help make the holidays a little brighter for those fighting hunger as we host a food drive to collect healthy food for Manna Food Bank in Gaithersburg. We will be collecting non-perishable food items at the Village Center on **Monday, Dec. 12, and Tuesday, Dec. 13, from 8 a.m. to 8 p.m.** Just look for the brightly decorated collection boxes on the portico in front of the Village Center and in our lobby.

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.



SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
301-656-1900

BGFriendshipHeights.com

Call today to schedule a complimentary lunch and tour:
301-656-1900





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., Jan. 4 to Feb. 8. 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 conducts an 6-week English conversation group for adults on Tuesdays, 5 to 6 p.m., through Dec. 6 to Jan. 10. \$15. Class will not meet Nov. 8. Minimum of two participants; maximum of 12.

SPANISH FOR BEGINNERS

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts eight-week Spanish class, with an emphasis on grammar and vocabulary on Mondays, 6:30 to 8 p.m., Jan. 23 to March 20. Class will not meet on Feb. 20. \$200. Minimum of five participants; maximum of eight.

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., CHECK DATES. 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., Jan. 9 through Feb. 27. Class will not meet Jan. 16 nor Feb. 20. 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 enhance 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., Dec. 7 to Dec. 28, 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, Jan. 8 through Feb. 26, 9:10 to 10:30 a.m. Class will not meet Jan. 15 nor Feb. 19. 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.

BEGINNING PILATES (FRIDAYS)

A 10-week class, Fridays, 12 to 1 p.m., Jan. 13 to March 17, 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.

PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., Jan. 10 to March 14, 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.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 10-week class, Saturdays, 9 to 10 a.m., Jan. 14 to March 18, taught by Dawn Maynard. Class will not meet Nov. 5. 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 4-week session, Thursdays, 10:30 a.m. to noon, Jan. 5 through Jan. 26. Students

support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system, and 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. \$55 for residents; \$60 for nonresidents. Residents who sign up by Dec. 29 pay \$50; non-residents who sign up by Dec. 29 pay \$55.

QIGONG AND TAI CHI (MONDAY)

A 6-week session, Mondays, 9:15 to 10 a.m., Jan. 9 to Feb. 13. 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; \$90 for residents; \$95 for nonresidents.

QIGONG AND TAI CHI (TUESDAY NIGHT)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Jan. 10 to Feb. 14. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for nonresidents.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAY)

A 6-week session, Mondays, 10 to 10:30 a.m., Jan. 9 to Feb. 13. 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. A two-part introductory Canasta course, taught by Beryl Blecher, will be offered Wednesday, Jan. 11 and Jan. 18, from 1:15 p.m. to 2 p.m. Participants must take both classes. The cost is \$15. A minimum of 6 is required. Please sign up no later than Dec. 15.

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 at the Village Center. Contact 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

Attention readers!

It's a new season and time to redecorate! Unfortunately we can't do too much to change our comfortable Reading Room; all we can do is move things around. The narrow bookshelves between the windows are crowded with the large collection of books the Village Book Club has acquired and read over the years. We plan to move these books to the shelves now occupied by the Large Print books, near the YA (Young Adult) books. Large Print will then be moved to the narrow shelves in front of the windows. Look for signs showing the changes. Despite our limited space, we will continue to gratefully welcome donations of books in good condition published within the last 10-15 years with the exception of foreign language books, text books and books of limited interest to the general public.



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, Dec. 7 —Maribeth and Bradford Gowen—
This talented duo presents a four-hand piano performance of classical music, as well as a few holiday standards. The Washington Post hailed their “ease with the subtleties and complexities of the music” and for their “joy in making music that engulfed the audience.”

founded by lead singer, bouzouki, guitar, and bodhrán player Barbara Ryan and wind player Bernard Argent in 1986.

Wednesday, Dec. 14—IONA—The music of IONA is a unique, acoustic blend of the traditional music of Scotland, Ireland, Wales, Brittany (France), the Isle of Man, Galicia (Spain), and America. The band blends songs, dance tunes, and aires into a rich and stunning tapestry. IONA was



Wednesday, Dec. 21—Friday Morning Music Club— Talented teens from across the Washington, D.C., area perform classical selections.

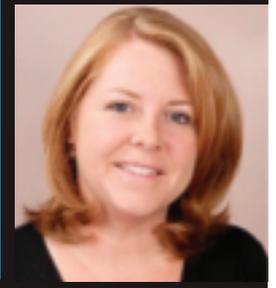
Wednesday, Dec. 28 —Dixieland Direct— Fashioned after the Swing and Dixieland styles of Benny Goodman and Pete Fountain, Dixieland Direct has performed together almost 20 years and features Henning Hoehne on clarinet, with Bob Boguslaw on piano, Dallas Smith on bass, and Mike Flaherty on drums. Along with being featured on numerous recordings, members of Dixieland Direct have performed at major jazz festivals and toured extensively throughout the U.S. and abroad.

Your Award Winning Montgomery County, MD, DC, & VA Realtors



- Senior Real Estate Specialist
- At Home Working With Diversity
- Certified International Property Specialist

- Excel in Downsizing
- Attention to Details
- Multigenerational Expertise



KATHLEEN RYAN
c: 240.418.3127
kathleen.ryan@rlahre.com
www.kathleenryanhomes.com

STACY BERMAN
c: 301.466.4056
stacy.berman@rlahre.com
www.rlahre.com

INGRID RAPAVY
Senior Loan Officer
NMLS #448531
c: 703.597.9925
irapavy@firsthome.com

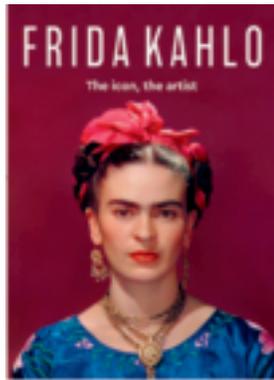

301.652.0643
4600 N Park Ave #100
Chevy Chase, MD 20815

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, Dec. 1, 7 p.m.—Frida—Salma Hayek and Alfred Molina star as husband and wife Frida Kahlo and Diego Rivera, in this movie about the most acclaimed artists in Mexican history. Frida's will and determination throughout her struggle with debilitating injuries from a bus crash and other health problems are inspiring. So is the outsized love affair of this husband and wife that survived numerous infidelities and tumultuous times. Both artists created extraordinary bodies of work that will be celebrated for generations to come. Rotten Tomatoes awarded the film a score of 79 percent. **Rated R. Running Time: 123 minutes.**



Thursday, Dec. 22, 7 p.m.—Movie— Father of the Bride—This modern take on a classic is set in Miami with a large Cuban American family. Andy Garcia and Gloria Estefan are parents with expectations for the wedding of their precious daughter to an "outsider." Their daughter and her beau have other plans, which highlight the clash of generations and make for good comedy. A parallel story is the parents' relationship, once very strong but now on the wane. They rally for the wedding! The unique cultural details of this sweet film add a fresh perspective to the comedy-drama-romance. Rotten Tomatoes awarded the film a score of 79 percent. **Rated PG-13. Running Time: 118 minutes.**

Thursday, Dec. 29, 7 p.m.—Movie—Nutcracker and the Magic Flute—Wishing to be carefree again instead of being forced to marry, 17-year-old Marie is magically shrunk down to the size of her childhood toys, which all come to life. There she discovers a nutcracker doll to be a prince who has been put under a spell. The holidays are the perfect time to enjoy this animated film. **Rated PG. Running Time: 87 minutes.**

Thursday, Dec. 8, 7 p.m.—Artists of the High Renaissance—a talk with Nick Glakas — see page 1.



Thursday, Dec. 15, 7 p.m.—Movie—Elf—Will Ferrell and James Caan star in this Christmas classic that will tug at your heart strings and make you laugh heartily. Buddy (Will Ferrell) crawled into Santa's bag as a baby and was raised by elves at the North Pole. He grows into a young man three times bigger than his fellow elves and realizes he will never fit in in the North Pole. He leaves home to search for his human family in New York City at Christmas time. Buddy encounters his dad, played by James Caan, a workaholic jaded New Yorker. He also meets his 10-year-old step-brother, who doesn't believe in Christmas. Buddy has his work cut out for him! Bob Newhart, Ed Asner, Mary Steenburgen and Amy Sedaris are supporting actors in the cast. Rotten Tomatoes awarded the film a score of 85 percent. **Rated PG. Running Time: 96 minutes.**

Celebrate the season with a classic holiday movie

Gather round the warmth of the Village Center for a special Saturday afternoon screening of a holiday favorite "It's A Wonderful Life," starring Jimmy Stewart and Donna Reed, on **Saturday, Dec. 17, from 11:30 a.m. to 1:45 p.m.**



We'll have popcorn to satisfy the holiday munchies while we eagerly watch for Clarence to earn his wings. To reserve a seat, call the Village Center at 301-656-2797.

The Village Book Club will meet on **Tuesday, Dec. 15, at 11:30 a.m., at the Village Center.** The book selection is *A Single Rose* by Muriel Barbery. The January book selection will be *Ordinary Grace* by William Kent Krueger.



ART AND CULTURE

Following the footsteps of six intrepid women



“Viet Nameese Fisherman ” by Sally Winthrop

“Six Women Artists Who Travel” is an amazing exhibit of stunningly beautiful photographs and paintings made across the breadth of our planet as these intrepid artists head out throughout the year, courageously searching for the exotic, the beautiful and the extraordinary image that will educate and excite all who see their work. Curated by Llewellyn Berry, expert practioners Kathryn Mohrman, Karin Lohman, Sally Winthrop, Francesca Scott, Shirley Thompson, and Elke Matthaesus keep particular visionary visual narratives in mind as they seek foreign lands and new experiences.



“Two Yellow Faces, Papua New Guinea,” by Kathryn Mohrman

Meet the artists during a reception on **Sunday, Dec. 4, from 11:30 a.m. to 1 p.m.**

The exhibit runs from Monday, Nov. 21 though Saturday, Jan. 7. 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.

Come and play with your paints

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.

(Please note we are unable to store any projects or materials.) Sign up by calling 301-656-2797. Space is limited.

As an added feature, one of our artist friends at CityLine 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

TO YOUR HEALTH



Watch out for Glaucoma

Mark your calendars for Glaucoma Awareness Month

January is Glaucoma Awareness Month and the Village Center in partnership with the local Prevention of Blindness Society is offering information on and screening for this serious eye condition.

Glaucoma, if left untreated, can lead to permanent vision loss and even blindness. The good news is if you catch it early and begin treatment, a lot of vision loss can be prevented!

Join us as we welcome Arthur Schwartz, MD, nationally- renowned glaucoma specialist, who will discuss the condition, treatments, and the latest research on **Saturday, Jan. 28, at 10 a.m.**

Then, from 11 a.m. to 1:30 p.m. receive free glaucoma screenings from the Prevention of Blindness Society of Metropolitan Washington!

To sign up to attend the talk and/or have a screening, call the Village Center at (301) 656-2797 or email info@friendshipheightsmd.gov.

Low Vision Support Meeting

Thursday, Jan. 19, at
12 p.m.



The Low Vision Support Group will take a break for the holiday and return to the Village Center in January. Join the Prevention of Blindness Society on **Thursday, Jan. 19, 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.



Independence Plus Friendship Heights

Assistance when you need it. Independence when you don't.

The Independence Plus program from SmithLife Homecare provides flexible assistance you need with two hour minimum, no long-term commitment, no hidden charges, and at very reasonable rates. We accept long-term care insurance.

Whether you are recovering from a minor setback or you just need a little extra help, Independence Plus can offer a variety of supportive services. 24 hours advance notice is requested for new service.

Rate for Independence Plus - 2 hour minimum \$28.95/hour

Our Friendship Heights pilot program is available only for the residents in the Friendship Heights community from 7am to 10pm, 7 days a week.

In addition to providing short hours, SmithLife Homecare can provide longer hours, overnight care and 24/7 support.

Some of the services we offer are assistance with dressing, doctor's appointments, showering, personal hygiene, light housekeeping, meals, walks, and medication reminders.

Call us today to customize your unique caregiver services!

*** FHNN members receive the first hour free**

SmithLife
HOMECARE

Call us today for more information or to schedule your service
(301) 816-5020

4600 N. Park Ave. #111, Chevy Chase, MD 20815

SMITHLIFEHOMECARE.COM

MD License # R1152R | DC License # NSA-0611

mellon.properties

• Full service boutique real estate brokerage in Maryland •



— Servicing all of Montgomery County & DC

Your Village Experts.

Are you tired of the stress and expense of managing your rental properties?

From finding qualified tenants to handling monthly invoicing, maintenance coordination and legal compliance, we are here to help. Let us show you how our team can maximize your profits while reducing your headaches. Call us for a free consultation.

301.951.0668

www.mellondmv.com

4500 North Park Avenue, Suite 804N
Chevy Chase, MD 20815

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



Friendship Heights

VILLAGE NEWS

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

Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

December 2022 events calendar