



Friendship Heights

VILLAGE NEWS



Aquarium Lecture
see page 5.

JANUARY 2023 VOLUME 40, NO. 1 www.friendshipheightsmd.gov 301-656-2797

Exploring the African-American story

A trip to the National Museum of African American History and Culture

With more than 37,000 objects contained in almost 400,000 square feet, the National Museum of African American History and Culture is the country's largest space dedicated to telling the African-American story. Join us when we visit this extraordinary museum on **Wednesday, Jan. 25.**

Upon arrival, you'll have ample time to visit any of the permanent exhibitions such as "Slavery and Freedom," a special exhibition such as "Reckoning," which examines visual art as a vehicle for protest,



commentary and perspective from the African American perspective, and to visit the museum's acclaimed "Sweet Home Cafe" for African American-inspired cuisine. Lunch is on your own.

We'll depart from the Village Center at 10:30 a.m., and should return by 4:30 p.m. The cost is \$50, which includes round-trip transportation, admission to the museum, and all gratuities.

Residents may sign up immediately. Non-residents may sign up beginning Jan. 10.

Start the year off right with a special Saturday performance by R2Duo

Classical saxophonist Timothy Roberts is joined by his son, Charles, on the piano for a special concert on **Saturday, Jan. 7, from 12:30 to 1:30 p.m.**, at the Village Center. The saxophone is generally thought to be a jazz instrument, and many times it is, but it is also well suited for classical music, especially when performed by Timothy Roberts. Roberts was the principal and national tour soloist with the U.S. Navy Band performing throughout the U.S., Canada, Europe and Russia. His symphony credits include the National Symphony after which the Washington Post described his performance as "simply stunning" and the Dallas Symphony, which prompted the Dallas Morning News to write "this was a once in a lifetime experience."

Call the Village Center at 301-656-2797 to reserve a seat.



Glaucoma talk with Arthur Schwartz

In recognition of January as Glaucoma Awareness Month, Arthur Schwartz, MD, a nationally-renowned glaucoma specialist, 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.

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! To sign up to attend the talk or a screening, call the Village Center at 301-656-2797.

Music and movement classes for children, page 2.

Drop-in Bone Builders coming in February

Beginning in February, the Village Center will offer a drop-in Bone Builders class, taught by Village resident and former Montgomery County Bone Builders instructor Gita Pancholy, on Thursdays, from 11 a.m. to 12 p.m. The first drop-in session will be **Thursday, Feb. 9.**

This class is designed to help improve balance and enhance energy. Sessions will include a warm-up, balance training, exercises for the upper and lower body, postural exercises and a stretching series.

The cost is \$8 for each drop-in session. The class is drop-in, but for the initial three weeks, we are asking potential participants to call us in advance at 301-656-2797 to let us know if you plan to attend the class that week.

Children's music & movement classes with Marsha

Join musician, teaching artist and music teacher Marsha Goodman-Wood for an eight-week music and movement class for babies and pre-school children and their caregivers. Classes will take place Tuesdays, from 9:30 to 10:15 a.m., Feb. 7 through April 11. The class will not meet on Feb. 21 nor March 7.

The class will teach parents songs, rhymes, and techniques to play musically with their children! We'll have fun doing activities that will prepare children for language-learning and reading in the future. We'll use movement, dance, instruments and scarves that also teach caregivers and their children, as well as give the children a positive group experience with other babies and toddlers.

Marsha leads a Washington, D.C.- based indie band, Marsha and the Positrons, which specializes in fun songs about science and how the world works with positive social messages.

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 is also a teaching artist with Wolf Trap and Arts for Learning Maryland. She has taught various music classes for babies and toddlers, as well as music and drama for preschool and elementary students. Marsha always brings positive energy and playfulness to the stage and to the classroom.

The cost of the class is \$165 for Village residents; \$185 for non-residents. A minimum of 10 students is required. Sign up at the Village Center no later than Jan. 24. For more information, call the Village Center at 301-656-2797.

Information please

Assistant Village Manager offers tips to navigate our website

Want to learn more about how to navigate the Village's recently redesigned website? Do you have questions about our new alert service?

Perhaps you have comments to improve our website, or would like to propose recommendations to see other services offered through the website?

If so, we invite residents to come to a website workshop on **Tuesday, Jan. 24 at 10 to 11 a.m.,** at the Village Center and led by Assistant Village Manager Jason Goldstein. If you would like to attend and reserve a seat, please call (301) 656-2797, email info@friendshipheightsmd.gov, or stop by the front desk.



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 February issue is Jan. 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.

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Village Council Update

Council authorizes \$1.5 million investment fund with Morgan Stanley financial advisor

At the December 12 Village Council meeting, the Council unanimously approved the recommendation of the Council Finance Committee to invest \$1.5 million of the Village's reserve fund with financial advisor Hamilton Clark of Morgan Stanley. Mr. Clark will set up and manage a series of laddered certificates of deposit with an anticipated rate of return between 4 and 4.5%. This will provide an overall increase in interest income while maintaining a sufficient amount for Village operating expenses moving forward.

Village to survey residents on possible uses for red house on North Park Avenue

At the December 12 Village Council meeting, the Council reviewed a draft survey prepared by the Community



Advisory Committee to receive community input on possible uses for the red house at 4608 North Park Avenue. The Council authorized Mayor Melanie White and the Council Communications Committee to edit the survey,

which will be available for residents later in January.

The survey will suggest a range of possible uses for the space and will ask residents to rank them in order of preference. It will also contain some questions regarding demographic information. The survey will be posted on the Village website. Results will be compiled and reported back to the Council for further consideration.

Page Park project update

The Page Park renovation project is moving along, despite less favorable conditions as the weather gets colder. As this issue of the newsletter goes to press, the subcontractor on site continues to install flagstone in the small and large patios and has nearly finished the sitting walls and connections to the main walkway, the new stairway and the children's play area toward the back of the park. They are preparing for the installation of the pergola toward the front of the park between the larger patio and the buffer of plantings along the North Park sidewalk. The walkway on the western side of the park

(closer to Willard Towers) is being prepared for installation as well.

The eastern side of the site (closer to 4615 North Park) has been the staging area for equipment and deliveries and will be the last phase of hardscape construction. When the contractor reaches this point, the temporary walkway leading to Somerset will be closed for a period of time. It is anticipated the stonework will be completed by the end of January. We will continue to notify the community as the work progresses.

5500 Wisconsin Avenue developer submits site plan application

Donohoe Development Company has submitted its site plan application to the Planning Board for the proposed development at 5500 Wisconsin Avenue. The plans call for a new mixed-use building with up to 300 apartment units and up to 11,015 square feet of retail space. In accordance with a settlement agreement between Donohoe and the Village, an additional 32,000 square feet of density has been transferred from the red house property at 4608 North Park to the 5500 Wisconsin site. The Planning Board has 120 days to consider the application. We anticipate public hearings will be held in the spring.

LED streetlight project completed

Green Electric Services completed the replacement of high-pressure sodium bulbs with LED bulbs in all 110 Village streetlights along South Park Avenue, North Park Avenue, The Hills Plaza, Friendship Boulevard and Shoemaker Farm Lane (the streetlights on Willard Avenue and Wisconsin Avenue are not maintained by the Village). The total cost for the conversion was \$3,950, which included replacement of photocells as needed.

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 December 12 Council meeting:

- Approved proposal from Qualtrics for \$3,840 to administer online community survey and provide data analytics;
- Approved proposal from Johnson Controls for \$11,985 to update fire protection system and replace sprinklers at 4608 North Park Avenue property.

The next scheduled Village Council meeting, open to the public, will be Monday, January 9, at 7:30 p.m., at the Village Center. Please visit our website for additional details.

Reduce stress with sound bowl therapy



Are you ready for a transformational experience?

One of the most profound sonic tools to ground, heal, and transform the way we perceive and live our lives is the calming resonance of crystal singing bowls. These bowls hold potent frequencies to support balance and heal your energetic field. They even create crystal-line cadences in your cells, which help you to release energy and awaken new cellular patterns. Sound Bowl Therapy has been known to reduce stress and anxiety, relieve pain, boost the immune system, improve sleep and clear energy.

Join our guide Dinah Simpson as she creates a relaxing, meditative environment by combining breathing techniques and sound vibrations using 432hz quartz crystal bowls during a four-week class, Friday, Feb. 10 through March 3, from 1:15 to 1:45 p.m.

The pure frequencies of the bowls are easily absorbed by the body, so they also have the capacity to reset your physiological systems – balancing your hormones and nervous system and enhancing your immunity.

The cost of the class is \$65 for residents; \$75 for non-residents. Sign up immediately at the Village Center.

ENTREPRENEUR EXPO

Calling business entrepreneurs

Business entrepreneurs of all ages are invited to share products and business know-how at the Village Center on **Saturday, March 4, from 11 a.m. to 1 p.m.** This first-ever event will put you front and center with fellow residents who are eager to learn how to develop their own strategies for success.

During the event, you'll have five to 10 minutes to introduce yourself, explain your business goals, showcase your specialty or product, and talk about how you got this far and how you expect to exceed your current success.

Brief questions-and-answers will follow each presentation, with time for audience networking afterward.

Village residents of any age who operate an on-going, community-friendly business and/or have a community-friendly product in the open marketplace, and who want to talk about successes or failures toward making this happen, are eligible for consideration.

Applications are available online at www.friendshipheightsmd.gov or at the Village Center. Free publicity for the event will occur through the Village's monthly newsletter and social media.

Aspiring entrepreneurs are welcome to attend but should not apply to participate in this event.

For more information, contact Dale Conway at dconway@friendshipheightsmd.gov.

Try Pilates this winter

If you've made a resolution to exercise more in the new year, why not try Pilates?

Pilates offers health benefits such as better balance and flexibility. Dawn Maynard, who teaches Pilates for Everyone, will offer a 10-week beginner Pilates course on Fridays, from noon to 1 p.m., starting Jan. 13.

Beginner Pilates is for anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles.

Movement modifications will be provided for those who can't put weight on knees or hands. Come and learn how posture affects the way we sit, stand and walk. No equipment need except a towel and water.

The cost is \$250 for residents; \$275 for non-residents.



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COVID-19 UPDATE

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What's going on behind the glass? Sharpen your bridge skills

Jim Karanikas of Aquatic Inspirations offers insight into the mysteries of aquatic life when he presents a family-friendly aquarium talk on **Wednesday, Jan. 18, from 3:30 to 4:15 p.m.** at the Village Center.



He'll discuss the Village Center aquarium that he designed and maintains, as well as talk about how best to care for fishbowls or large aquariums.

His company designs, installs, and services custom aquariums all over the world. His passion for aquatic life started at a young age when his mother got him an aquarium as a child. Later he earned a degree in marine biology from the University of Maryland.

This passion is what drives him today, setting up 5,000 gallon aquariums, which he cleans while using scuba gear.

He loves teaching people of all ages how to maintain and enjoy the beauty of keeping aquatic life. He says keeping aquariums should be easy and stress free when done correctly. He has developed a very easy to follow method of maintaining aquariums in a natural way.

The talk is free; please call the Village Center at 301-656-2797 to reserve a space.

Barkley Calkins, a Gold Life Master and experienced bridge teacher, will offer a series of lessons on four consecutive Thursdays, 2 to 4 p.m., in February and March. The class is designed for players with a basic knowledge of bridge terms and procedures.

The schedule is as follows: Feb. 9: Planning the Play of the Hand; Feb. 16: Two Over One Game Forcing; Feb. 23: One NoTrump Forcing. March 2: To be determined, based on experience.

Each class begins with the 30-minute lecture, followed by the play of four hands relating to the topic of the day. As time permits, additional hands will be dealt and played.

The cost is \$50 for residents; \$65 for non-residents. A minimum of four participants is required. The maximum number of participants is 12. Sign ups begin immediately at the Village Center.

The Village Book Club will meet on **Tuesday, Jan. 17 at 11:30 a.m., at the Village Center.** The book selection is *Ordinary Grace* by William Kent Krueger. The February book selection will be *Hot Stew* by Fiona Mozley.



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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, LANGUAGES AND MORE

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 non-residents.

ENGLISH CONVERSATION

Mallory Starr leads a 6-week Conversational English Roundtable for adults on Tuesdays, 5 to 6 p.m., Jan. 17 to Feb. 21. He has worked as a consulting psychologist and management consultant. Part of his experience has been with management development programs, which have focused on the adaptation of internationals to new cultures, new technology, and change. The cost is \$15. A minimum of two participants; maximum of 12.

MUSIC WITH MARSHA

An 8-week class, Tuesdays, 9:30 to 10:30 a.m., Feb. 7 to April 11, taught by Marsha Goodman-Wood. Babies, toddlers and their caregivers learn through music, movement, dance and instruments. The cost is \$165 for residents; \$185 for non-residents.

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., Jan. 26 to March 23. 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 non-residents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., Jan. 4 to Jan. 25, taught by Cheryl

Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques and to improve your ability to perform daily activities safely. The class 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 non-residents.

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 non-residents.

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. Beginner Pilates is for anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles. Movement modifications will be provided for those who can't put weight on knees or hands. Learn how posture affects the way we sit, stand and walk. No equipment needed except a towel and water. Students may bring 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 non-residents. 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 25, taught by Dawn Maynard. Class will not meet Feb. 25. The cost is \$250 for residents; \$275 for non-residents. 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 are seated in chairs or use chairs for 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 non-residents.

**QIGONG AND TAI CHI
(MONDAY)**

A 6-week session, Mondays, 9:15 to 10 a.m., Jan. 9 to Feb. 13. 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 non-residents.

**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 non-residents.

SOUND BOWL THERAPY

A 4-week session, Fridays, 1:15 to 1:45 p.m. to 8 p.m., Feb. 10 to March 3. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques with compassionate guide Dinah Simpson. \$65 for residents; \$75 for non-residents. See page 4 for details.

**TAI CHI FORMS
AND TRADITIONAL
ROUTINES (MONDAY)**

A 6-week session, Mondays, 10 to 10:30 a.m., Jan. 9 to Feb. 13. 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 Forms and the Tai Chi Fan. \$69 for residents; \$75 for non-residents.

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.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon.

DROP-IN BONE BUILDERS

Taught by Gita Pancholy, Thursdays, 11 a.m. to noon, beginning Jan. 19. The cost is \$8. See page 2 for details.

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

VILLAGE BOOK CLUB

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

WALKING CLUB

The club takes an hour-long two-mile, walk in Chevy Chase Village on Tuesdays, Thursdays, and Saturdays, at 8:15 a.m. Meets in front of the Village Center. Call Eniko Basa at 301-657-5759.



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CONCERTS



During the months of January, February and March, concerts are held on the second and fourth Wednesdays of the month from 7 to 8 p.m. in Huntley Hall in 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, Jan. 11 —Steve Herberman— Guitarist Steve Herberman is a graduate of Berklee College of Music, majoring in Jazz guitar performance. He has recorded numerous CDs as both leader and sideman, is a respected jazz educator, and is featured in the book, *The Great Jazz Guitarist* by Scott Yanow. His original composition “What We Do,” won first place in the jazz category in the 2018 USA Songwriting Competition.

Wednesday, Jan. 25 —Raffi Kasparian —Pianist Raffi Kasparian obtained his bachelor’s degree in music from California State University, his master’s degree from the Peabody Conservatory, and his doctorate in piano performance from the University of Michigan at Ann Arbor. He served for 24 years as pianist for the The U.S. Army Chorus, the nation’s premier all-male chorus.

Music and fun for children from Marsha Goodman-Wood

Village toddlers, friends, and family are invited to sing, clap and dance along with Marsha Goodman-Wood as she presents a weekday morning concert at the Village Center on **Jan. 10, at 9:30 a.m.**



Marsha, a talented songwriter, has won a Parents’ Choice Foundation Gold Award, a National Parenting Products Award, and various songwriting awards. Her songs are entertaining and educational for kids and grown-ups!

Please call 301-656-2797 to reserve a seat.

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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, Jan. 5, 7 p.m.—Movie—Poker Face—Russell Crowe stars as a tech billionaire who invites his childhood friends to a high-stakes poker game at his home to win an unimaginable amount of money. An intruder turns the night into one of danger, revenge and eventually resolution as secrets are revealed. Also stars Elsa Pataky, Liam Hemsworth. **Rated R. Running Time: 94 minutes.**

Thursday, Jan. 12, 7 p.m.—Movie—Lyle, Lyle Crocodile—Lyle, Lyle Crocodile is a musical comedy depicting the relationship between luxury-loving and singing crocodile, Lyle, played by singer Shawn Mendez, and a lonely little boy who recently moved to New York City. The boy and his family bond over protecting best friend Lyle from a nasty neighbor. **Rated PG. Running Time: 106 minutes.**

Thursday, Jan. 19, 7 p.m.—Movie—Mrs. Harris Goes to Paris—Set in the 1950s, romantic comedy Mrs. Harris Goes to Paris tells the tale of a London cleaning lady who falls so in love with a Dior dress that she decides she simply

must have it. Moving to Paris leads her to uncannily save the House of Dior. Stars Lesley Manville, Isabelle Huppert. **Rated PG. Running Time: 116 minutes.**

Thursday, Jan. 26, 7 p.m.—Movie—Chocolat—The romantic comedy Chocolat shows the magical power newcomers bring to a provincial French town rooted in strict morals. Juliette Binoche stars as a shop owner whose sweet treats somehow help free the villagers to enjoy life on a new level. Nominated for five Academy Awards. Stars Judi Dench, Johnny Depp. **Rated PG-13. Running Time: 121 minutes.**



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ART AND CULTURE

Photos, photos and more photos in Friendship Gallery



“Eagle Feeding at Conowingo Dam” by Stevie Gayman



“Bridge Interpretation ” by Jack Welch

This exhibit, curated by Llewellyn Berry, features the art of photographic image-making by his students who meet via Zoom.

The artists in this exhibit are from nearby Friendship Heights neighborhoods as well as Gaithersburg, Bethesda and Upper Northwest Washington, D.C. Meet the local artists at a reception on **Sunday, Jan. 15, from 11:30 to 1 p.m.**

Get more creative this year

Why not join your friends and neighbors for our weekly open arts studio? Village residents and their guests are invited, free of charge, to bring their art supplies and enjoy an open studio at the Village Center. Each Friday, from 1 to 4 p.m., we'll set up tables in Classroom 1. (Please note that 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.

at the Village Center.

The exhibit runs from Monday, Jan. 9 though Saturday, Jan. 28. 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.

SAVE THE DATE
Monday, Feb 6, 3 p.m.:
Valentine Sing-Along with Bernie Kellett

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

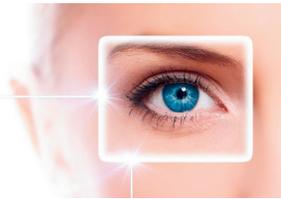
Falling isn't hip

Each year, three million older people are treated in emergency departments for falls that can lead to hospitalizations for head injuries and hip fractures. Join Suburban Hospital's Trauma Service as they discuss risk factors for falling on **Wednesday, Jan. 11, at 1 to 2 p.m. via Zoom.**

To register, please call 301-656-2797 or email info@friendshipheightsmd.gov. Please note the Zoom link will be sent about 24 hours prior to the lecture.

Low Vision Support Meeting

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



The Low Vision Support Group returns 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.

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Friendship Heights

VILLAGE NEWS

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



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Phone: 301-656-2797

January 2023 events calendar