



Friendship Heights

VILLAGE NEWS

MARCH 2023

VOLUME 40, NO. 3

www.friendshipheightsmd.gov

301-656-2797



In search of Troy,
see page 4.

A bloomin' good time on the Potomac aboard the Odyssey

Cruise offers a luncheon with a view of Washington's celebrated cherry trees

One perk of living near the nation's capital is the chance to see the stunning Japanese cherry trees in all their springtime glory.

Join us on **Tuesday, March 28**, as we enjoy a leisurely two-hour luncheon and cherry blossom cruise along the Potomac aboard the glass-enclosed Odyssey.

On board, you'll be treated to a great seat to view the trees, a delicious three-course lunch, and a narrated historical tour of some of



Washington's most iconic landmarks. We'll depart from the Village Center at

10:15 a.m. and should return by 3 p.m. The cost of the trip is \$112 for residents and \$132 for nonresidents. Residents may sign up immediately; nonresidents may sign up beginning March 14.

The deadline to sign up is Tuesday, March 21.

Don't miss this chance to experience one of our nation's greatest springtime celebrations from the water!

A bit o' blarney

Celebrating St. Patrick's Day with stories and song

Don your favorite shade of green and come to the Village Center this month to celebrate some of the gems of the Emerald Isle.

On **Wednesday, March 15, at 3 p.m.**, Jane Dorfman will tell stories in honor of St. Patrick's Day, bringing Irish myths and folk tales to life. Freshly back from The Glens of Antrim in Ireland, she has some new stories to share as well as some old favorites. She has told locally, nationally, and now, internationally, at festivals, libraries, and schools.

Then on **Thursday, March 16, at 2 p.m.**, join us for an afternoon of favorite Irish songs with pianist Robert Bunning and vocalist Nell Rumbaugh.

Join us at either event for a chance

to win the Irish-inspired gift basket shown below.

These events are free; please stop by the Village Center or call 301-656-2797 to reserve a seat.



Village Council Election: Monday, May 8, 2023

Date and time: In-person voting shall take place between 7 a.m. and 8 p.m. on May 8, 2023, at the Village Center. Mail-in/absentee voting shall take place from a voter's receipt of a ballot packet until 8 p.m., on May 8, 2023 (dropped in ballot drop box at the Village Center) or received at the League's post office box no later than the close of business at the post office on May 8, 2023.

Requirements to be a voter in this election: (1) Be a registered voter with the Board of Election Supervisors of Montgomery County, Md., as of April 24, 2023; and (2) Reside in the Village of Friendship Heights on May 8, 2023.

continued on page 3

A Saturday afternoon operetta, page 2.

A Saturday music and art event to stir your soul

Join musician-poets Martin Graff and Neal Learner for an entirely unique, moving, and inspiring multimedia experience of piano, spoken word, projected artwork, and opera to move your soul and light your imagination on

Saturday, March 18, at noon at the Village Center.

In the first half of the program, "The Face Zone: Surreal Daydreams to Trip Your Imagination...", Martin Graff performs his solo, multimedia spoken-word act of prose vignettes, with matching artwork, about every topic from the stigma of liking scrapple to the meaning of life. The show is punctuated by original piano compositions from his album "Trips for Piano."

In the second half of the program, "Get Me Home: A 30-Minute Travel Opera in Three Acts," Maxine T. Heart lives overseas, but needs to get back to America immediately. Her beloved father is hovering between life and death after being hit on the head by a falling tree branch while riding his bike. Maxine has bought her ticket and is ready to jump on the plane. There's only one problem: in her shock at the family news, she gave the foreign travel agent her nickname, rather than full name, and failed to clearly enunciate her "ts" and "ds." On her passport, she's "Maxine T. Heart." But on her ticket, she's "Max D. Heard." Problems ensue. Cathy Learner, Marissa Papatola, and Eric Yeh star in this operetta written by Neal Learner and directed by Ruben Vellekoop. Admission is free, but please stop by the Village Center or call 301-656-2797 to reserve a space.

Life, Love, Loss, & Everything Else



Maryland's Underground RR

Seeking a better understanding of its inner workings

In her new book, "Maryland Freedom Seekers on the Underground Railroad," Jenny Masur uses narratives, court cases and fragments of known stories to help us better understand the freedom seekers and the inner workings of the Underground Railroad in and around Maryland. On **Thursday, March 9, at 2 p.m.**, she'll discuss and sign her new book at the Village Center.

A native Washingtonian, Masur has worked for 17 years for the National Park Service as regional manager for the National Underground Railroad Network to Freedom. She holds a doctorate in anthropology.

Refreshments will be served. Call the Village Center at 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 April issue is March 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

Village Council Election information

(continued from page 1)

Procedure for nomination of a candidate: Any candidate must be nominated by petition, signed by at least ten registered and qualified voters of the Village. The nomination petition must be filed no later than 5 p.m., March 31, 2023. Nomination petitions can be downloaded from the Village website, www.friendshipheightsmd.gov. The candidate must sign the petition, indicating his/her willingness to run. The candidate must be a registered and qualified voter and reside in the Village at the time of the nomination and election. No employee in the service of the Village shall continue in such position after election to any public office in the Village. Any candidate may withdraw his/her petition up to 24 hours before the start of the election (7 a.m. May 7, 2023).

Procedure for voting: The League of Women Voters of Montgomery County will conduct the election. In person voting will be conducted as set forth above, on May 8, 2023. To vote by mail-in or absentee ballot, download and print the application form for a mail-in/absentee ballot from the Village website, www.friendshipheightsmd.gov. You may also request an application from the Village by telephone or email. Complete the application. If the League confirms that you are a registered voter and a resident of the Village, you will be mailed a ballot packet. Follow the instructions in the ballot packet carefully and then drop it in the ballot drop box in the Village Center or mail it to the League of Women Voters post office box. Your ballot will be secured and kept confidential. Any ballot received after 8 p.m. on May 8, 2023, will not be counted. A voter may request that an election official pick up the voter's mail-in/absentee ballot on May 8, 2023.

Village to hire off-duty Montgomery County Police officers

At the February 13 Village Council meeting, the Council approved the hiring of off-duty Montgomery County Police officers to patrol the Village for 40 hours per week. The hours of service will be 8 a.m. to 4 p.m., Monday through Friday. The Council also approved a proposal from County Police Officer Jason Cokinos to manage the group of off-duty officers for the Village, as well as all related administrative activities. Officer Cokinos will recruit a pool of 12 to 15 highly qualified officers who can patrol the Village in four-to five-hour shifts. It is anticipated that the officer patrol will begin in mid-March. Officer Cokinos will also serve as the Village's main contact with the Police Department moving forward. He is scheduled to attend the April 10 Village Council meeting to introduce himself to the community

and provide an update on the officers' activities and schedule. In addition, we will be posting new security signs at various locations throughout the Village indicating that the area is under patrol.

Council authorizes cafe/coffee bar use for Red House on North Park

We received 462 responses to the community survey soliciting feedback on the desired use of the Red House at 4608 North Park Avenue. Our thanks to all those who responded to the survey. The online survey results clearly favored a cafe/coffee bar to be put in the house. Accordingly, the Council authorized this use at the February 13 Council meeting and directed staff to engage with a commercial real estate broker to market the space and look for a suitable tenant.

Council approved new Village identity sign

Following a recommendation from the Community Advisory Committee, the Council approved the replacement of the bulletin board at the corner of South Park Avenue and The Hills Plaza with a new Village identity sign. At the February 13 meeting, the Council approved a proposal and selected the design from SOL Signs & Graphics shown below. The sign will measure 8 feet wide by 4 feet tall and will be placed at the same spot as the bulletin board, near the police statue. It is anticipated that the sign will be in place by the end of March.



Other actions taken at the Feb. 13 Council meeting:

- Approved proposal from GreenSweep for three-year landscape maintenance contract.
- Approved proposal from GreenSweep to construct ADA-compliant ramp at Page Park.

The next scheduled in-person only Village Council meeting, open to the public, will be Monday, March 13, at 7:30 p.m., at the Village Center. Please visit our website for additional details.

Troy—The ancient legend today

The “Iliad” is the world’s greatest war story, encompassing the rage of Achilles, the beauty of Helen, the glory of Hector and the heartbreak of Priam. Homer’s “Odyssey” is literature’s grandest evocation of everyman’s journey through life, recounting the arduous wanderings of Ulysses during his 10-year voyage home to Ithaca after the war.

Homer’s tale of Troy and the wanderings of Ulysses, as recounted in the “Iliad” and the “Odyssey,” are the two oldest works of literature in the western world. Nick Glakas takes us on a quest for the reality behind Homer’s epic as he presents “Troy: The Ancient Legend Today”

on **Monday, March 6, at 7 p.m.**, at the Village Center. In this lecture, we’ll visit modern-day Troy and explore the search by adventurer and amateur archeologist Heinrich Schliemann, to prove that Troy did exist and that the Trojan War is based on fact.

Glakas is a former naval officer and a retired international attorney. He has lectured at Cambridge, Georgetown and George Washington universities. The talk is free, but please call the Village Center at 301-656-2797 to reserve a seat.

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Top Gun films get top billing for Saturday matinees

Rev up your engines and get ready to do a double tour with the multiple award-winning “Top Gun” and “Top Gun: Maverick” at the Village Center on Saturday, **March 11 and March 25, respectively. Movies begin at 11:45 a.m.**

Experience the thrill, heartbreak and heartstopping moments that Tom Cruise’s character, Maverick, endures as he takes his team of some of the finest U.S. fighter pilots, and we, his willing audience, to new heights of defiance and adventure. Val Kilmer, Kelly McGillis, Anthony Edwards and Tim Robbins are the hearts and souls of “Top Gun.” This movie runs 109 minutes, and is rated PG.

Fortifying the beloved and bittersweet original are Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell, Ed Harris and a special appearance by Val Kilmer, each of whom pushes the sequel, “Top Gun: Maverick,” to soar even higher. Make time for the adrenaline rush! “Top Gun: Maverick” runs 130 minutes and is rated PG-13.

Popcorn will be served. To reserve a seat, call the Village Center at 301-656-2797.

The Village Book Club will meet on **Tuesday, March 21 at 11:30 a.m., at the Village Center.** The book selection is “Elena Knows” by Claudio Pinerio. The April book selection will be “Heaven” by Mieko Kawakami.

Let's go to the Sheep and Wool Festival

It's a sure sign of spring—more sheep and wool than you can imagine as the Maryland Sheep and Wool Festival comes to Howard County during the first weekend in May. Join us as we travel to the festival and discover the beauty of sheep, the warmth of wool, some delicious cuisine, and much more on **Sunday, May 7**.

The Maryland Sheep and Wool Festival is the largest and longest-running showcase of domestic sheep and wool in the United States. This show marks its 50th year.

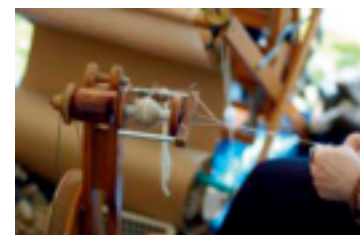
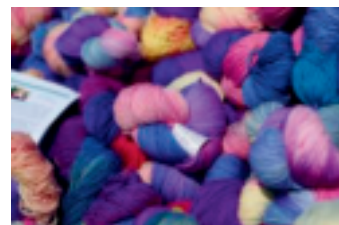
The festival celebrates all things sheep, from hoof to handwoven, featuring more than 800 sheep, sheep shows, sheep breeds displays, parade of breeds, working sheep-dog and sheep shearing demonstrations, sheep to shawl contest, fleece show and sale, workshops and seminars, special activities for kids, cooking demonstrations, food booths, musical entertainment, vendors... and more!

We'll depart from the Village Center at 10:30 a.m. and should return by 5:30 p.m.

The cost of the trip, which includes admission to the festival and round-trip transportation, is \$45 for residents; \$60 for nonresidents. The price increases on April 17 to \$55 for residents and \$65 for nonresidents.

Residents may sign up immediately; nonresidents may sign up beginning March 18.

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



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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 March 29. 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 leads a 6-week conversational English roundtable for adults on Tuesdays, 5 to 6 p.m., March 7 to April 11. 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.

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 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., March 6 to April 17. Class will not meet on April 3. 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 to keep your bones strong. \$90 for residents; \$99 for non-residents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., March 15 to April 5 taught by Cheryl Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques and improving 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, March 5 to April 16, 9:10 to 10:30 a.m. Class will not meet April 9. 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., March 24 to May 26, 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., March 21 to May 23, 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., March 25 to May 27, 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.

SEATED YOGA AND MEDITATION

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, April 13 to May 18. 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. \$83 for residents; \$90 for nonresidents.

QIGONG AND TAI CHI (MONDAY)

A 6-week session, Mondays, 9:15 to 10 a.m., through April 3. 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., through April 4. 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.

SOUND BOWL THERAPY

A 4-week session, Fridays, 1:15 to 1:45 p.m. to 8 p.m., March 10 to March 31. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques with compassionate guide Dinah Simpson. \$65 for residents; \$75 for nonresidents.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAY)

A 6-week session, Mondays, 10 to

10:30 a.m., through April 3. 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. \$70 for residents; \$80 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.

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. The cost is \$8. See story at right.

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. The cost is \$5.

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.

Drop-in class offers way to build better bones

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.

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.



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, March 8—Brothers Flanagan—These four fun-loving “brothers from other mothers” at times perform as a male vocal quartet singing a capella, often in a barbershop style. Favorite songs include “When Irish Eyes Are Smiling,” “Toora Loora, That’s An Irish Lullaby,” “The Irish Blessing” and “The Parting Glass.” They feature their lead singer on the song made famous by Chauncey Alcott, “Sure a Little Bit of Heaven.” The baritone gets to shine on George M. Cohan’s “Harrigan.” The bass is featured on “Believe Me If All Those Endearing Young Charms.” And don’t forget the high tenor on “Danny Boy!”

The Brothers Flanagan also perform with piano accompaniment and at times with the winsome Irish lass, Sister Flanagan.

Wednesday, March 22—Once Upon a Time on Washington’s Finest Pianos—Jeffrey Hayes will play audience favorites from his years performing at hotels, lounges, and parties. He’ll share both humorous and heartfelt stories about the songs and the fans who requested them.



Wednesday, March 29—Friday Morning Music Club’s Youth Performers—The Friday Morning Music Club welcomes high school and college-age students to become student members who perform throughout the year at special recitals in the Washington, D.C., area.

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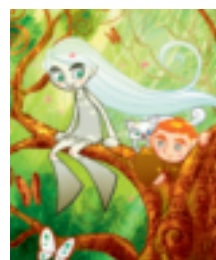


All movies begin at 7 p.m. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during these presentations.

Thursday, March 2, 7 p.m.—Movie—Once—A melancholy street musician in Dublin meets a keyboardist, and, despite the unlikelihood that they'd ever get along, they fall in love, make passionate and electric music which they then perform, and record it—all within one week. Stars Glen Hansard and Marketa Irglova. **Rated R. Running Time: 86 minutes.**



Thursday, March 9, 7 p.m.—Movie—The Banshees of Inisherin—Lifelong friends find themselves at an impasse when one of them abruptly puts an end to their friendship. The more the discarded friend tries to reconcile, the further he drives away his former friend. Set on a remote island off the Irish coast, this 2022 tragi-comedy has been nominated for nine Oscars. Stars Colin Farrell, Brendan Gleeson and Kerry Condon. **Rated PG-13. Running Time: 114 minutes.**



Thursday, March 16, 7 p.m.—Movie—The Secret of the Kells—Taking place in the Irish woods, this beautifully animated fantasy film looks at the making of the Book of Kells, an illuminated manuscript from the 9th century. To help ward off a series of Viking attacks, an

apprentice in a monastery must perform a series of magical, but dangerous, tasks. Stars Brendan Gleeson and Evan McGuire. **Rated PG-13. Running Time: 159 minutes.**



Thursday, March 23, 7 p.m.—Movie—Nomadland—After losing everything, a 60-something woman packs up her belongings, leaves her small mining town, and sets off across the American West, learning to survive as a van-dwelling nomad. Based on a true story. Stars Frances McDormand and David Strathairn. **Rated R. Running Time: 108 minutes.**

Thursday, March 30, 7 p.m.—Movie—Hidden Figures

The story of three brilliant, African-American women who worked at NASA and helped turn-around the Space Race in the 1960s. Stars Taraji P. Henson, Octavia Spencer and Janelle Monae. **Rated PG-13. Running Time: 127 minutes.**



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ART AND CULTURE

Friendship Gallery celebrates Women's History Month



"Moon Dance" by Amy Sabrin

In honor of Women's History Month, Friendship Gallery holds a month-long celebration of talented women artists in our area. Curated by Llewellyn Berry, the show features works by 26 women who display inspired and provocative artwork representing countries around the world, as well as around our neighborhood.

From Tuscany to Tehran; from South Korea to Friendship Heights and Northwest D.C., there is an extremely rich collection of women artists.

As Friendship Gallery features women artists regularly in group exhibits or in groups of two or three, or even six, the March show is enriched by number as well as talent. Meet the local artists at a reception on **Sunday, March 12, from 11:30 a.m. to 1 p.m. at the Village Center.**

Dr. Michael Gittleson
Podiatrist
The Barlow Building

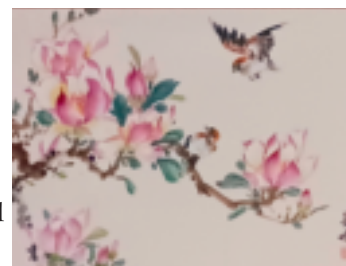
5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery

Early Morning Hours

The exhibit runs from Monday, March 6 through Saturday, April 1. 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.



"Couple Magnolia" by Hsi Mei Yates

City Line Studios hosts a pop-up show and sale

City Line Studios at 4602 N. Park Avenue is having an outdoor Pop-up Art Show and Sale on **Saturday, March 4, from 12 to 3 p.m.** All resident artists are from Friendship Heights, so stop by and see their work! In honor of Women's History Month, a portion of the sales proceeds will go to a Montgomery County women's shelter.

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Dr. Andrew Wong is board-certified by the American Board of Internal Medicine. 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

Thursday, March 23,
at 12 p.m.

Join the Prevention of Blindness Society's Low Vision Support Group meeting on **Thursday, March 23 at 12 p.m.** at the Village Center to learn about the POB and its services. This month's topic is "Enjoy culture in the Metro area—Audio description at museums and theaters."

All are welcome to participate in this monthly meeting (fourth Thursday of the month at noon) facilitated by the Prevention of Blindness Society of Metropolitan Washington. Learn from experts who understand the challenges of transportation, reading, and enjoying cultural opportunities when you have diminished vision.

Drop in, meet your neighbors who are finding ways to enjoy a safe and independent life, and suggest topics you want to learn about. Feel free to bring your lunch. To register, please call 301-656-2797.

For more information, email Sean Curry at scurry@youreyes.org or Sandy Neuzil at sneuzil@youreyes.org.



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Spring Cleaning Checklist

Kitchen

- ☐ Degrease cabinet doors and backsplash
- ☐ Throw away expired food
- ☐ Wipe out fridge
- ☐ Dust pantry and cabinet shelves
- ☐ Clean fridge/freezer seal
- ☐ Shake out dust or dirt from floor mats

Bathroom

- ☐ Throw away old and expired products
- ☐ Clean showerhead
- ☐ Scrub tile grout
- ☐ Replace shower curtain liner
- ☐ Clean hardware

Bedrooms

- ☐ Donate unused clothing
- ☐ Organize closets
- ☐ Flip mattresses
- ☐ Shampoo rugs or carpets
- ☐ Wipe blinds and window sills

COMPASS

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Spring is almost here and you may be preparing for a spring cleaning session. Here is a quick checklist to help you tackle your spring cleaning like a professional!



Sam Solovey

Vice President, Compass
Sam Solovey Group of Compass

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Friendship Heights
VILLAGE NEWS

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



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Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

March 2023 events calendar