



Friendship Heights

VILLAGE NEWS



Council Election
Information,
see page 3.

APRIL 2023

VOLUME 40, NO. 4 www.friendshipheightsmd.gov

301-656-2797

Celebrate at our birthday barbeque for the Village Center!

Village residents are invited to gather to celebrate Community Day at the Village Center on **Saturday, April 15.**

Community Day is an annual event, celebrating the Village Center, which opened in April 1986.

The festivities take place from 1 to 2:30 p.m., and will feature barbeque with all the fixin's from Mission Barbeque. The menu will include two different types of barbeque—chopped brisket and pulled chicken—baked beans, coleslaw, macaroni and cheese, slider rolls and cornbread.



Enjoy ice-cold lemonade and a sweet treat for dessert. The Jim Queen Trio, with a fiddle, banjo and vocals, will provide music to complement our barbeque theme.

This family-friendly event will have fun for all ages, including a children's activity tent. We'll also have information about how to sign up for text and email alerts for upcoming events and activities.

We hope to see you at Community Day!

Bring your kids to Blue Sky Puppets

No spring break is complete without a puppet show! Come to the Village Center on **Thursday, April 6, at 2 p.m.** to see Rufus, an interactive story of acceptance and inclusion.

Geared for children ages 2 to 10, this friendly tale shows us how a lost and hungry dog named Rufus meets Dr. Tooth, a walrus, who could help Rufus but is concerned because he looks different. After attending classes to learn to prove he's a dog, Rufus is asked by his teachers to wear certain accessories so he "fits in" better. After Rufus refuses and runs away, Dr. Tooth consults other characters who tell him being different is what makes each of us special. Dr. Tooth agrees, apologizes to Ru-



fus, and invites him home at last.

Blue Sky Puppets has been delighting area audiences for nearly 50 years. Please call the Village Center at 301-656-2797 to reserve seats for this special program.

Learn about Eliza Scidmore and D.C's cherry trees

The blush-colored clouds of cherry blossoms along the Tidal Basin are synonymous with springtime in the nation's capital.

Learn about the fascinating female journalist who carried home from Japan the idea that shaped the face of modern Washington, D.C., when Diana P. Parsell discusses her book "Eliza Scidmore: The Trailblazing Journalist Behind Washington's Cherry Trees" on **Monday, April 24, at 7 p.m.** at the Village Center.

In this biography, Parsell draws heavily on Scidmore's own writings to follow major events of a century ago as seen through the eyes of a remarkable woman who was well ahead of her time.

continued on page 2, see Scidmore

Children's storytime starts, see page 4.

Scidmore, continued from page 1

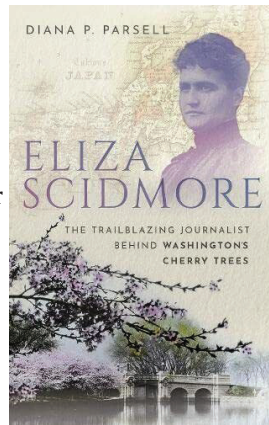
In an era when most Americans spent their entire lives in their own backyards, the intrepid journalist Eliza Ruhamah Scidmore took to the road writing about the world for readers back home.

Born on the American frontier just before the Civil War, Scidmore (1856–1928) became a “Forrest Gump” of her day who bore witness to many important events and hobnobbed with famous people such as John Muir, Alexander Graham Bell and First Lady Helen Taft. By her mid-20s, she had visited more places than most people would see in a lifetime. By the end of the 19th century, her travels had become so legendary that she was introduced at a meeting in London as “Miss Scidmore, of everywhere.”

Scidmore helped popularize Alaska tourism, lent her voice to the burgeoning U.S. conservation movement and educated readers about Japan and other places in the Far East. At the early National Geographic, she made a lasting mark as the first woman elected to its board (in 1892) and to have photographs in the magazine. Her published work includes books on Alaska, Japan, Java, China, and India, and a novel based on the Russo-Japanese War.

Cathy Newman, author of *Women Photographers at National Geographic*, says the book will elevate Scidmore to “the canon of women explorers like Gertrude Bell and Nellie Bly.”

Copies of “Eliza Scidmore, The Trailblazing Journalist Behind Washington’s Cherry Trees” will be available for purchase. Please stop by the Village Center or call 301-656-2797 to reserve a seat.



Saturday afternoon recital honors mothers

Classical pianist Margaret Singer returns to the Village Center on **Saturday, May 13, at noon** for a special Saturday concert in honor of Mother’s Day.

Margaret Singer moved to Hanover, Germany, where she was engaged as Solorepetitorin at the Opera Company there. She has also served as Artistic Assistant in the Studio of Professor Ulf Hoelscher, the noted German violinist, at the Hochschule für Musik in Karlsruhe, and led the Opera Department at the Mozarteum in Salzburg, Austria, for two semesters.

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 May issue is April 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: Monday, May 8

The filing deadline for candidates to submit their nominating petition and financial disclosure statement is March 31, 2023. The League of Women Voters will certify and announce the candidates during the first week of April. The absentee ballot application has been posted on our website. Mail-in/absentee voting will take place from a voter's receipt of a ballot packet until 8:00 p.m. on May 8, 2023. The completed ballot can be placed in the ballot drop box outside the Village Center or mailed back to the League. Mailed ballots must be received at the League's post office box no later than the close of business at the post office on May 8, 2023. In-person voting shall take place between 7 a.m. and 8 p.m. on May 8, 2023, at the Village Center.

Off-duty police patrol begins

The off-duty Montgomery County Police Department officers began patrolling the Village for 40 hours per week on March 16, 2023. Each weekday there are two officers providing four-hour shifts. In addition to patrolling the Village and making themselves visible, the officers are engaging with Village residents, businesses and building managers; responding to police calls within the Village; assisting the Village's parking enforcement officer as needed; and addressing traffic infractions as appropriate. Jason Cokinos, the officer in charge of the group of MCPD officers hired by the Village, will be introduced at the next Council meeting on April 10 and can answer any questions from the public. In addition, we have posted community safety-watch signs in various locations around the Village (see image above).



Page Park construction update

The Montgomery County Department of Permitting Services has informed GreenSweep, the contractor hired by the Village to perform the redevelopment of Page Park, that a building permit is required for the pergola in the park. A notice was posted on the Village website and at the construction site. The Stop Work Order notice pertained only to the pergola and the park's accessibility features. GreenSweep was cleared to resume work on the rest of the project. The Village and GreenSweep are working with the County to obtain the required commercial building permit and to confirm whether any

additional measures are needed with regard to ADA requirements, in addition to what has already been constructed.

Proposal to create new Urban District

Montgomery County Council Member Andrew Friedson has proposed that a new Urban District be created for the Montgomery County portion of Friendship Heights. A separate proposal to create a Business Improvement District has been introduced on the D.C. side. The County Council Economic Development Committee held a work session on the legislation in late March. Council Member Friedson will attend the Village Council's next meeting on April 10 to further discuss the legislation. Please visit our website for more details.

Little Falls Parkway lane closure proposal

As a follow-up to the discussions held at the March 13 Council meeting, Mayor Melanie White submitted a letter to the Montgomery County Planning Board expressing the Council's opposition to the parkway's lane closures and park proposal. The Council also supported and promoted the petition created by the Citizens Coordinating Committee on Friendship Heights (CCCFH), which can be found on change.org's website. The Planning Board held a public hearing in late March. You can check their website for further details.

Please remember Friendship Heights on your income tax return

When you file your Maryland income tax return, please remember to put Friendship Heights under "Maryland Political Subdivision" and 1621 for the "4-Digit Political Subdivision Code" to ensure the Village receives its share of the state income tax.

Shredding truck returns April 29

The next date for free shredding service will take place on Saturday, April 29, 2023, from 10 a.m. to 12 p.m. A truck from Shred-it will park on Friendship Boulevard adjacent to the Village Center. Village residents are invited to bring their materials for shredding.

Other actions taken at the March 13 Council meeting:

- Approved proposal from Advanced Media Solutions of Virginia's for \$33,200 to install audio/visual equipment to facilitate live streaming/recording of Council meetings.
- Approved proposal from Kelly HVAC for \$6,955 to provide HVAC preventive maintenance services at the Village Center.

The next scheduled Village Council meeting, open to the public and in-person only, will be Monday, April 10, at 7:30 p.m., at the Village Center. Please visit our website for additional details.

Enjoy art, folk tales and an ancient tea ceremony in May

The U.S. government has designated May as a month to recognize history, culture and achievements of Asian Americans and Pacific Islanders.



On Friday, **May 19, at 1:30 p.m.**, join artist, poet and translator Nancy Arbuthnot for a program featuring folk tales and a collection of watercolor illustrations for her manuscript of re-told folk stories from the Marshall Islands.

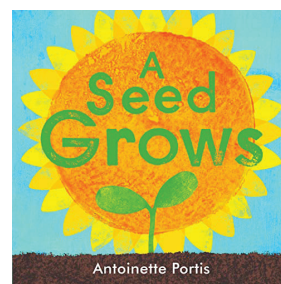
Arbuthnot's works also include co-translations of poems by Vietnamese American poet Le Pham Le.

Following the talk, Omotesenke will perform a traditional Japanese tea ceremony. Omotesenke Eastern Region USA is a nonprofit organization, which promotes tea ceremony culture and conducts educational programs in the United States.

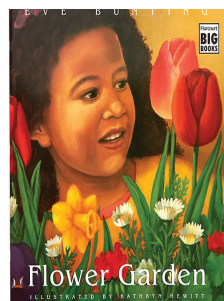
Watch the May Village News for sign up information.

Children's storytime debuts

Looking for a fun and enriching experience for your preschoolers, their siblings and friends? Come to the Village Center for the debut of our children's storytime on **Tuesday, April 4, from 10 to 11 a.m.**



Village Center volunteer and retired teacher Joan Lewis will read from a selection of books she has curated just for this springtime event. She'll start with "Are You Ready to Play Outside?" by Mo Willems, then read "Flower Garden" by Eve Bunting before moving on to "A Seed Grows" by



Antoinette Portis. Since the schools are on spring break this date, she'll finish with "Trillions of Trees," a book by Kurt Cyrus that will appeal to older children. Following the storytime, stay to make and take a special springtime craft.

Please stop by the Village Center or call 301-656-2797 to sign up.

A matinee to celebrate Earth Day

In honor of Earth Day 2023, the Village Center will host a special Saturday showing of the movie "Avatar," **April 22, at 11 a.m.**



Crippled Marine Jake Sully must choose between helping to protect the poisoned world of Pandora and its people, the Na'vi, or following orders and receiving treatment that will allow him to walk again. Blending live action, 3D computer generated graphics and 4K technology, director James Cameron created an action-driven epic, lushly portrayed, that became a cult classic. Winner of three Oscars in 2010, "Avatar" is followed up in the recently released sequel, "Avatar: The Way of Water," which will be coming to the Village Center in the near future. **Rated PG-13 Running Time: 162 minutes.**

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

The Village Book Club will meet on **Tuesday, April 18, at 11:30 a.m., at the Village Center.** The book selection is "Heaven" by Mieko Kawakami. The May book selection will be "Intimacies" by Katie Kitamura.

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Festival celebrates all things sheep!

Join us as the Maryland Sheep and Wool Festival comes to Howard County during the first weekend in May. We'll travel to the festival and discover the charm 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.

Sign up at the Village Center.

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, Thursdays, 1 to 3 p.m., April 20 to May 25. 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., April 18 to May 23. 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 2 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., April 6 to May 11. 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., April 24 to June 12. Class will not meet on May 15. 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. \$90 for residents; \$99 for nonresidents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., April 12 to May 3, 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 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, 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 nonresidents. Students are welcome to bring a towel, mat and any Pilates props.

SEATED YOGA AND MEDITATION

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, 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.

SOUND BOWL THERAPY (THURSDAYS)

A 4-week session, Thursdays, 9:30 to 10 a.m., April 6 to May 4. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques with compassionate guide Dinah Simpson. \$65 for residents; \$75 for nonresidents.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:15 to 10 a.m., April 10 to May 22. Class will not meet on April 24. 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 NIGHTS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., April 11 to May 16. 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 (MONDAYS)

A 6-week session, Mondays, 10 to 10:30 a.m., April 10 to May 22. Class will not meet on April 24. 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 OPEN ART STUDIO

Artists and aspiring artists are invited to bring their art and art supplies and join other artists at our open arts studio at the Village Center on Fridays, from 1 to 4 p.m. While no storage space is available, the space is filled with light and offers a welcoming environment and a chance for artists to support each other and critique each other's work.

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 for 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.

Students who participate on a regular basis may store their small dumbbells and ankle weights at the Village Center.

CONCERTS

Free concerts are held every Wednesday 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, April 5—No concert

Wednesday, April 12—Duo Soliste—Pianist Minna Sung-min Han and violinist Jiyun Lee formed a duo in 2007, which would eventually become Duo Soliste, performing extensively throughout the U.S. and South Korea. Both are graduates of the University of Maryland—Han holds a doctorate in musical arts while Lee has a master's degree in music. Han's performances have been hailed as "open, mature, emotional and reflective" while Lee has been described as "a poet of the violin, with a special love of beautiful sound."

Wednesday, April 19—Tango Reo—Claudia Gargiulo provides the mesmerizing vocals, Susan Jones adds emo-

tional intensity on the violin, Charles Kelly gives the flavor of Tango music with his bandoneon, while Victor Medina, our maestro, holds it together on piano, and Rita Eisenberg provides the back bone of the music with her bass.

Wednesday, April 26—Thomas Pandolfi—Pianist Thomas Pandolfi began his career early on while at The Juilliard School (bachelor's and master's degrees) where the young prodigy caught the influential ear of Vladimir Horowitz, who would become his mentor, and legendary composer Morton Gould. He has performed at Lincoln Center's Alice Tully Hall, The Kennedy Center, Kiev Opera House, Bucharest's Romanian Athenaeum, London's Cadogan Hall, and many others.

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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, April 6, 6:45 p.m.—Movie—Everything Everywhere All at Once—Whirling multiverses take the movie's unwitting protagonists and movie audience on a wild adventure to save the world in this action comedy. Starring Michelle Yeoh, Ke Huy Quan and Jamie Lee Curtis. **Rated R. Running Time: 139 minutes.**



Thursday, April 20, 7 p.m.—Movie—Ticket to Paradise—This comedy stars Julia Roberts and George Clooney as the divorced parents of a daughter who reunite to save her from their own ill-fated romance. **Rated PG-13. Running Time: 94 minutes.**



Thursday, April 13, 7 p.m.—Movie—Queen Bees—While her house undergoes repairs, a fiercely independent widow stays at a nearby retirement community and realizes it's like high school all over again: full of flirting, mean girls, and maybe another chance at love in this comedy about second chances and staying young at heart. Stars Ellen Burstyn, James Caan, Ann-Margret, Jane Curtin, Christopher Lloyd and Loretta Devine. **Rated PG-13. Running Time: 100 minutes.**



Thursday, April 27, 7 p.m.—Movie—Fall—An action-packed thriller in which two best friends are stranded without supplies atop a remote, 2,000-foot tall radio tower. Despite their expert climbing skills, the girls have to face their fears and the elements to survive the frightening trip down. **Rated R. Running Time: 107 minutes.**

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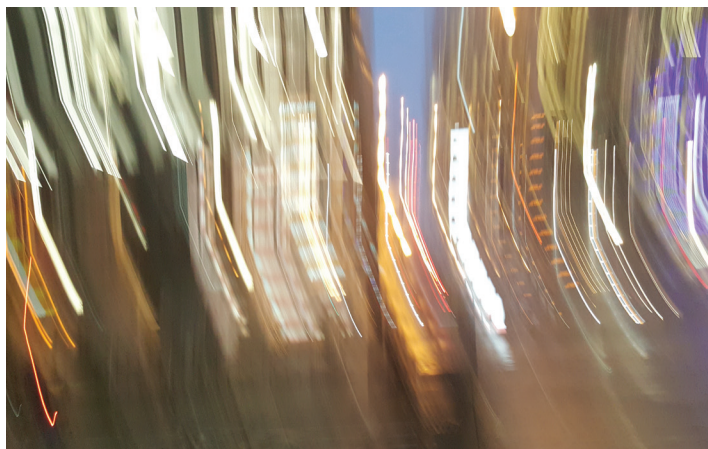
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ART AND CULTURE

Abstract art on display in April in Friendship Gallery



"Rideaux" by Ana Gardano

The Washington Abstract Artists Group (WAAG) will return to the Friendship Gallery this April. These artists, from the DC metropolitan area, specialize in the creation of abstract artworks. They all met through classes in abstraction taught by Delna Dastur at Smithsonian Associates, the educational arm of the Smithsonian Institution. The group was brought to Friendship Heights, first in 2018, by Ana C. Gardano, a longtime resident of Friendship Heights Village and a member of WAAG.

Each member of WAAG is inspired to use the artistic process of abstraction to express a range of ideas and feelings. In this exhibit WAAG artists explore how shape, color, texture, markmaking and layering form the basis of abstraction. Each artist presents his/her own personal narrative, making the works of the artists recognizable and distinct. Shown here is the photo, "Rideaux" by Ana

C. Gardano based on line and the painting, "Busy" by Ursula Johnson based on both line and circle. They differ in color, composition, and emotional feel.

The WAAG exhibit will run from April 3 through 29.

Meet the local artists at a reception on **Sunday, April 16, from 11:30 a.m. to 1 p.m. at the Village Center.**



The Village Center is open Monday through Thursday, 9 a.m. to 9 p.m.; Friday 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

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What foods are best for your long-term health?

The link between food and health is more important than ever before. Join Thu Huynh, registered dietitian and nutritionist with the Healthy Living Team at Giant Foods to learn how to shop for long-term health and well-being during this month's Suburban Lecture on **Wednesday, April 12, at 1 p.m. via Zoom**. Learn how to make food your preventative 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 Group



Join the Prevention of Blindness Society's Low Vision Support Group meeting on **Thursday, April 27, at 12 p.m.** at the Village Center to learn about the POB and its services. This month's topic is "Transportation options to be independent—Go where you want to go, when you want to go."

Drop in, meet your neighbors who are finding ways to enjoy a safe and independent life, and suggest topics you want to explore. 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.

Drug Take-Back Day: April 22

The Village Center will once again be a host site for National Prescription Drug Take-Back Day on **Saturday, April 22, from 10 a.m. to 2 p.m.** A Montgomery County Police officer will collect and safely dispose of your unwanted or expired prescription drugs. Look for the officer in the Village Center lobby.



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 \$29.95 / hour

Our Friendship Heights pilot program is available only for the residents in the Village of 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.

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3 Tips for Working From Home

Making the most of your WFH experience . . .

1. **Location, location, location!** Find a dedicated and comfortable space to work - that isn't your bed!
2. **Bring the outdoors in** - add some greenery to your space!
3. **Show your face** - use video over phone calls to help foster more interactions and keep loneliness at bay.

Coming Soon: 2BR+Den at The Carleton

Investor Alert: 1BR Tenant Occupied at The Willoughby: Offered at \$279,000

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Friendship Heights

VILLAGE NEWS

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April 2023 events calendar