



Friendship Heights

VILLAGE NEWS

JUNE 2023

VOLUME 40, NO. 6 www.friendshipheightsmd.gov

301-656-2797



Sample MC's Summer
Dinner Theater,
see page 2.

Discover the hideaway villages of Provence

Visit villages hidden in hilltops of Provence as Nick Glakas returns to the Village Center with this fascinating lecture on **Thursday, June 15, at 7 p.m.**

Tucked away in the southeastern corner of France and occupied since Neolithic times, the area was first colonized by the Greeks and later made Rome's first "province" outside Italy. Artists such as van Gogh and Cézanne inspired many of their colleagues to "come for the light."

This journey takes us through the countryside in search of hidden gems such as the Abbey of Sénanque, founded in 1148, where monks today still grow lavender and tend honeybees, to Fontaine-de-Vaucluse, the largest natural spring in France. We'll also visit Lacoste, the haunting deserted hilltop castle of the Marquis de Sade, St. Paul de Vence—with its winding Medieval streets and its claim as the artistic capital of Provence, and Éze—the most stunning hilltop village with its overlook of the Mediterranean below.

To reserve a seat, please call the Village Center at 301-656-2797.

You can't refuse this mystery dinner

A message from Tony "Toots" Zamboni: "Whadduh mean you ain't signed up yet? You got the invitation right? Me and some of the boys are going for eats at the Village Center on **Friday, June 23, 6 to 9 p.m.** Oh yeah, and there's something about a marriage or a wedding—I dunno, but the groom better show up or there's gonna be trouble. Just a suggestion—you might wanna be there too."

Now that you've been cordially invited, get spiffed up to join us for a 1920s Murder Mystery dinner party! Figure out the "Death of a Gangster: A Mafia Marriage Murder Mystery!"

Scoot over for an aperitivo, followed by an Italian dinner buffet (choice of vegetarian ziti or chicken parmesan, tossed salad, bread, and a delectable dessert). A glass of wine is included. "You want more, you gotta pay for it—cash only, capiche?"

Mingle with fellow "suspects" and "detectives" to help solve a deadly whodunnit, and enjoy some laughs along the way. Suitable for ages 21+. Dress up as much as you like. The Murder Mystery Company will make the night a raving success...for all but one shady character.

The cost is \$55. Sign up at the Village Center no later than June 16.



Take in a day of plays in Shepherdstown

The highly anticipated Contemporary American Theater Festival returns to Shepherdstown this summer for almost a month of dynamic and thought-provoking plays on and around the campus of Shepherd University.

Travel with us to the beautiful West Virginia town on the banks of the Potomac River on **Sunday, July 16.** We'll enjoy a three-course meal at the Bavarian Inn and then see two plays, "Redeemed" and "Fever Dreams."

Our first stop is lunch at the acclaimed

continued on page 4, see Shepherdstown

Juneteenth!

With music, Goodwin recounts the ongoing struggle for freedom

In recognition of Juneteenth, join us for a powerful program on **Thursday, June 29, at 7 p.m.**, in Hubert Humphrey Park in front of the Village Center. The Leigh Goodwin Group will perform inspirational music expressed and performed by Black Americans through the ages, from slavery to the present. It will be "A Musical Conversation with Family," featuring oratory and song, gospel, R&B, Soul and protest songs.

Born in Queens, Leigh Goodwin, studied at the Performing Arts High School and Dance Theatre of Harlem in New York.

The concert will move indoors to the Village Center in the event of inclement weather.

A wild and wonderful activity for kids, see page 2 .

Animal art is all over Washington

Bring your children to the Village Center to discover what makes this area so wild and wonderful!



Discover Washington's wild side, when artists Nancy Arbuthnot and Cathy Abramson present a Saturday morning program for the young and young at heart on **June 3, at 10:30 a.m.**, at the Village Center. They will read from their book, "Wild Washington," then lead an

animal-inspired craft.

The book "Wild Washington" features many of the extraordinary animal sculptures found throughout Washington, from the dragon perched above Georgetown University's Healy Hall to the unicorn in Rock Creek Park. Each sculpture is accompanied by a fun poem and a wonderful illustration by Abramson.

Abramson is an award-winning artist; Arbuthnot, a highly distinguished poet. Together they have produced a combination poetry, art and guide book for all ages. From the llama on the shield at the Embassy of Peru to the griffins on the balcony of the Federal Reserve Board building, from the anteater to the zebra, they are all here. Use this book for a fun scavenger hunt in D.C. too!

To reserve a space, please call the Village Center at 301-656-2797. Children must be accompanied by a parent or caregiver.

Children — Please watch for our scavenger hunt in the Village Center during June. See the front desk for details.



Animal poses make yoga fun for kids

Louisa Klein, a member of the International Yoga Teachers

Association with more than 40 years teaching experience, will offer a yoga demonstration designed specifically for children on **Saturday, June 10, at 11 a.m.**, at the Village Center.

Animal yoga for kids is fun, while also being a safe and calming activity.

The event is free, but please call the Village Center at 301-656-2797 to reserve a spot. Children must be accompanied by an adult or caregiver.



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 July issue is June 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 results

Thank you to the 682 Village residents who cast their votes in the contested May 8 Village Council election. The turnout represented an impressive 25% of the Village's registered voters, as well as having 262 more votes than the 2021 election (which was also contested and took place during the pandemic).

The final election results, which were certified by the County Council, are as follows:

Paula Durbin	394
Michael Mezey	352
Alfred Muller	334
Kenneth Niles	346
Bobby Pestronk	383
Bruce Pirnie	289
Roy Schaeffer	355
Martha Solt	373
Cheryl Tyler	463
Melanie Rose White	407

The Village would also like to thank our longtime partner, the League of Women Voters, for coordinating the entire election. As always, the League did a great job ensuring the Village Council election was a fair and accessible process for all voters. Special thanks also to



Swearing-in of the newly elected Village Council members on May 15 by County Chief Deputy Clerk Stephanie Kim. From left to right: Paula Durbin; Michael Mezey; Melanie White; Bobby Pestronk; Cheryl Tyler; Roy Schaeffer; and Martha Solt.

County Council member Andrew Friedson, who served as Chief Judge; Village resident judge Bill Corey; and to the County Board of Elections for allowing us to use its ballot drop box.

At the first meeting of the new Council on May 15, Council members selected their officers for the 2023–2025 term: Melanie Rose White, Mayor; Bobby Pestronk, Chair; Martha Solt, Secretary; Roy Schaeffer, Treasurer; and Paula Durbin, Parliamentarian. Cheryl Tyler and Michael Mezey declined the remaining officer positions.

Please visit our website to view the County's certification letter, the Village Council candidates' final financial report summary, contact information for the Council members, and their respective committee assignments (to be determined at the next Council meeting on June 12). Congratulations to the members of the 2023–2025 Village Council!

Page Park update

Work by GreenSweep, the contractor hired by the Village to perform the redevelopment of Page Park, continues as numerous plants, bushes and trees have been installed throughout the park. As this issue goes to press, they have also prepped other parts of the park for sod installation and benches along the walking trail. A sprinkler system will be installed in the park to cover all the new plantings and the sod once everything is in place. The irrigation system will tap into the existing water line on the site. No water will be extracted from any of the nearby buildings. In the meantime, GreenSweep has been using a watering truck to cover all the plants, bushes, and trees. Also, GreenSweep noted that the play equipment selected by the previous Council's Parks and Grounds Committee may not all fit in the children's area and that different equipment might have to be used. GreenSweep will confirm this information with the manufacturer, and the Council will further discuss this matter at the next meeting on June 12.

The County Department of Permitting Services is still reviewing GreenSweep's permit application for the pergola, which was submitted in late April. GreenSweep has been authorized to continue with the plantings and the completion of the pathways while the permit review is still in process.

Council confirms Mayor White to continue Village representation on the CCCFH

Before the recent Village Council election, the Citizens Coordinating Committee on Friendship Heights' (CCCFH) Nominating Committee had nominated Mayor Melanie White to serve as its Vice Chairman for a two-year term and to continue representing the Village at its meetings. After the Council election and at its first meeting on May 15, the new Council unanimously voted in favor of confirming Mayor White as the Village's representative on the CCCFH. Congrats to the Mayor!

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

See highlights from MC's Summer Dinner Theatre

Spend an hour with us laughing and maybe shedding a tear as we enjoy performances danced straight out of "The Prom." The Montgomery College Summer Dinner Theatre Showcase returns to the Village



Center on **Thursday, June 8, at 3 p.m.**, with highlights previewing its summer show later this month.

This funny, heartfelt and buoyant Drama Desk award-winning musical tells the tale of Broadway stars in need of a new stage who find it in middle America, within a high school community in which a courageous girl just wants to bring her girlfriend to the prom. The stars—the girl and the community's efforts—transform lives, bringing people together.

"The Prom" was also made into a 2020 movie starring Meryl Streep, Nicole Kidman and James Corden. To reserve a seat, call us at 301-656-2797.

To see the show on your own at the Rockville campus go to www.montgomerycollege.edu/events/summer-dinner-theatre.

Take an AARP safe driving class in July

The AARP Driver Safety Program returns to the Village Center on **Saturday, July 29, from 9 a.m. to 1:30 p.m.**, with instructor Ken Ow. The session includes a 30-minute break. Registrants may bring a brown-bag lunch.

Register at the Village Center. The cost of the one-day class is \$20 for AARP members (you must bring your membership card when registering) or \$25 for non-members. Payment is by cash or by check payable to AARP.

All students must bring their driver's license and a ballpoint pen to class.

The class offers safe driving techniques for drivers 50 and older. At the completion of the class, students will be given a certificate that they can present to their insurance company for a discount, where applicable.

Shepherdstown, continued from page 1

Bavarian Inn. Our menu offers a house salad, choice of chicken piccata, crab cake or sauerbraten roast beef for an entree, and apple strudel with whipped cream for dessert. Coffee, tea or a non-alcoholic beverage is included.



Then we're off to see the first of two plays. "Redeemed" spins a story over the course of two fictional prison visitations between Claire, whose brother was murdered nine years ago, and the murderer. Having sent a letter begging for a visit, Trevor tries to prove he's now a changed man thanks to the help of her brother's ghost. Claire must decide if Trevor is capable of redemption, or just attempting to impress the parole board.

Then we'll see "Fever Dreams," just off campus in the Shepherdstown Opera House. This is an unfolding mystery about the cost of lies, the price of truth, and the consequences of long-overdue revelations. For decades, Adele and Zachary have rendezvoused in a remote cabin in the woods to celebrate their passion and be together. This year though, something is...different. The place is falling apart and they're both keeping secrets.

We'll depart from the Village Center at 9:45 a.m. and should return by 9:30 p.m. The cost of the trip, which includes roundtrip transportation, three-course luncheon, tickets to two plays and all taxes and gratuities, is \$224. Residents who sign up by June 20, pay \$199. Residents and one guest may sign up immediately at the Village Center. Nonresidents may sign up beginning June 21 and pay \$224. Please make your menu selection when signing up.

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

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Get creative and have fun at a pair of art workshops in July

Two local artists participating in the Village Community Art Show next month will present separate workshops offering a chance to make and take your unique piece of art.

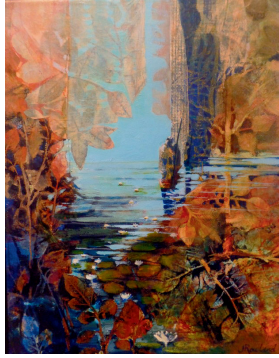
On **Saturday, July 8, from 9:30 a.m. to 12:30 p.m.**, Jan Rowland of CityLine Studios and facilitator of the Friday Open Art Studio at the Village Center, will guide a gel printing workshop.

Gel printing is a monoprint technique using a gelli printing plate, a soft silicon plate on which you can make impressions of leaves, flowers, stamps and everyday found objects. From the gelli plate you make colorful prints. During this workshop, Jan will demonstrate and practice gelli printing techniques, and you can make prints with multiple colors. It's easy and fun. Each print is a unique original and can be framed 'as is' in 5 x 7 frames or made into greeting cards. Wear old clothes as it can be messy.

The cost is \$45 and includes all materials and instruction. The minimum age for this workshop is 14. The deadline to sign up is July 5.

On **Friday, July 14, from 7 to 9 p.m.**, join artist Akeel L. Ali as he presents "Pendulum Painting," an evening workshop focusing on the concept of "letting go."

Participants will create a 30" x 30" canvas tapestry using the pendulum technique. A native Washingtonian, Ali is a self-taught multi-media artist, an internationally



accredited filmmaker, partnering with Nike and NASA, and local and national Main Street organizations.

The cost of the pendulum workshop is \$75— all supplies are provided. Participants may also enjoy a glass of wine and snacks during this evening workshop. The minimum age for this workshop is 21.

Sign up for each at the Village Center. The deadline for the pendulum painting workshop is July 9.



The Art of Installation Join a team at FHVC

Every art display needs an installation team. Over the years, Friendship Gallery has had a talented group of artists and art enthusiasts who have assisted in installing various shows.

If you would like to learn the skill of presentation of artwork while getting more involved with the Village Center, here is your chance. Friendship Gallery is looking to create its own installation team within the Village to hang select shows.

The goal of an installation team is to install art carefully so that it speaks a visual language and allows the viewers to connect to the art, be enriched and be entertained. The aim of the FHVC installation team would be to deliver the best possible experience for the viewers and the artists in search of a creative experience.

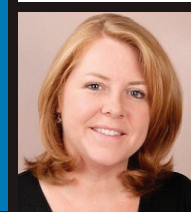
continued on page 7, see Installation

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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., June 8 through July 13. 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

(Free)

Mallory Starr leads a 5-week conversational English roundtable for adults on Tuesdays, 5 to 6 p.m., May 30 to June 27. 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. This class is now offered for free to Village residents. Non-residents pay \$15. Interested participants must call to reserve a spot by 5 p.m. Monday prior to each class. A minimum of 2 participants; maximum of 12.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m., to June 22. 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., through June 12. 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 or 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., through June 7, 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, through June 18, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for nonresidents.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, through June 29. Students are seated in chairs or use chairs for support. Learn how to incorporate "chair yoga" practices into your life for enhanced mind/body awareness. This class includes techniques to safely stretch, strengthen and balance your body and mind. The practice takes us on a journey guiding us toward wholistic change and betterment. Chair Yoga is non-competitive, accessible and fun. 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 (MONDAYS)

A 6-week session, Mondays, 9:15 to 10 a.m., from June 12 to July 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., June 13 to July 25. 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., June 12 to July 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 BUILDING BETTER BONES

Taught by Gita Pancholy, Thursdays, 11 a.m. to noon. The cost is \$8. Participants who attend regularly may store small weights at the Center.

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, though 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

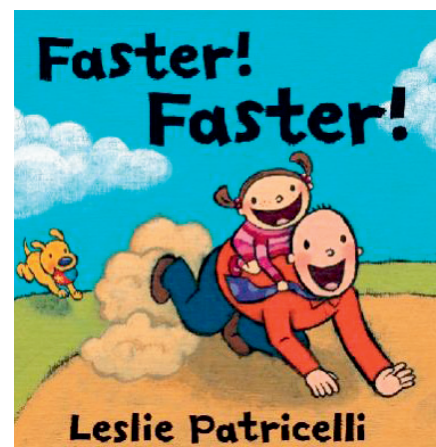
Village residents and guests may enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

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 every day, at 8:15 a.m. Meets in front of the Village Center. Call Eniko Basa at 301-657-5759.



Storytime with dad and animals having fun!

Come to the Village Center for our children's storytime on **Tuesday, June 13, from 10 to 10:30 a.m.** Retired teacher Joan Lewis will read from a selection of books she's chosen just for the occasion. "Faster, Faster" by Leslie Patricelli is a fun-loving book about doting dads and high-energy kids. "Clip Clop" by Nicola Smee, "This Little Chick" by John Lawrence, and "Toad in the Road: A Cautionary Tale" by Stephen Shaskan feature animals on the farm and animals having fun. Following storytime, stay to make and take a special craft. Parents/caregivers, feel free to socialize, set up play dates, and share parenting techniques until 11 a.m.

Village Storytime is held every second Tuesday from 10 to 11 a.m.

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

Installation, continued from 5

Volunteers would be expected to assist with hanging a monthly exhibition, which would take about two to three hours. This would be completely volunteer work and you would not be expected to assist every month. Instruction will be given. If you are interested in being part of this team call 301-656-2797.

CONCERTS



Free concerts are held every Wednesday during June, July and August, from 7 to 8 p.m. in Hubert Humphrey Park at Village Center. In the event of inclement weather, concerts will be moved indoors to Huntley Hall.

Wednesday, June 7—Steve Hom and Karla Chisholm—This dynamic duo, featuring guitarist Steve Hom and vocalist Karla Chisholm, kicks off our summer concert series. Hom has collaborated with several of the area's top jazz singers and has performed for ambassadors and state and national leaders. Chisholm received a music degree from the University of North Texas and has performed jazz and pop music for audiences around the world

Wednesday, June 14 —The Uncounted—The Uncounted is a cover band playing rock, pop, blues, and Motown in the D.C. metro area. It's composed of Joel Danshes, Robby Brewer, Nomi Ruppini, Mark Kreiser and Pat Starkey.

Wednesday, June 21—Motown and more with the Ray Apollo Allen Band—A local singer living in the Fort Washington area, Ray Apollo Allen formed the singing group Apollo Brothers with his brother Butch and friend Jackie

Love in the 1960s. He went solo until 2000. In 2006, Ray Allen joined the legendary group, The Orioles. Over the years, he has shared the stage with some of the greatest acts of the '50s, '60s, and '70s, including The Drifters, and The Platters.

Wednesday, June 28—Bele Bele Rhythm Collective—The Bele Bele Rhythm Collective, a diverse group of about 20 women from Washington, D.C., and surrounding areas, who all share a passion for drumming. Founded in 2008 and led by Drumlady Kristen Arant, the BBRC performs tightly sewn compositions of polyrhythms on dununs and djembes, along with exciting breaks, contagious songs, and dancing. The BBRC performs to celebrate unity and diversity, and to spread the joy and power of West African drumming. The BBRC recently released their first album, "Roots."



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MOVIES



All movies begin at 7 p.m. Movies that run longer than 130 minutes will begin at 6:45 p.m. as noted. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during these movies.

Thursday, June 1, 7 p.m.—Movie—Ticket to Paradise— This comedy stars Juliet 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, June 8, 7 p.m. —Movie—The French Dispatch— A comedy drama following three storylines, in sumptuous visual and narrative detail, which will culminate as articles for the last issue of a fictional American travel magazine based in a fictional French city. Starring a large ensemble cast, including Henry Winkler, Tilda Swinton, Adrien Brody and Elizabeth Moss. **Rated R. Running Time: 108 minutes.**

Thursday, June 15, 7 p.m.—Lecture: “Beautiful Villages of Provence” with Nick Glakas, see page one for details.

Thursday, June 22, 7 p.m. —Movie—Minions: The Rise of Gru—It’s the 1970s and young Gru is trying to join the

Vicious 6 who just tossed its leader, White Knuckles. Herein is how the world’s greatest supervillain met his despicable minions and learned that even bad guys need friends. Starring Steve Carrell and Alan Arkin. **Rated PG. Running Time: 97 minutes.**

Thursday, June 29, 7 p.m.—Concert: “A Musical Conversation,” a Juneteenth program with the Leigh Goodwin Group, see page one for details.

A movie to celebrate Juneteenth

Join us for a special showing of “Selma” on Saturday, June 17, 11:30 a.m. The marches to secure voting rights for African Americans are chronicled in this historically accurate, multiple award-winning film in which the often violent and powerful events that led to the 1965 Voting Rights Act are depicted. **Rated PG-13. Running Time: 128 minutes.**

Hello Neighbor! Thinking about selling your long-time home can be overwhelming. The actual process shouldn’t be.

Our team can help you each step of the way, at your own pace—from deciding to sell, to prepping the home, and all the way through closing and moving.

Call today for a free home equity review!



Janis Wilson & Margaret Babbington

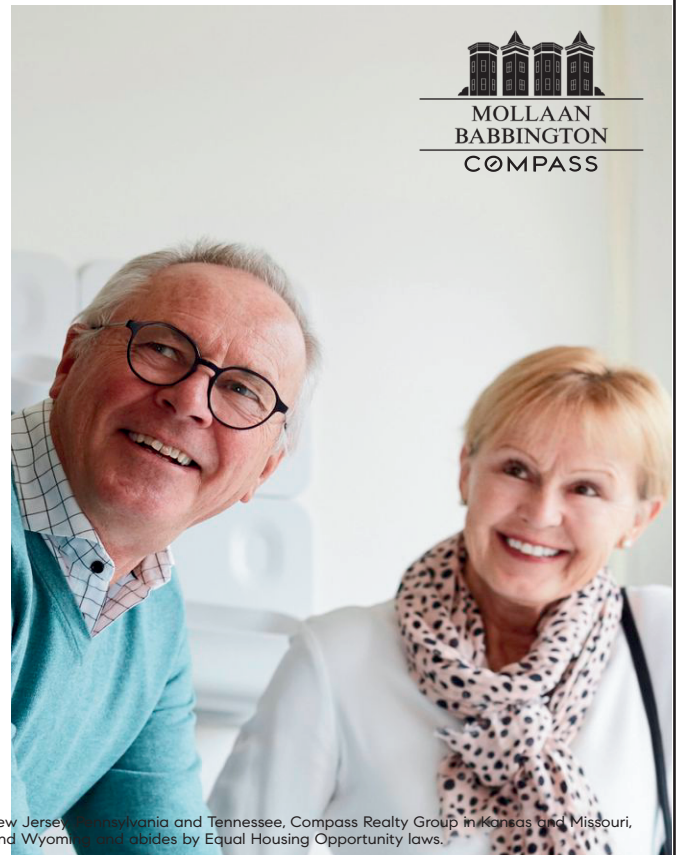
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ART AND CULTURE

Recognizing the rich history of printmaking in Washington



"A Call for Help" by Percy Martin

The Printmakers Exhibit will make its debut at Friendship Gallery in June 2023. Curated by Llewellyn Berry and Millie Shott, this is an extraordinary collection of printmaking art by a variety of artists. Twenty-one artists will be featured in the exhibit.

Alongside painting, sculpture and photography, printmaking stands as a significant artistic expression both in technical process and visual narrative. It can be seen in every corner of world culture. Silk screen, woodcut, stone lithography, intaglio and mezzotint are just some of the techniques used in printmaking and that the exhibit will represent the range of practices.

The exhibit opens May 29 and runs through June 24. An

artists reception will take place **Sunday, June 4, 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.



"Cats Cradle 2023" Michele Godwin



"Fragments #4" by Jacqueline Maggi

Dr. Michael Gittleson
Podiatrist
The Barlow Building

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TO YOUR HEALTH

Summer diets and the fire element in TCM

Summer is here and the heat is rising!

On **Tuesday, June 20**, come to the Village Center to learn how to support your body and mind during the summer season.

From **10:30 to 11:30 a.m.**, Kimberly Coleman, a registered nurse and doctor of Acupuncture, will discuss the best diets and lifestyle adaptations for what is known as the fire season in Traditional Chinese Medicine (TCM). In TCM there are five elements that correspond to different times of the year, and organs in our bodies. Fire is the element of the summer season and associated with our heart and small intestine.

Hear about ways to beat the heat, staying both cool physically and calm emotionally during this fire season.

Coleman will be offering an overview of TCM and its modalities, dietary suggestions and lifestyle adaptations for summer, along with self-care treatments for conditions such as inflammation and anxiety. Complementary ear seed treatment will be available upon request prior to the lecture.

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

Be F.A.S.T. if a stroke occurs

When it comes to stroke, timely treatment is of the essence to reduce damage and improve recovery time. Join Dr. Malik Adil on Wednesday, June 14, at 1 p.m. via Zoom as he discusses prevention, risk factors, signs and symptoms, new developments in stroke treatment and how doctors are working to enhance patient outcomes.



This lecture is offered through a partnership between the Friendship Heights Village Center and Suburban Hospital. To receive the Zoom link, please call the Village Center at 301-656-2797 or email info@friendshipheightsmd.gov. A link will be sent to you just before the Zoom session begins.

The Village Book Club will meet on **Tuesday, June 20, at 11:30 a.m., via Zoom**. The book selection is "Secrets of Happiness" by Joan Silber. The July book selection will be "Lucy by the Sea" by Elizabeth Strout.



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.

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

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Offered at \$975,000

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Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815



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June 2023 events calendar