



Friendship Heights

VILLAGE NEWS



Flower Happy Hour,
see page 4.

JULY 2023

VOLUME 40, NO. 7 www.friendshipheightsmd.gov

301-656-2797

Happy Fourth of July!

Come celebrate at the Center!

Enjoy an old-fashioned celebration as our annual Independence Day festivities return on **Tuesday, July 4, from 2 to 4 p.m.**, in Hubert Humphrey Park in front of the Village Center. The party will feature music with an Americana flavor from Frank Cassell and the Mountain Fever Band, hot dogs from Rocklands Barbeque, fresh, hot popcorn, ice cold snow cones and lemonade, and for dessert, delicious apple pie.

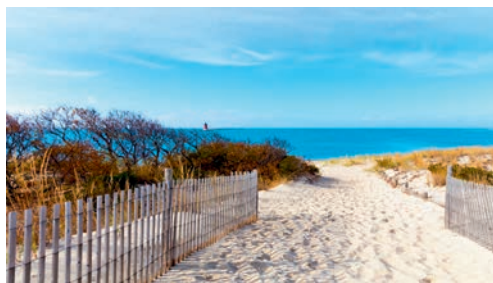
We'll honor exemplary volunteers in the community and elected officials have been invited to make remarks. See you on the Fourth!



Let's go to the beach!

Don't let this summer pass by without feeling the warmth of the sun, hearing the gentle crash of the waves on the beach, and finding the latest deals at the shore's outlets. Journey with us to Rehoboth Beach, Del., one of the most beautiful seaside towns on the East Coast. We'll make a day of it on **Thursday, Aug. 31, departing from the Village Center at 8 a.m.**

We'll arrive in time for lunch (on your own) and then you'll have time to do as your heart desires. Linger by the shore all day, or just for a while, and then take advantage of the tax-free shopping at area outlets later in the afternoon.



We'll take you to the beach, and you can decide how you'd like to spend the day. There are numerous restaurants, cafes and shops along Rehoboth Avenue and on the boardwalk. We should return to the Village

Center by 8 p.m.

The cost of the trip is \$79 for those signing up by Aug. 1, then the cost increases to \$90. Sign-ups

for residents and one guest begin immediately at the Village Center. Nonresidents may sign up beginning July 17.

The deadline to register is Aug. 23. There are 34 spaces available.

It's a yard sale with a doggone finale

Celebrating the dog days of summer with a yard sale and a puppy parade

Our ever-popular Village Yard Sale returns to Hubert Humphrey Park in front of the Village Center on **Saturday, July 15, from 10 a.m. to 1 p.m.** At 2 p.m., we're going to the dogs with a parade designed to let our four-legged friends strut their stuff.

In the morning, Village residents are invited to rent a table for our summer yard sale. Later in the afternoon, Village residents can bring their canine companions for a "puppy parade." Well-behaved dogs of all ages are welcome, but please sign up at the Village Center as space is limited for both events. For the yard sale, participants must rent a 6-ft. table from the Village Center for \$12. One table per household. Two chairs per table will also be provided. There are a limited number of tables available to rent.

To register for this event, stop by the Village Center. Village residents can reserve a table beginning July 1. Nonresidents may reserve a table beginning July 11.

Tables will be set up no earlier than 9:30 a.m. on Saturday, July 15. Items for sale must be confined to your immediate table space. All unsold items must be removed from the table and the park by 2 p.m.

Please register your dog for the parade by calling 301-656-2797 by July 12.



Center hosts a Monday movie and sundae night for kids

Parents, bring your children to the Village Center on **Monday, July 24, at 7 p.m.**, for a special screening of the Disney summer movie “Luca.”

Set in a beautiful seaside town on the Italian Riviera, the original animated feature is a coming-of-age story about one young boy experiencing an unforgettable summer filled with gelato, pasta and endless scooter rides. Luca shares these adventures with his newfound best friend, but all the fun is threatened by a deeply held secret: he is a sea monster from another world just below the water’s surface. This movie is rated PG, for rude humor, and brief attacks on sea monsters by humans, and runs 100 minutes.

Before the movie, kids and their guests are invited to make their own sundaes. We’ll supply ice cream and lots of fun fixings.

We’ll set up chairs but children are welcome to bring sleeping bags and blankets to stretch out on the floor.

The event is free, but reservations are required. To reserve a space, please call the Village Center at 301-656-2797. Children must be accompanied by a parent or caregiver.

Storytime takes us to the zoo

Preschoolers will delight in the sights and sounds of zoo animals brought to life on the pages of books by Eric Carle, Peggy Rathman, and Rod Campbell, and during our storytime on **Tuesday, July 11, at 10 a.m.**, at the Village Center.

Our volunteer will read “Dear Zoo,” “Good Night Gorilla,” “1, 2, 3 to the Zoo” and “From Head to Toe.”

We’ll also have a fun, zoo-themed craft. Parents/ caregivers are welcome to stay and visit until 11 a.m.

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.

Village Storytime takes place the second Tuesday of the month at 10 a.m. at the Village Center.



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 August issue is July 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

Page Park renovation update

As of June 22, Page Park is temporarily closed, except for the path leading around 4615 North Park Avenue toward Somerset. The Village will advise when the Montgomery County Department of Permitting Services issues the necessary permit for use of the park to resume. Additional information will be shared on the Village website, www.friendshipheightsmd.gov, as it becomes available, including any need for further work. During closure, maintenance of plants, bushes, trees, and sod will continue via an irrigation and sprinkler system.

Update on Friendship Heights Urban Design Study

Atara Margolies, Planner at the Montgomery County Planning Department, returned to the Council at its meeting in June to present a revised scope of work concerning the Friendship Heights Urban Design Study, which will also be presented to the Montgomery County Planning Board in the early summer. Rather than analyze specific sites for possible redevelopment, the goal of the study is to “analyze how people experience the existing open spaces, pedestrian and transit networks, activity centers and public life in Friendship Heights today.” Additional information regarding the Study can be found on the County’s Planning Department website, where residents can also sign up to receive updates.



Council approves committee assignments

Mayor White appointed the following Village Council committee assignments at the Council meeting on June 12, which the Council unanimously approved:

Communications Committee: Martha Solt (Chair), Paula Durbin, Melanie White.

Finance Committee: Roy Schaeffer (Chair), Michael Mezey, Robert Pestronk.

Parks & Grounds Committee: Paula Durbin (Chair), Michael Mezey, Roy Schaeffer.

Public Safety Committee: Cheryl Tyler (Chair), Robert Pestronk, Melanie White.

Personnel Committee: Melanie White (Chair), Michael Mezey, Martha Solt.

City Line Studios renews lease at 4602 North Park Avenue

The Village Council voted unanimously at its meeting in June to renew the one-year lease for the current tenant at 4602 North Park Avenue, City Line Studios. The tenant’s initial lease began in August 2021 and was extended last year. The Village has been very pleased with City Line Studios as a tenant and its wonderful contributions to art programs at the Village Center.

Community Advisory Committee members

At the September 11 Village Council meeting, the Council will be considering the nomination of new members to the Community Advisory Committee. The CAC meets typically on the first Wednesday of every month, and a report is presented at the following Council meeting. The report is then posted on the Village website. The CAC consists of representatives from the residential buildings in the Village who discuss community issues and give guidance to the Council. If you are interested in serving on the committee, please email our Village Manager at jmansfield@friendshipheightsmd.gov with your résumé and statement of interest.

Shredding truck returns July 15

The Village now provides free shredding service to residents four times a year—rain or shine! The next Shred-it truck will park on Friendship Boulevard, adjacent to the Village Center, on Saturday, July 15, from 10 a.m. to 12 p.m. Village residents are invited to bring their materials for shredding.

Other actions taken at the June 12 Council meeting:

- Voted against scheduling a special Village Council meeting in July regarding Page Park.
- Appointed members to the Community Advisory Committee (CAC) and deferred the nomination of any new members until September 2023.
- Approved proposal from Bloomes Contracting for \$36,825 to repair and paint the Village Center’s exterior walls.

The next scheduled Village Council meeting will be held on Monday, July 10, 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.



You may have seen her vintage, turquoise 1951 Chevy 3100 around town, its bed bursting with beautiful blooms. On **Tuesday, July 25, from 4 to 6 p.m.**, Elissa Abod will bring “Alice,” the Calluna Flower Truck to the Village Center. Calluna Flower Truck is a mobile flower bar, located in Montgomery County, that offers seasonal, specialty cut flowers priced by the stem so you can build your own bouquet.

Those purchasing stems from the flower truck on July 25 can bring them to the Village Center where, from 6:15 to 7 p.m., Elissa will offer tips and answer questions on floral care and arranging.

Beginning at 6 p.m., those 21 and over can purchase glasses of wine to enjoy during the demonstration.

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



Discover the ultimate theater experience in Shepherdstown

Don't miss this unique opportunity to see the newest plays in America, in the oldest town in West Virginia. Join us on **Sunday, July 16**, when we travel to picturesque Shepherdstown for lunch at the Bavarian Inn, followed by two plays, “Redeemed” and “Fever Dreams.”

Named as one of the top theater festivals in the world, by publications such as The New York Times, the Contemporary American Theater Festival shapes the future of American theater. Each summer, the Festival produces six new plays in a rotating repertory.

We'll depart from the Village Center at 9:45 a.m. and arrive at the Bavarian Inn for a three-course luncheon in the dining room overlooking the Potomac River. 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'll 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. “Fever Dreams,” just off campus in the Shepherdstown Opera House, 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.

The bus should return to Friendship Heights 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. Please make your menu selection when signing up.

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Play with a new way to print

Discover a fun, new way to play with paint and create beautiful artwork. 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, so that 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 because it can be messy.

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

Taking art into the digital age

Village resident Allen Hirsch demonstrates how math and computers can be used to make unique pieces of art on **Saturday, July 8, at 10:30 a.m.** and again **at 12:45 p.m.** at the Village Center. Hirsch has created software to make images he uses in his artwork.

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



Come to our Friday night art party with Akeel Ali

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."

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.

Participants will create a 30 x 30 canvas tapestry using the pendulum technique. 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 the workshop is 21.

Please sign up at the Village Center by July 9.

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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., July 27 to Aug. 24. 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., July 11 to Aug. 8. 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., Aug. 3 to Aug. 24. English will NOT be spoken during the sessions. \$10. Minimum of three participants; maximum of eight.

EXERCISE

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., July 5 to Aug. 2, 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 5-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, July 9 to Aug. 6, 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 \$83 for residents; \$92 for nonresidents.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, July 6 to Aug. 10. 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 July 31 to Aug. 28. 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., Aug. 1 to Aug. 29. 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., July 31 to Aug. 28. 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 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, through the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at

3 p.m. 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.

Tech tips for seniors

Francesco Guinand, a rising senior at Bethesda Chevy Chase High School, will offer a series of tech lectures on Tuesdays and drop-in tech tip sessions on Thursdays and select weekend days in July and August.

Tuesday, July 18, at 10 a.m.: Tell us your tech troubles—a chance to let us know what tech talks would be most helpful.

Tuesday, July 25, at 10 a.m.: Navigate through the internet

Tuesday, Aug. 1, at 10 a.m.: Make online reservations

Additional Tuesday morning lectures will be listed in the August *Village News*. For information about signing up for lectures, call the Village Center at 301-656-2797.

Francesco will also be available for one-on-one 15-minute consultations on Thursdays, from 1 to 3 p.m., Aug. 3 through Aug. 24, and Saturday, Aug. 5 and Sunday, Aug. 13, from 10 to 11 a.m.



Learn the art of hanging artwork

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.

Volunteers will be expected to assist with hanging a monthly exhibition, which will take two to three hours. Since this would be volunteer work, 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 the Village Center. In the event of inclement weather, concerts will be moved indoors to Huntley Hall.

Wednesday, July 5—Seth Kibel Trio—Seth Kibel is one of the Mid-Atlantic's premier woodwind specialists, working with some of the best bands in jazz, swing, and more. Wowing audiences on saxophone, clarinet, and flute, Kibel has made a name for himself in the Washington/Baltimore region, and beyond. He's won numerous prizes in the Mid-Atlantic Song Contest (MASC) including the Grand Prize in 2016 and a Gold Prize in 2022. He is the leader, clarinetist, and composer for The Kleztet, a genre-bending klezmer band he founded in the Baltimore/Washington area.

Wednesday, July 12—Dixie Power Trio—Formed in 1992, the Dixie Power Trio, a "dixieland trio with four members," has developed a reputation as the East Coast's premier "Louisiana variety band," playing authentic-sounding New Orleans jazz, zydeco, Cajun, street parade, and Louisiana-style funk. Vocalist Zach Smith (cornet, accordian, washboard) is joined by Andy Kochenour (bass), Chuck Underwood (guitar) and Byron McWilliams (drums and vocals).

Wednesday, July 19—Robert Redd and Tommy Cecil—Pianist Robert Redd was born and raised in the Washington, D.C., area, where he continues to base his musical career. Jazz bassist Tommy Cecil has been active in the Washington, DC jazz scene since 1976 when he moved from his hometown of Baltimore. Each has established himself as among the most in-demand players in the area.

Wednesday, July 26—Abshire Trio—Guitarist Steve Abshire joins pianist Fred Hughes and bassist Amy Shook for an evening of jazz. Abshire has played in the ranks of jazz greats Herb Ellis, Joe Pass, and Barney Kessel. He is an alumnus of the Commodores, and has accompanied well-known vocalist Della Reese. Shook is one of the most popular acoustic bassists in the mid-Atlantic, coveted for her huge sound and infectious, driving groove. As pianist and soloist for the Jazz Ambassadors, Hughes has performed in all 50 states, Canada, Mexico, Japan, and Europe.



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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, July 6, 7 p.m.—Movie—Here Today—This comedy stars Billy Crystal, Tiffany Haddish, Sharon Stone and Kevin Kline. A veteran comedy writer dealing with a dementia diagnosis and a city street singer forge an unusual alliance that's both hilarious and heartwarming. **Rated PG-13. Running Time: 117 minutes.**

Thursday, July 13, 6:30 to 8 p.m.—“Village Artists’ Reflections” Community Art Show Reception

Thursday, July 20, 7 p.m. —Movie—The High Note—An overworked superstar singer is presented with an idea by her aspiring music producer assistant that could not only alter her career, but also change their lives forever. Starring Tracee Ellis Ross, Dakota Johnson. **Rated PG-13. Running Time: 113 minutes.**

Thursday, July 27, 7 p.m.—Movie —The Lost City—In this action adventure comedy, a reclusive romance novelist on a book tour with her cover model becomes embroiled in

a kidnapping plot that leads them on a dangerous jungle adventure. Starring Sandra Bullock, Channing Tatum, Daniel Radcliffe, Brad Pitt. **Rated PG-13. Running Time: 112 minutes.**

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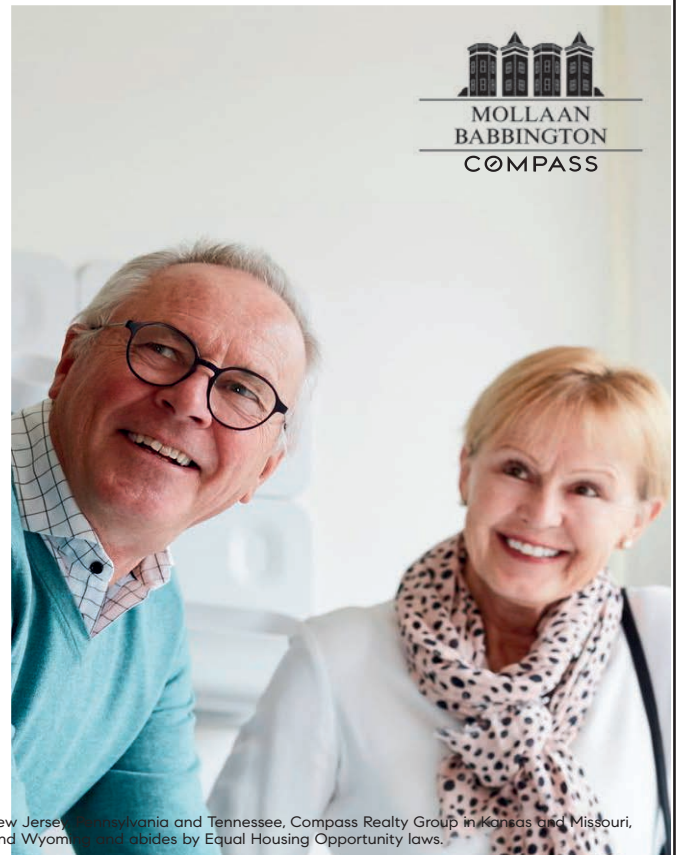
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ART AND CULTURE

Open Arts Studio group mounts “Village Artists Reflections”



“Sunrise in Patagonia” by Sepala Weliwitiigoda

The Friendship Heights Village Center Open Arts Studio will present a group exhibition by 12 local artists in July. During the last year, these artists have gathered at the Village Center to paint, practice their craft, and learn from each other. They include Sepala Weliwitiigoda, Susan King, Jiin Kao, An Kao, Rachael Rice, Phyllis Meltzer, Allen Hirsh, Judith Benderson, Sanja Pesic-Ostojic, Margarita Cano, and instructors Marianne Winter, Akeel Ali and Jan Rowland.

“It’s a proven fact that the art around us makes our lives more stimulating and exciting. Immerse yourselves in an exhibition of art created by a group of FHVC artists,” said Jan Rowland, who leads the weekly drop-in studio and is an artist with CityLine Studios in Friendship Heights.

Rowland went on to say, “Each of these exceptional artists brings depth and excitement to their work through varying sources of inspiration and innovative use of color, shape and textures. This exhibition is filled with different styles and techniques, from abstraction to realism, from digital art to images created in glass. New and old methods are mixed together. It will be a stimulating experience for everyone!”

The Village Book Club will meet on **Tuesday, July 18, at 11:30 a.m., via Zoom**. The book selection is “Lucy by the Sea” by Elizabeth Strout. The August book selection will be “Solito: A Memoir” by Javier Zamora.

The exhibit opens June 26 and runs through July 22. A special evening artists reception will take place **Thursday, July 13, from 6:30 to 8 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.



“Still Life” by Susan King

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TO YOUR HEALTH

Learn how to make healthy food choices this summer

Are you interested in learning how to optimize your day-to-day food choices that will impact your overall health? This month's Suburban Lecture on **Wednesday, July 12, via Zoom**, will focus on the foundations for healthy eating. Jill Johnson, a registered dietitian, will discuss practical ways to eat healthy, including meal planning, what to look for on food labels and diet modifications that will help you look and feel your best.

This lecture is offered by Suburban Hospital in partnership with the Friendship Heights Village Center. To register, call the Village Center at 301-656-2797.



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Sharpen your driving skills with an AARP 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.

Please 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.

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Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815



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July 2023 events calendar