



*Friendship Heights*

# VILLAGE NEWS

AUGUST 2023

VOLUME 40, NO. 8 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



Let's go to the beach,  
see page 4.

## Take a sail on the Schooner Sultana

*Trip also features time to explore historic Chestertown*

Join us for a morning sail on the Chester River aboard a replica of a colonial schooner on **Wednesday, Sept. 13**.

The 1768 schooner Sultana is the ultimate teaching platform for introducing students to the history and environment of the Chesapeake Bay. The modern vessel is a full-scale reproduction of a 97' topsail schooner that patrolled the mid-Atlantic enforcing the hated "Tea Taxes" for Britain's Royal Navy in the years preceding the American Revolution.

We'll depart from the Village Center at 7:30 a.m., to Chestertown on Maryland's Eastern Shore.

Upon arrival, you'll have time to visit the Holt Education Center,

which houses a 30' x 30' floor map of the Chesapeake Bay, aquariums full of fish, crabs, turtles, and oysters, a large model of the schooner Sultana, and an interactive exhibit featuring the history of Native Americans of the Chesapeake region. Restrooms are also available in the Holt Center.

Following our two-hour sail, you'll have time to see Chestertown. Stroll historic tree-lined streets, enjoy lunch on your own, and explore the town's natural beauty.

Founded in 1706, Chestertown is a historic college town along the banks of the Chester River on Maryland's Eastern Shore. The brick sidewalks lined with shops, restaurants and



inns welcome visitors to meander and browse.

We should return to the Village Center by 5 p.m. The cost of the trip is \$99. The cost increases to \$124 on Aug. 20. Residents may sign up immediately at the Village Center; nonresidents may sign up beginning Aug. 20.

*Please note that the marine bathroom is located below deck, accessible by a ladder.*

## Cool off at a splash party for children

Running through the sprinkler is a fun summertime pastime and a great way to beat the summer heat!

Village children, ages 10 and younger, their families, friends, and local dinosaurs are invited to our annual splash party on **Thursday, Aug. 10, from 10:30 a.m. to 12 p.m.**, in Willoughby Park.

The party will feature a sprinkler and other water toys designed to beat the heat. We'll also have dinosaur-themed activities.

Children must be accompanied



by an adult or caregiver over the age of 16.

Participants are welcome to bring their own picnic lunch.

Registration is required. Please sign up at the Village Center or by calling 301-656-2797.

## It's a Friday night designed to tickle your funny bone

Award-winning stand-up comedian Robert Mac returns to Humphrey Park at the Village Center on **Friday, Aug. 11, at 7 p.m.** for an evening of family-friendly fun. Mac has brought his comedy routine to popular venues and television shows, such as "Last Comic Standing," "Comedy Centrals's Premium Blend," NBC's "Late Night," and more. He was the grand prize winner of Comedy Central's Laugh Riots, and a finalist in competitions such as Billy Crystal's "Mr. Saturday Night Contest."

Comic Sandy Bernstein will open the show.

**Meet the artists during an evening reception, page 10**

## Planes, trains and children's storytime

Parents, bring your toddlers to the Village Center on **Tuesday, Aug. 8, at 10 a.m.** for a special storytime dedicated to the thrills of transportation. Our storytime volunteer will read the books, "I Went Walking" by Sue Williams, "Flight 1, 2, 3" by Maria Van Lieshout, "Row, Row, Row Your Boat," by Jane Cabrera, and "Freight Train," by Donald Crews. Children can also do a transportation-themed craft.

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

## Late summer diets and the Earth element in TCM

Come to learn how to support your body and mind during the "dog days" of summer on **Wednesday, Aug. 16 from 9:30 to 10:30 a.m.** at the Village Center.

Dr. Coleman will discuss the best diets and lifestyle adaptations for what is known as the earth season in traditional Chinese medicine (TCM). Earth is the element of late summer and is associated with our spleen and stomach.

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

Sign up at the Village Center or call 301-656-2797.

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## Why Volunteer?

Considering volunteering but not sure if it's right for you?

AARP will offer two separate online presentations highlighting the benefits of volunteering. Join on Zoom on **Wednesday, Aug. 9, at 3 p.m. or on Tuesday, Sept. 5, at 6 p.m.** for "Why Volunteer." According to AARP, volunteering can strengthen communities, improve physical and mental health, create a sense of purpose, and build skills and self-esteem for the volunteer—all of which are crucial to the development of total wellness.

For Zoom information, email [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov).

For information about volunteer opportunities at the Village Center, please go to our website at [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov).



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto: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 September issue is August 4. 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

The Park remains closed pending the review of a permit application by Montgomery County. The pathway on the east side of the park leading to the Town of Somerset will stay open. At its most recent meeting, the Village Council approved a motion to draft the language for an amendment to the existing contract with GreenSweep concerning its remaining work to be performed. This amendment would set the terms for a \$50,000 payment to GreenSweep. Following the stated motion there was an additional clarification from the Council Chair that the payment be contingent upon successful negotiations about the language of the amendment. Representing the Council on the negotiations for an amendment to the Page Park contract are the Mayor, the Council Chair, the Village Manager, and the Village attorney. As this newsletter goes to press, a draft amendment prepared by the Village attorney and reviewed by the negotiating team has been presented to GreenSweep for its review.

## Update on Friendship Heights Urban Design Study

Atara Margolies, Planner with the Montgomery County Planning Department, presented the revised scope of work for the Friendship Heights Urban Design Study to the Montgomery County Planning Board on July 13, after having given a presentation to the Village Council on June 12. The scope of work lays out the Planning Department's approach to studying how residents, business owners, and visitors experience the open spaces, pedestrian and transit networks, activity centers and public life in Friendship Heights today. The scope of work officially launches Montgomery Planning's study which includes preparing for a significant community

engagement component in the fall. County staff will also analyze the urban design strengths and needs of this cross-jurisdictional, transit-oriented community. The study will generally focus on the area within the 1998 Friendship Heights Sector Plan boundary, but will also consider the surrounding context.

Additional information regarding the study can be found on the County's Planning Department website, where residents can also sign up to receive updates. Ms. Margolies will return to the next Council meeting on September 11 to present the Board's feedback and provide further updates.

## Formation of Ad Hoc Committee on Friendship Heights development issues

Following introduction of the idea by Chairman Bobby Pestronk at the July 10 public meeting, the Council unanimously expressed support for the creation of an Ad Hoc Council Committee on Friendship Heights development issues to further understand their impact on the Village and possible solutions. The committee would contribute to and learn from the efforts to be undertaken with the Friendship Heights Urban District study, and it would play an active role in future discussions regarding the revision of the Friendship Heights Sector Plan. Mayor White will nominate three Council members to the committee for a confirmation vote at the Council's next meeting on September 11.

## Renewal of Maryland Municipal League annual membership

The Council unanimously approved at its last meeting to renew the Village's annual Maryland Municipal League membership. The 2023–2024 annual dues, which cover the entire Village Council and managers, are \$9,673.86.

## Village to seek curator for art shows

At the July 10 Council meeting, Village Manager Julian Mansfield reported that the Village will be advertising for a new arts curator at the Village Center, following the resignation of longtime curator Millie Shott. The curator is responsible for selecting the artists and their work to be displayed at the Village Center every month, as well as coordinating the placement, setup and take down of the artwork, organizing the art receptions, and collaborating with program staff on art-related activities at the Center. We will place a job announcement on our website this month and will notify the community. We anticipate filling the position in the fall.

*The next scheduled Village Council meeting will be held on Monday, September 11, at 7:30 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.*



## Escape for the day to a beautiful seaside town



Are you ready to feel the warm sand between your toes, to breathe in the sea air, sample some fresh seafood or just stroll along the seaside boardwalk? 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 when our bus takes anyone interested from the beach to area outlets

later in the afternoon.

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 \$90. Sign up at the Village Center. The deadline to register is Aug. 23.



The Village Book Club will meet on **Tuesday, Aug. 15, at 11:30 a.m., via Zoom**. The book selection is *"Solito: A Memoir"* by Javier Zamora. The September book selection will be *"Eight Days at Yalta"* by Diane Preston.

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## Online signups coming soon

The Friendship Heights Village Center is putting the finishing touches on our efforts to make it easier to sign up for a wide range of activities.

Starting in September, you'll have the chance to sign up for activities, classes, and trips using your computer or cell phone as we offer online registration.

Watch the September *Village News* for details.

## Sharpen your tech skills with lectures just for seniors

Francesco Guinand, a rising senior at Bethesda Chevy Chase High School, will offer Tuesday Tech lectures at **10 a.m. on Aug. 1, 8, 15, and 22**. He'll also offer one-on-one drop-in tech tip sessions on **Thursdays, Aug. 3, 10, 17 and 24 at 10 a.m.**, on

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Saturday, Aug. 5 from 9 to 11 a.m., and Sunday, Aug. 13 from 9 to 11 a.m.

The Tuesday lectures will be 30-45 minute lectures followed by question-and-answer periods, and are designed to help seniors become more comfortable with their tech devices. For information about signing up for lectures, 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., through Aug. 31. 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., through 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. 10 to Sept. 8. English will NOT be spoken during the sessions. \$10. Minimum of three participants; maximum of eight.

## EXERCISE

### 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 Aug. 13, 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, through 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 5-week session, Mondays, 9:30 to 10:15 a.m., through 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; \$75 for residents; \$80 for nonresidents.

### QIGONG AND TAI CHI (TUESDAY NIGHTS)

A 5-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; \$75 for residents; \$80 for nonresidents.

### TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 5-week session, Mondays, 10 to 10:30 a.m., through 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 Tai Tai Chi Fan. \$60 for residents; \$67 for nonresidents.

**Watch the September Village News for start dates for the following classes:**

**All in the Eyes, English Conversation, Spanish Conversation, Balance and Strength, Balance Basics, Gentle Yoga, Chair Yoga, Tai Chi and Qi Gong, Pilates, and evening Strength Training, Building Better Bones.**

## 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 Village 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. See the September Village News for details.

### 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.

### TECH HELP FOR SENIORS

Francesco Guinand, a rising senior at Bethesda Chevy Chase High School, offers tech lectures on Tuesdays and drop-in tech tip sessions on Thursdays and select weekend days in August. See page 5 for details.

### VILLAGE BOOK CLUB

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



### WALKING CLUB

The club, shown below, 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.

## Fitness Expo offers a chance to sample classes

Come to our Fitness Expo on **Saturday, Aug. 26, from 11:30 a.m. to 2:30 p.m.** to check out some of our upcoming exercise and wellness offerings.

Our teachers specialize in a variety of fitness classes and will be on hand for free demonstrations.

We'll have demos for classes to help you with balance and strength. Teachers will also demo yoga, meditation, Pilates and Tai Chi.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



Chad Ashley, left, will teach an evening strength training class. Dawn Maynard, right, will teach a variety of Pilates classes.

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# CONCERTS

**Free concerts are held every Wednesday during the summer months, 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, August 2—Steve Williams and the Dixie Stompers**—Composer, arranger and saxophonist Steve Williams has played lead alto saxophone with the Navy Band Commodores since 1997. He is also lead alto saxophonist with the Smithsonian Jazz Masterworks Orchestra. The Dixie Stompers includes two other musicians, also from North Texas and the Commodores.

**Wednesday, August 9—Jenny Wilson Trio**—The Jenny Wilson Trio will perform classic jazz with a modern twist. The trio is a unique ensemble in that they are a family. Jenny is the centerpiece of the group with her husband, bassist Nathan Wilson and her son, drummer Evan Lintz accompanying her jazz piano inventions and her warm vocals. Her singing is often compared to that of Diana Krall whom she counts as an important influence on her vocal style.

**Wednesday, August 16—Big Howdy**—Big Howdy is a progressive bluegrass band from Washington, DC. Skyline alum Dede Wyland's clear, powerful voice fronts a group of virtuoso multi-instrumentalists: Randy Barrett, Ira Gitlin, and Tom McLaughlin. A native of Wisconsin, singer and guitarist Dede Wyland honed her bluegrass skills from 1975 through 1979 playing throughout the Midwest and Central states with the Milwaukee-based band 'Grass, Food

& Lodging.'. She then became a founding member of Tony Trischka and Skyline, one of the leading progressive bluegrass groups of the 1980s. Randy Barrett is a singer, songwriter, banjoist and fiddler who has been a mainstay of the DC bluegrass scene for more than three decades. Ira Gitlin, a native of New York City, is known and respected in Washington-Baltimore bluegrass, folk, and roots-music circles as a versatile multi-instrumentalist, teacher and writer. Tom McLaughlin is a contest winner on guitar, mandolin and fiddle, and a Winfield finalist on guitar and mandolin.

**Wednesday, August 23—Karen Lovejoy Trio**—Vocalist and bandleader Karen Lovejoy fronts this versatile ensemble playing energetic jazz, funky blues and smooth Latin rhythms.

**Wednesday, August 30—Tim Roberts Sax Quartet**—American saxophonist Timothy Roberts, a native of North Richmond, currently serves as Professor of Saxophone and Instrumental Division Chair at Shenandoah Conservatory in Winchester, VA. He retired as Principal Saxophonist and a National Tour Soloist with the United States Navy Band in Washington, D.C. Roberts performed for five U.S. Presidents, many foreign dignitaries, and patrons throughout the U.S. and around the world from 1987-2011.

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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, Aug. 3, 6:30 to 8 p.m.— Women's Caucus for Arts "My Personal Best" Art Show Reception**

**Thursday, Aug. 10, 7 p.m.—Movie—80 for Brady—**This comedy is based upon the real life story of a group of female friends who adore Tom Brady and The New England Patriots, and who are determined to see him play at the Super Bowl. Starring Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Billy Porter, and of course, Tom Brady. **Rated PG-13. Running Time: 98 minutes.**

**Thursday, Aug. 17, 7 p.m.—Movie —Marlowe—**Liam Neeson stars as hard-boiled detective Philip Marlowe, who's in 1930s Los Angeles searching for a captivating heiress' ex-lover. He attempts to sort out a series of perplexing events and becomes ensnared in a life-threatening investigation. Also starring Diane Kruger and Jessica Lange. **Rated R. Running Time: 114 minutes.**

**Thursday, Aug 24, 7 p.m.—Movie—Missing—**In this thriller, red tape entangles a desperate search by a high school senior to find her mother, Grace, who disappears while on vacation in Columbia. Her daughter, June, deftly uses all kinds of technology to find her. Through intense searching, she discovers secrets about her mother that reveal a person she hardly knew. Starring Storm Reid and Nia Long. **Rated PG-13. Running Time: 115 minutes.**

**Thursday, Aug 31, 7 p.m.—Movie—The Super Mario Bros. Movie—**Animated and brightly colorful, just like its namesake video games, this movie is suitable for all ages. Mario and Princess Peach have to fend off the evil Bowser to stop him from conquering the world. Starring the voices of Chris Pratt, Anna Taylor-Joy, Charlie Day, Jack Black, Keegan-Michael Key and Seth Rogen. **Rated PG. Running Time: 92 minutes.**

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# ART AND CULTURE

## Women's Caucus for the Arts presents "My Personal Best"

In August, the Friendship Gallery hosts the Washington, D.C., Chapter of the Women's Caucus for the Arts as its members present "My Personal Best." According to member Sandra Davis, personal best refers to the best achievement one has ever had, or the best score, time that one has been able to achieve up to that point in time." Personal best" as an artist can mean different things to different people. It can refer to an artist's best work or their



"Arbeound the neck" by Reshada Pullen



"Quilt lady" by Sandra Davis



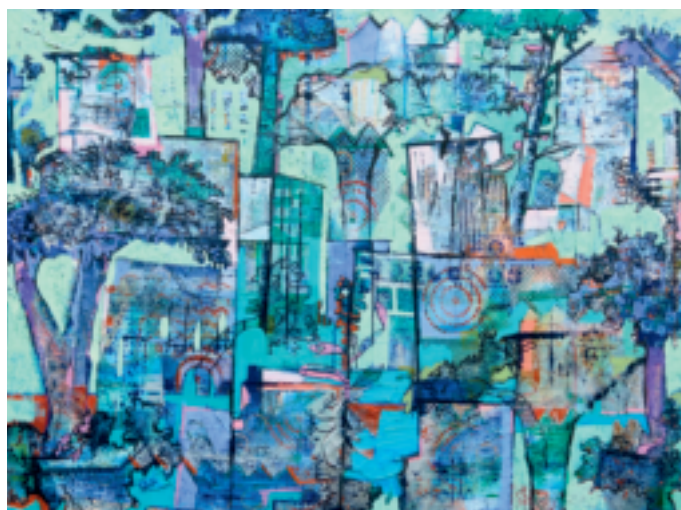
"Self-Avatar over time" by Renee Sandell

most successful work in terms of sales or recognition. It can also refer to an artist's personal growth and development over time. In general, it is a subjective term that can be interpreted in many ways,

such as mastering a particular medium or genre like portraiture, landscapes, abstracts, or realism. This exhibition aims to highlight what each participating artist considers their "Personal Best".

The exhibit opens July 24 and runs through August 19. A special evening artists reception will take place **Thursday, Aug. 3, 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.



"In search of the silver lining" by Delna Dastur

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.

## TO YOUR HEALTH

### Healthy Living for your brain and body

Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

This month's Suburban Lecture on **Wednesday, Aug. 9 at 1 p.m., via Zoom**, will offer the latest tips to keep you in your best physical and mental shape.

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.

### Protect yourself against the flu



Giant Supermarket Pharmacy will administer high dose and regular flu, and by request, pneumonia shots to Village residents on **Wednesday, Oct. 4, from noon to 4 p.m.**, at the Village Center.

Appointments are required. Signups will begin in early September. See the September *Village News* for details.



## 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.

Call us today to customize your unique caregiver services!  
\* FHNN members receive the first hour free

**SmithLife**  
HOMECARE

Call us today for more information or to schedule your service

**(301) 816-5020**

4600 N. Park Ave. #111, Chevy Chase, MD 20815

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Are condos still selling?  
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Let's discuss what's happening  
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## *Friendship Heights* **VILLAGE NEWS**

Friendship Heights Village Center  
4433 South Park Avenue  
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**Email:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**Phone:** 301-656-2797

**August 2023 events calendar**