



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2023

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301-656-2797



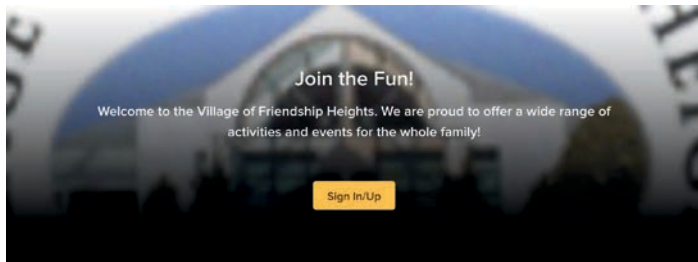
Take a day sail,
see page 4.

Making signing up for classes more convenient

Beginning Thursday, Sept. 7, big changes are coming to the way you can sign up and pay for the myriad of activities offered through the Village Center.

The Village Center staff has been hard at work to make signing up more convenient. Now you'll be able to register for classes and lectures using the online ActiveNet platform. If you need to make a payment, you can do that online as well.

You will be able to sign up for classes online beginning Sept. 7. The process is simple. Just go to



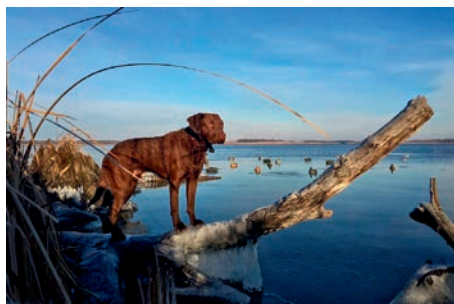
www.friendshipheightsmd.gov and click on "Sign up for classes" on the home page to access the ActiveNet login page. Then click the "Sign In/Up" button and click "Join" at the bottom of the sign in box and follow the instructions from there to set up

your account.

Those who don't have email can still utilize the online system. Just come to the Village Center and our front desk staff will help you create an account.

Teen tech helper Francesco Guinand will be on hand at the Village Center on **Saturday, Sept. 9 at 11 a.m.** with an online signup tutorial.

Celebrate the tales and traditions of the Chesapeake Bay



Janie Meneely began writing songs about the Chesapeake Bay in the 1980s, and never stopped. "There's so much to sing about," said the singer-songwriter and journalist who will present "Songs and Stories of the Chesapeake Bay" on **Thursday, Sept. 7, at 2 p.m.**, at the Village Center.

"I can remember when the City

Dock was jammed with workboats," said the Annapolis native who grew up on Spa Creek. "Today, recreational boaters have replaced the sleek working vessels that hauled crabs, fish and oysters to market all along the mighty Chesapeake Bay. So many people come here now to revel in what the Bay has to offer, but they have little knowledge of what used to happen on the docks. They never got to sit around the liar's bench in the country store. They never got to watch a fleet of skipjacks dredge for oysters."

Registration is required. Please sign up online through our website www.friendshipheightsmd.gov.

Guard 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.

The high dose, recommended for those 65 and older is \$120; the regular dose is \$70; the Prevnar 20 pneumonia shot is \$335; the Pneumovas 23 is \$185.

Appointments are required and may be made online beginning Tuesday, Sept. 5.

Please go to our website, www.friendshipheightsmd.gov to sign up through the SignupGenius link.

Please bring your Medicare or insurance card, waiver, and photo i.d. to your appointment.

How to stay safe in the event of a fire, page 5

Sign on the Business Fair Line



Are you a business owner in Friendship Heights Village? We are accepting applications immediately for your company to participate in our upcoming Business Fair on **Saturday, Oct. 14, from 10:30 a.m. to 1:30 p.m.** in Hubert Humphrey Park, outside the Village Center (weather permitting).

This is a great chance for your business to gain free visibility within the community. As a participant, your company's name will be listed in the October edition of the *Village News* and its name and logo will be listed with other participants in our social media outreach.

The weekly Farmers Market will be run concurrently from 9 a.m. to 1 p.m.

A six-foot table and two chairs will be available to rent for \$50. Tables are limited and are on a first-come, first-served basis. You must staff your table and are responsible for the set up and take away of any materials you bring.

To apply, email info@friendshipheightsmd.gov with your company owner's name and contact information, business address, and a brief products/services description by Sept. 15. Event details will be distributed to the invited participating companies.

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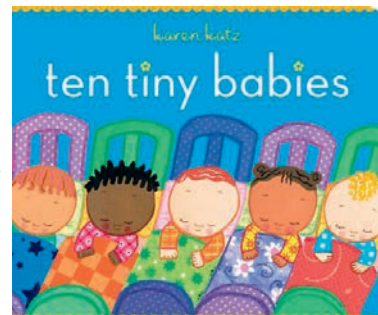
Independent living also available



1, 2, 3, 4.... Children's Storytime has counting and more

Parents, bring your toddlers to the Village Center on **Tuesday, Sept. 12, at 10 a.m.** for a special storytime dedicated to counting from 1 to 10.

Our storytime volunteer will read the books, "Found Dogs" by Erica Sirotich, "Count and See" by Tana Hoban, "Ten Tiny Babies" by Karen Katz, and "Ten Black Dots" by Donald Crews.



Children will also sing songs and do a fun craft related to counting. To reserve a space, please call the Village Center at 301-656-2797. Children must be accompanied by a parent 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 October issue is Sept. 5. For suggestions about news items or information on advertising rates, call 301-656-2797.

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Village Council Update

Page Park renovation update

Following the Council's action in July to propose amending the Page Park contract with GreenSweep to make a progress payment of \$50,000 with conditions to be agreed upon, a draft amendment prepared by the Village attorney was reviewed by the Village's negotiating team and presented to GreenSweep. GreenSweep's attorney responded with a counter-proposal requesting the Village make a payment of \$100,000. The Village's negotiating team will further discuss this with the Village attorney in advance of the next Council meeting on September 11, and then the full Council will discuss and vote on GreenSweep's counter-proposal.

As we go to press, the structural engineer is working to complete the structural analyses and code checks to make sure the pergola structure inside Page Park is sound. It is anticipated that the structural engineer will sign and seal the plans for the pergola, which will be included with the permit application to be submitted to the County's Department of Permitting Services. Once the permit is submitted, the County's review process is expected to take 30 to 45 days.

In the meantime, the Park remains closed until further notice. However, the pathway on the east side of the park leading to the Town of Somerset will stay open.

Potential tenant for the Red House

Last month the Village's commercial real estate broker informed the Village that a longtime baker from California, Just Baked Bakery, submitted a lease agreement proposal to run a bakery out of the Red House on North Park Avenue. The owner of the company has family

members in the area and would like to be closer to them. The Village managers are consulting with the Montgomery County Department of Permitting Services, including the Division of Zoning and Code

Compliance and the Division of Commercial Building Construction, to confirm what would be required by the Village and the tenant to comply with County regulations for this type of use, as well as compliance with the Americans with Disabilities Act (ADA) regarding accessibility. The Village Council will discuss and vote on the proposal at its next meeting on September 11.



Update on Friendship Heights Urban Design Study

Atara Margolies, Planner with the Montgomery County Planning Department, will provide an update on the Friendship Heights Urban Design Study at the next Village Council meeting on September 11. Ms. Margolies submitted the revised scope of work for the Study to the Montgomery County Planning Board in July, after having given an initial presentation to the Village Council in June. 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 work on the 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.

Planning Board staff will hold a community engagement event at the Village Center on October 30 as part of the Study. This will be a public meeting with the opportunity for residents and other stakeholders to provide input for the Study. The Village will confirm the timing of the event and inform the community. Additional information regarding the Study can be found on the County's Planning Department website, where residents can also sign up to receive updates.

Monthly Council meetings now begin at 7 p.m.

Per the request of Chairman Bobby Pestronk and approved by the majority of the Council, beginning September 11, all monthly Council meetings will begin at 7:00 p.m. A reminder will be posted in advance of the meeting on our website and all of the Village's communication platforms.

Village seeks applicants for art curator at Village Center

Last month's newsletter reported that the Village's longtime art curator, Millie Shott, was retiring, and a replacement would be sought by the Village Manager and Program Director. Beginning this month, the Village has started the process of recruiting a new art curator. The announcement is posted on our website's "What's New?" page.

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

Visit charming Chestertown and sail the Chester River

Join us for a morning sail on the Chester River aboard the Schooner Sultana on **Wednesday, Sept. 13.**

The Sultana is a full-scale reproduction of a 97' top-sail 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. for Chestertown on Maryland's Eastern Shore.

Upon arrival, you'll have time to visit the Holt Education Center, with its aquariums full of fish, crabs, turtles, and oysters. There's also an interactive exhibit featuring the history of Native Americans of the Chesapeake region. Restrooms are 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 brick sidewalks lined with shops and restaurants and inns that welcome visitors to meander and browse.

We should return to the Village Center by 5 p.m. The cost of the trip is \$124.

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

Cookies, cookies, cookies!

Get creative at our kids' cookie decorating party

Take part in a tasty activity that is fun for the whole family.

Join us for a cookie decorating party on **Saturday, Sept.**

9 from 10:30 to 11:30 a.m. at the Village Center. Each participant can decorate three cookies and personalize a box to keep or to gift. Sunday, Sept. 10 is Grandparents' Day.

Why not invite a grandparent to join in the fun? All children must be accompanied by a parent, grandparent or caregiver.

The cost is \$12 and includes one Homemade Signatures box containing ingredients to decorate three cookies. Space is limited; sign up through our website by Sept. 7.

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Capt. Eleshewich talks fire safety

Fire safety is one of the most important concepts you'll ever need to know and be ready to implement.



Please join us at the Village Center on **Monday, Sept. 18, at 7 p.m.** to hear fellow Village resident and Montgomery County Fire and Rescue Service Fire Captain, Paul Eleshewich, as he presents life-saving information specifically tailored to Village residents. Topics include fire prevention as well as what to do in case there is a fire or other emergency.

In the event of a fire, using a fire extinguisher is not advised. "Too often we see that when the public attempts to use a fire extinguisher this results in (1) a delay in escaping the fire and the deadly smoke, (2) a delay in calling 911, and (3) unnecessary injuries and deaths. This year alone we have had seven fire deaths in Montgomery County, and at least five of those deaths have been directly linked to delays in calling 911 due to civilians trying to fight the fire," says Jim Resnick, (retired Battalion Chief), Program Manager, Senior Outreach and Education, Montgomery County Fire and Rescue Service.

To reserve a seat, sign up via our website www.friendshipheightsmd.gov.

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The Village Book Club will meet on **Tuesday, Sept. 19, at 11:30 a.m., via Zoom.** The book selection is "Eight Days at Yalta" by Diane Preston. The October book selection will be "Tomb of Sand" by Geetnjali Shree.



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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.

New online signup procedure for all classes begins September 7. See pg. 1 for details.

ART AND LANGUAGES

ALL IN THE EYES

A 4-week class, taught by Marianne Winter, Thursdays, 1 to 3 p.m., Sept 14 to Oct. 5. 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. The cost is \$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., Sept. 5 to Oct. 31. 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.

BEGINNING SPANISH

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 5:30 to 6:30 p.m., Oct. 12 to Nov. 16. English will NOT be spoken during the sessions. \$225. Sign up by Sept. 30 and pay \$200. Minimum of four participants; maximum of eight.

CONVERSATIONAL SPANISH

Elena Marra Lopez conducts a Spanish conversation group on Tuesdays from 4 to 5:30 p.m., Oct. 17 to Nov. 21. English will NOT be spoken during the session. Cost is \$15.

EXERCISE

BALANCE AND STRENGTH

A 6-week class, Mondays, 11 to 11:50 a.m., Sept. 11 through Oct. 30, taught by Tonya Walton. This class will improve the communications 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. The cost is \$94 for residents; \$99 for nonresidents.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., through Sept. 27, 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 cost is \$54 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, Sept. 10 to Oct. 15, 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 \$104 for residents; \$109 for nonresidents.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Sept. 21 to Oct. 26. 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.

BEGINNING PILATES (FRIDAYS)

A 9-week class, Fridays, 12 to 1 p.m., Sept. 15 to Nov. 17, taught by Dawn Maynard. The cost is \$225 for residents; \$250 for nonresidents. Beginner Pilates is for anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles. Movement modifications will be provided for those who can't put weight on knees or hands. Learn how posture affects the way we sit, stand and walk. No equipment needed except a towel and water. Students may bring mat and any Pilates props.

PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., Sept. 12 to Nov. 14, taught by Dawn Maynard. The cost is \$250 for residents; \$275 for nonresidents. Students are welcome to bring a towel, mat and any Pilates props.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 9-week class, Saturdays, 9 to 10 a.m., Sept. 16 to Nov. 18, taught by Dawn Maynard. The cost is \$225 for residents; \$250 for non-residents. Students are welcome to bring a towel, mat and any Pilates props. Class will not meet on Nov. 4.

SOUND BOWL THERAPY

A 4-week class, taught by Dinah Simpson, Mondays, 2 to 2:30 p.m., Oct. 16 to Nov. 6. Learn the healing and relaxing powers of crystal singing bowls and breathing techniques. The cost is \$72 for residents; \$85 for nonresidents.

STRENGTH AND CORE (Evenings)

A 10-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Sept. 12 to Nov. 14. This class is hyper-focused on light weights incorporating small movements that correlate to everyday tasks. Exercises are to help prevent bone density loss and improve overall posture/ movement. The cost is \$92 for residents; \$96 for nonresidents.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Sept. 11 to Oct. 16. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for nonresidents.

QIGONG AND TAI CHI (TUESDAY NIGHTS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Sept. 12 to Oct. 17. 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, 10:15 to 10:45 a.m., Sept. 11 to Oct. 16. 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. \$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 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.

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.

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 301-657-4759.

Why Volunteer?

AARP will offer "Why Volunteer" on **Tuesday, Sept. 5, at 6 p.m.** via Zoom. Volunteering can strengthen communities, improve physical and mental health, create a sense of purpose, and build skills and self-esteem for the volunteer.

For Zoom information, email info@friendshipheightsmd.gov. For information about volunteer opportunities at the Village Center, please go to our website at www.friendshipheightsmd.gov.

CONCERTS

Free concerts are held every Wednesday, from 7 to 8 p.m., in Huntley Hall in the Village Center. Please silence all electronic devices and put away reading materials prior to entering the auditorium. If you are arriving late, please wait for a pause in the performance before entering.

Wednesday, Sept. 6—Richard Miller—Brazilian guitarist Richard Miller is equally at home on the concert stage and jazz clubs. His music includes Spanish and South American guitar classics, the American equivalent of ragtime, bossa nova, Latin music from Hollywood, and original compositions. He has toured through North, Central, and South America, performing in classical recitals and with Latin jazz bands.

Wednesday, Sept. 13—Music Pilgrim Trio—Vladimir Fridman, Seth Kibel, and Bob Abbott are the award-winning musicians playing Jazz, Klezmer, Russian, classical and Latin-American music in Music Pilgrim Trio.

Wednesday, Sept. 20 —Susan Jones and Caliente—With more than 30 years of experience, Susan Jones reigns as one of the most accomplished and versatile violinists in the Washington area. Susan has helped to back up dozens of visiting artists (Dionne Warwick, Aretha Franklin, Robert Plant, Jimmy Page and Stevie Wonder) at venues including: The Kennedy Center, Constitution Hall, the Verizon Center and the Newport Jazz Festival. She has also toured with Barry White. She leads Caliente for a night of hot jazz.

Wednesday, Sept. 27—Ray Apollo Allen — Ray Apollo Allen, a former member of the legendary Motown band, the

Orioles, brings his high-energy band to the Village Center for an evening of some of Motor City's greatest sounds.

Saturday Art Workshop: Collage and the Creative Process

Heather Paul of CityLine Studio welcomes beginner and more experienced artists to a collage workshop on **Sunday, Oct. 1, from 10:30 a.m. to 12:30 p.m.** at the Village Center.

Collage is a great way to understand the formal elements of design through its fun and satisfying tools: paper, glue, scissors, paint, textured material, found objects and an infinite range of images.

"Collage always surprises," says Heather. "Regardless of experience, adhering shapes and textures to a surface can make an artist of us all." You can come ready to be spontaneous—or you can choose a theme in advance that will guide you.

Art materials will be provided. However, if you have chosen a theme in advance, you might bring along images that have personal significance—photos, letters, favorite colors or textures.

The cost is \$50 for residents; \$65 for nonresidents. Space is limited. Sign up online by Sept. 23.

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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, Sept. 7—*No Movie*—Art Reception with Zsuzdayka Nzinga and James Terrell, see pg. 10.

Thursday, Sept. 14, 7 p.m.—**Movie —Champions**—In this heartfelt comedy, Woody Harrelson stars as a former minor league coach who, after a series of legal blunders, is ordered by the court to train a Special Olympics team. Co-starring Kaitlin Olson. **Rated PG-13. Running Time: 124 minutes.**

Thursday, Sept. 21, 7 p.m.—**Movie—Bullet Train**—This action comedy finds star Brad Pitt playing an assassin, who's had a run of bad luck, now on a new mission. He discovers fellow thieves are riding the fastest train in the world with him—likely to a deadly end—and he needs to find a way off. **Rated R. Running Time: 126 minutes.**

Thursday, Sept. 28—*No Movie*—Art Reception with City Line Studios, see pg. 10.

Saturday Art Workshop: Drawing with powdered graphite

Jan Rowland of CityLine Studio offers a drawing workshop of all skill levels on **Saturday, Oct. 7, from 10:30 a.m. to 12:30 p.m.** at the Village Center.

Enter the mysterious world of powdered graphite and create a strong drawing of dark and light tones. You'll draw simple shapes but enhance them with graphite to create shading and add "mood" to your work. You'll learn to observe objects, experiment with new materials and techniques. Please wear old clothing and bring two HB pencils, an eraser and pencil sharpener.

The cost is \$50 for residents; \$65 for nonresidents. Space is limited. Sign up online by Sept. 23.

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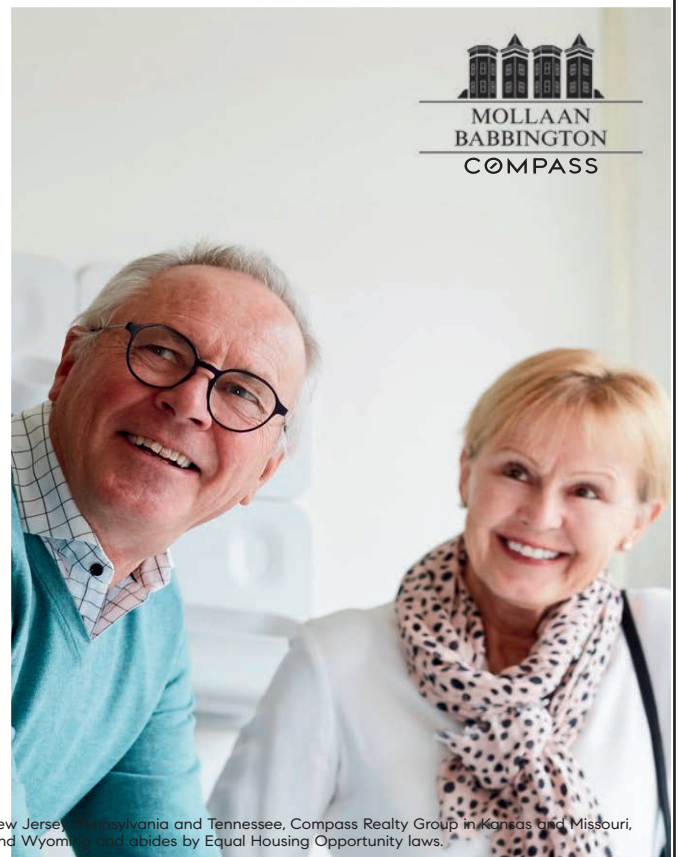
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ART AND CULTURE



"Surrounded by family" by Zsodayka Nzinga



"Synergy" by James Terrell

Early September exhibit

Zsodayka Nzinga and James Terrell, two extraordinary artists with bold spiritual and community narratives, exhibit in the Friendship Gallery this month.

Zsodayka Nzinga's work contains a lot of patterns and symbolism. The patterns are inspired by textile fabrics, Ankara and other culture fabric patterns and stained glass. There are often reoccurring images, such as butterflies, stained glass, communicating that things are continually in a state of change.

James Terrell is a native Washingtonian, whose father is pastor at the historic Second Baptist Church, and whose

mother is a retired Superior Court associate justice. He is a graduate of Gonzaga High School and received a bachelors degree in fine arts from Howard University, a masters degree in fine arts from the Parsons School of Design in New York City, and a masters of divinity from the Union Theological Seminary. His work has been exhibited across the country and he has had solo shows at museums.

Meet the artists during an artists' reception on **Thursday, Sept. 7, from 6:30 to 8 p.m.** at the Village Center.

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.



City Line Studios presents "As We See It 2023" beginning Monday, Sept. 18 and running through Saturday, Oct. 15, in the Friendship Gallery.

This exhibition celebrates 10 local women who share space at 4602 North Park Avenue. With varied styles, from representational to pure abstraction, the work of these seasoned artists is represented in regional, national, and international collections.

Their distinctive work is also influenced by roots in Europe, South America, and Australia. Leaving behind identities in a broad number of other professional fields, these artists share space, inspiration and a commitment to full-time painting.

The artists include: Cathy Abramson, Diane Dowling, Luz Marie Gutierrez, Carol Kleinman, Heather Paul, Jan Rowland, Amy Sabrin, Pat Silbert, Wendy Smith and Rosa Vera.

Meet the artists during an artists' reception on **Thursday, Sept. 28, from 6:30 to 8 p.m.** at the Village Center.



TO YOUR HEALTH

Suburban resumes in-person lectures every other month

Suburban Hospital will rotate its health care lectures, beginning in-person talks in September at the Village Center and online in October. In-person lectures will continue Wednesday of every other month.

This month's Suburban Lecture on **Wednesday, Sept. 13 at 1 p.m.**, will discuss what to watch for with atrial fibrillation, along with non-surgical and surgical treatment options.

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.

How to live successfully with Parkinson's Disease

Susan Wranik comes to the Village Center on **Tuesday, Sept. 19, at 10:30 a.m.** for "Parkinson's: Exercise and Socialize," an overview of how to live successfully with Parkinson's, including motor and non-motor symptoms, home exercises for brain, body, and voice, and area resources.

This talk is tailored to the diagnosed and those who love, live with or care for someone living with Parkinson's. Wranik leads an aphasia support group through the NIH Suburban Hospital Stroke Program.

Please register online for this talk. For more information, call the Village Center at 301-656-2797.



Low Vision Support offers orientation & mobility tips

Orientation and Mobility Specialist Susan Payne will discuss the importance of O&M training **Thursday, Sept. 28, from noon to 1 p.m.** at the Village Center. Payne has more than 20 years experience as a certified low vision therapist and is a certified orientation and mobility specialist. She is the director of Lift Vision Services at ABLE Services.

Feel free to bring a bag lunch to this talk. Please register online for this talk. For more information, call the Village Center at 301-656-2797.



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Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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September 2023 events calendar