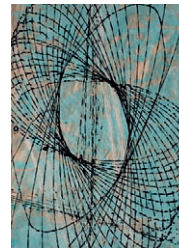




Friendship Heights

# VILLAGE NEWS



Akeel's Art Party  
is back  
see page 10.

NOVEMBER 2023

VOLUME 40, NO. 11 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797

## Let your holiday spirit soar with Cirque Dreams

Soon the holidays will be here! The season to be dazzled and joyful—that's what you'll feel when you join us to see Cirque Dreams: Holiday at The Theater at MGM National Harbor on **Saturday, Dec. 16.**

The noon show, which runs just shy of two hours, includes a 15-minute intermission and has been described as "a perfect treat" with "jaw-dropping" acts and over-the-top costumes. The original musical score, which includes twists on holiday song favorites, sung live, is



considered to be a dynamic background to the mesmerizing acts and "ginormous" sets.

The cost for this trip is \$90, which

includes transportation to and from National Harbor, tickets to the show, and an informal, light brunch at the Village Center beginning at 9:25 a.m., before leaving for the show.

The bus will depart the Village Center at 10:30 a.m., and then will pick us up at the theater to return to the Village Center by 3:30 p.m.

Signups begin immediately for residents at the Village Center; nonresidents can sign up beginning Nov. 16.

## It's a two-day shopping party at our artisan fair

Stop by our Pop-Up Artisan Shop for great shopping in a fun and festive atmosphere.

The party begins with a reception, featuring light snacks, music by pianist Dan Reynolds, and great shopping opportunities on **Friday, Nov. 3, from 5:30 to 8 p.m.**

The event **continues on Saturday, Nov. 4, from 10 a.m. to 4 p.m.,**

with more shopping, a flow art demonstration by Rachael Rice, children's crafts, a henna artist and food concessions.

From Ukrainian pottery to Chinese Brush decorated pillows and fans, jewelry, candles to metalworks, woodworking, paintings and photography, notecards, 3-D printed gifts to homemade cakes, our

exhibitors will be selling a wide variety of artisan pieces. All items are made by the artists who are in attendance and happy to discuss their creative process.



## Covid Update shots to be given at the Village Center

Giant Supermarket Pharmacy will administer the Covid Update shots (Pfizer and Moderna) to Village residents only on **Thursday, Nov. 9, from 11 a.m. to 3 p.m.,** at the Village Center.

Appointments are required and may

be made through SignUpGenius. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), go to What's New, scroll down to Activities to Sign Up, then click on Giant Pharmacy to offer Covid shots. One appointment per person only. The cost for Pfizer

is \$180 and for Moderna is \$195, and should be covered by Medicare-B.

A limited number of appointments will be set aside so that those unable to sign up online may do so over the phone. Please call the Village Center at 301-656-2797.



# Follow Frank Huffman on his trek from Laos to London

Join us **Thursday, Nov. 16, at 7 p.m.**, to see Village resident, former professor and foreign service officer Frank Huffman at the Village Center as he offers a glimpse into his exciting trek across continents that ultimately led to his book, *Monks and Motorcycles: From Laos to London by the Seat of my Pants*. He was professor of linguistics and Asian studies at Yale University and Cornell University teaching Thai, Cambodian, Vietnamese, and Southeast Asian linguistics. After two years as a volunteer French interpreter in Laos, (1956-58), Huffman traveled by motorcycle, bus, train, and ship from Laos to Europe through 25 countries, recorded in his book.


To ensure a seat, register through ActiveNet. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.



In the spirit of the holiday season, please join us for an uplifting program on giving, gratitude and the power of Thanksgiving. TEDx speaker Susan I. Wranik discusses how dining together unites people, contributes to greater understanding, and is also good for your health!

Join us on **Tuesday, Nov. 21, from 9:30 to 10:30 a.m.**, to find out why.

To ensure a seat, register through ActiveNet. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.



Friendship Heights

# VILLAGE NEWS

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

**Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)**

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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.

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**ADVERTISING**

The deadline for reserving space in the December issue is November 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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**FRIENDSHIP HEIGHTS VILLAGE COUNCIL**

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# Village Council Update

## Page Park construction update—permit filed

GreenSweep confirmed that the permit application for Page Park was submitted electronically to the Montgomery County Department of Permitting Services on October 18, 2023. The application number is 1047420. Additional information can be found on the County's website at <https://permitting.services.montgomerycountymd.gov/DPS/online/eSearch.aspx?by=TypeAPNo&SearchType=PermitStatus>. We will continue to keep residents updated as developments become available.

## New shuttle bus stop at Willard Towers

Following the cancellation of the Willard Towers shuttle bus service, many residents began to request that the Village bus service include a stop in front of the building. After coordination with our contractor and its bus drivers, the Village is happy to announce that our shuttle bus is now stopping at Willard Towers. This new bus stop replaces the previous stop at the corner of North Park Avenue and Willard Avenue. The bus schedule was revised and posted on the website. Please note that there are no changes to the times for the stops, as the rest of the route remains the same. Also, please be advised that if there are any vehicles blocking the Willard Towers driveway, the Village bus will stop on Willard Avenue in front of the building, and then back into the driveway in order to turn left on Willard Avenue and resume the regular bus route.

## Village hosted Public Safety Town Hall

The Village Council Public Safety Committee hosted a town hall on October 19 to hear from residents with concerns about public safety in the Village. The meeting was livestreamed and recorded, and can be accessed at [www.regionalwebtv.com/village-of-friendship-heights](http://www.regionalwebtv.com/village-of-friendship-heights). The Public Safety Committee will consider all comments at its next meeting on Thursday, November 2, at 6:15 p.m.

## Council hires land use attorney

The Council agreed to retain the services of Michele Rosenfeld as the Village's new land use attorney. Ms. Rosenfeld has served as lead attorney for the County Planning Board, and she has represented the Town of Kensington as well as a citizens group in opposition to the Westbard Sector Plan.

## New household battery recycling program

Per the request of the Council, the Village will begin a new battery and cell phone recycling program at the Village Center on November 1. Please look for the Call-2Recycle box in the Village Center lobby to deposit your

used batteries and cell phones for recycling. This collection is limited to household batteries.

## Quality of life survey for residents

At the October 16 Village Council meeting, the Council instructed the managers to finalize a Village quality of life survey with Qualtrics, the survey company previously used by the Village, to produce a final online version in early November. The survey link will be posted to the Village website. Survey responders who reside in the Village will be entered into a raffle to win gift cards to local restaurants.

## Village seeks residents to serve on Climate Change and Environment Committee

The Council has created an Ad Hoc Council Committee on Climate Change and Environment composed of Council members and residents of the Village. Residents interested in serving on this committee are invited to submit a statement of interest and résumé to the Village Manager, [jmansfield@friendshipheightsmd.gov](mailto:jmansfield@friendshipheightsmd.gov), for consideration. Nominees will be presented at the December 11 Council meeting.

## Visit the County's Mobile Commuter Store

Montgomery County's Mobile Commuter store, TRiPS, comes to the Village every Wednesday from 10:30 a.m. to 12:45 p.m. The mobile store parks on South Park Avenue by Humphrey Park, across from Highland House West. Residents can buy transit passes for Metrorail, Metrobus and Ride On, including Senior SmarTrip cards (good for discounted fares), regular cards and Ride On Youth Cruisers, plus MARC Rail. Friendly staff provide information on using all types of transit, biking, bikeshare and other options for getting around without driving. The store is ADA accessible with a wheelchair lift. Visit <https://www.montgomerycountymd.gov/commute> or call 240-773-8747 for more information on the TRiPS schedule of locations, hours of operation and services.

### Other actions taken at the Oct. 16 Council meeting:

- Approved Mayor White's nominations for the Council Development Committee: Bobby Pestronk, Chair; Michael Mezey, Cheryl Tyler.
- Appointed Stephanie Clipper, Prem Garg, and Dr. Al Muller to the Community Advisory Committee.

*The next scheduled Village Council meeting will be held on Monday, November 13, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.*



## Afternoon talk sheds light on the celebration of Diwali

Diwali is known as the festival of lights and is considered as one of India's most celebrated holidays. Join us on **Monday, Nov. 20, at 2 p.m.**, when Sudha Garg discusses this festival, what it is and its significance.

The name Diwali is derived from the Sanskrit word dipavali, meaning "row of lights." Refreshments will be served. Space is limited; registration is required.

To ensure a seat, register through ActiveNet. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.

### EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

## Be prepared in an emergency

Sareem Streater, Community Outreach Coordinator of the Montgomery County Office of Emergency Management and Homeland Security, will address your concerns and give practical advice during a talk on **Monday, Nov. 27, at 7 p.m.**, at the Village Center. He will discuss the available resources you should utilize to stay informed about potential disasters that could affect the Montgomery County community, the importance of identifying a support network before an emergency event occurs; how to develop an emergency plan; what items you should include in your emergency kit and go bag (if there is an event that would lead you to shelter in place or evacuate quickly), and answer any questions. To ensure a seat, register through ActiveNet. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.

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## Fred Moyer presents classical and jazz selections

Join us as we welcome Frederick Moyer, one of the country's most exciting pianists, to the Village Center on **Monday, Nov. 13, at 2 p.m.** for a program featuring works by Schubert, Schumann and Rachmaninoff, and jazz selections.

Equally at home with Bach, Beethoven and Rachmaninoff, as well as Ellington and Gershwin, his recitals are creative, engaging and entertaining. Also featured is his MoyerCam, a projection system that allows the audience to see his hands as he plays.

Moyer has established a vital musical career that has taken him to 44 countries and to such distant venues as Suntory Hall in Tokyo; Sydney Opera House; Windsor Castle; Carnegie Recital Hall; Tanglewood, and the Kennedy Center. He has appeared as piano soloist with world renowned orchestras including the Cleveland, Philadelphia and Minnesota orchestras, the St. Louis, Dallas and Baltimore orchestras. In recital, his delightful commentary from the stage brings the audience into the heart of the musical experience. To ensure a seat, register through ActiveNet. Go to our website [www.friendshipheightsmid.gov](http://www.friendshipheightsmid.gov), click on Sign Up for Programs on the home page.

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

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The Village Book Club will meet on **Tuesday, Nov. 21, at 11:30 a.m., via Zoom.** The book selection is "Our Country Friends" by Gary Shteyngart. The December book selection will be "The Book Woman of Troublesome Creek" by Kim Michele Richardson.



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# CLASSES AND CLUBS

To register, please go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and sign up through ActiveNet at least 48 hours before the start of the session. A class may be cancelled if the minimum number of students is not met. Participants must pay for the full series. No refunds after the 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. In the event a class is canceled, a make-up class will be held 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., Nov. 2 to Dec. 14. 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. \$55 for residents; \$60 for nonresidents.

### ENGLISH CONVERSATION

#### (Free)

Mallory Starr leads a conversational English roundtable for adults on Tuesdays, 5 to 6 p.m., This class is free to Village residents. Non-residents pay \$5. A minimum of 2; maximum of 12.

### BEGINNING SPANISH

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts beginning Spanish class, with an emphasis on grammar and vocabulary, Tuesdays, through Nov. 16, 4 to 5:30 p.m. \$225. Minimum of four participants; maximum of eight.

### SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays through Nov. 21, 5:30 to 6:30 p.m. \$15. Minimum of four participants; maximum of eight.

## EXERCISE

### BALANCE AND STRENGTH

A 6-week class taught by Tonya Walton, Mondays, Nov. 13 to Dec. 18, 11 to

11:50 a.m. This class will improve the communications between your brain and your muscles. It will consist of routines to strengthen your core, enhance 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., Nov. 1 to Nov. 22, 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 5-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, through Nov. 19, 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 \$87 for residents; \$92 for nonresidents.

### CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Nov. 9 to Dec. 21. Class will not meet Nov. 23. 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 holistic 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., through 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. Class will not meet Nov. 3. Next session starts 1/12/24 at noon.

### PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., through 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. Class will not meet Nov. 4. Next session starts 1/9/24 at 6 p.m.





### **PILATES FOR EVERYONE (SATURDAY MORNINGS)**

A 9-week class, Saturdays, 9 to 10 a.m., through 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. 5. Next session starts 1/13/24 at 9 a.m.

### **STRENGTH AND CORE (Evenings)**

A 10-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., through Nov. 14. The cost is \$90 for residents; \$100 for nonresidents. Next session starts 1/9/24 at 5:30 p.m.

### **STRENGTH AND CORE (Fridays beginning 1/12/24)**

A 10-week class, taught by Chad Ashley, Fridays at 11:30 a.m.

### **QIGONG AND TAI CHI (MONDAYS)**

A 6-week session, Mondays, 9:30 to 10:15 a.m., Oct. 23 to Nov. 27. 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., Oct. 24 to Nov. 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.

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

A 6-week session, Mondays, 10 to 10:30 a.m., Oct. 23 to Nov. 27. Taught by internationally recognized Master Nick Gracenin, this class presents taolu (formal patterns) of traditional Taijiquan.

Students can try the more complex combined 42 Forms 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.

### **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 STORYTIME**

Village toddlers and pre-schoolers, their family and friends are invited to listen to stories and do a related activity on the second Tuesday of the month from 10 to 11 a.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, 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.

### **CANASTA**

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call 301-656-2797 to register.

## **Canasta lessons begin in January**

Canasta is a game that challenges your brain, but is not so complex as bridge. If you would like to learn how to play or want to brush up on your skills, we've got a class for you!

Beryl Blecher will teach a two-week beginner class, just right for beginners or players returning to the game, **1 to 2 p.m. on Wednesday, Jan. 10 and Jan. 17** at the Village Center. Play will follow from 2 to 4 p.m. Handouts will also be provided. A minimum of 4 needed for the class to proceed.

The cost is \$25 for the two-class session. Registration for the class is required. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.

# 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, Nov. 1—Mini-Musicals on the Move—How High the Moon: A New York Cabaret**—Relish the radiance of songs that have been performed by Rosemary Clooney, Nancy Lamott, Buddy Greco, Michael Feinstein, and many other cabaret singers. Mini-Musical on the Move members Jessica Cooperstock, Justin Cunningham, and Cathy McCoskey share some of their favorites with piano accompaniment by Jeff Hayes. Come out and enjoy a New York style cabaret!

**Wednesday, Nov. 8—Jose Sacin**—Baritone and artistic director, known for his expressive voice of “liquid gold and the stage presence of a lion” (DC Theatre Scene), a Peruvian native, Jose Sacin is considered one of the leading South American baritones of our time. He has performed and collaborated with the leading figures of the opera and music world today including: a nationally televised performance for Pope Benedict XVI ( alongside Placido Domingo at Nationals Stadium in Washington, DC, ) with Gregory Buchalter of the Metropolitan Opera, and the Chilean soprano Veronica Villaroel.

**Wednesday, Nov. 15—String of Pearls**—Violinist Susan Jones returns to the Village Center with a program featuring a mix of classical music and tunes from the Great American Songbook.

**Wednesday, Nov. 22—No concert**

**Wednesday, Nov. 29—Sara Jones**— The first place winner of the Billie Holiday Vocal Competition and semi-finalist in the American Traditions Competition, jazz vocalist Sara Jones has toured 49 states and performed in numerous concert halls across the country. Jones has performed as a soloist with the National Symphony Orchestra, Cincinnati Pops Orchestra, and Ravinia Festival Orchestra, under the batons of Emil de Cou and Erich Kunzel. An additional highlight includes a solo performance on the Esplanade with Keith Lockhart and the Boston Pops Orchestra. In the Baltimore / Washington area, Jones was a featured vocalist with the Jazz Ambassadors and has graced the stages of the Hippodrome Theater, Meyerhoff Symphony Hall, Strathmore Mansion, and the Kennedy Center for the Performing Arts.



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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, Nov. 2, 7 p.m.—Movie—Polite Society—**A young martial-artist-in-training tries to save her older sister from an impending marriage in this British-made comedy filled with kicks, pop-culture, Bollywood and Austenesque references. Generational pressures, coming-of-age angst, Pakistani culture and the sisters' concerns that their bonds are being torn apart get a refreshing treatment in Polite Society. Starring Priya Kansara and Ritu Arya. **Rated PG. Running time: 1 hour, 44 minutes.**

**Thursday, Nov. 9, 6:45 p.m.—As Good As It Gets—**Jack Nicholson, Helen Hunt, Greg Kinnear and Cuba Gooding Jr. star in this James Brooks' hit comedy. Nicholson gives a show-stopping performance as Melvin Udall, an obsessive-compulsive novelist with Manhattan's meanest mouth. But when his neighbor Simon is hospitalized, Melvin is forced to babysit Simon's dog. And that unexpected act of kindness—along with waitress Carol Connelly—

helps put Melvin back in the human race. **Rated PG-13. Running Time: 2 hours, 19 minutes.**

**Thursday, Nov. 16, 7 p.m.—Booksigning with Frank Huffman, see page 2 for details.**

**Thursday, Nov. 23— No Movie—Happy Thanksgiving!**

**Thursday, Nov. 30, 7 p.m.—Toy Story 4—**No one expected it or felt it was needed, but critics and audiences alike are happy Pixar produced this fourth, and likely the final, entry in the Toy Story movie chest. As some of the toys debate their place in the world, others reunite during a roadtrip with Woody, Buzz Lightyear and Bonnie, plus a new toy named Forky. Along the way, Woody and Bo Peep meet again and find their life-toy-outlook may not be the same, afterall. Starring an ensemble cast including Tom Hanks, Tim Allen, Keanu Reeves, Don Rickles, Annie Potts, Bonnie Hunt and more. **Rated G. Running Time: 1 hour, 40 minutes.**

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

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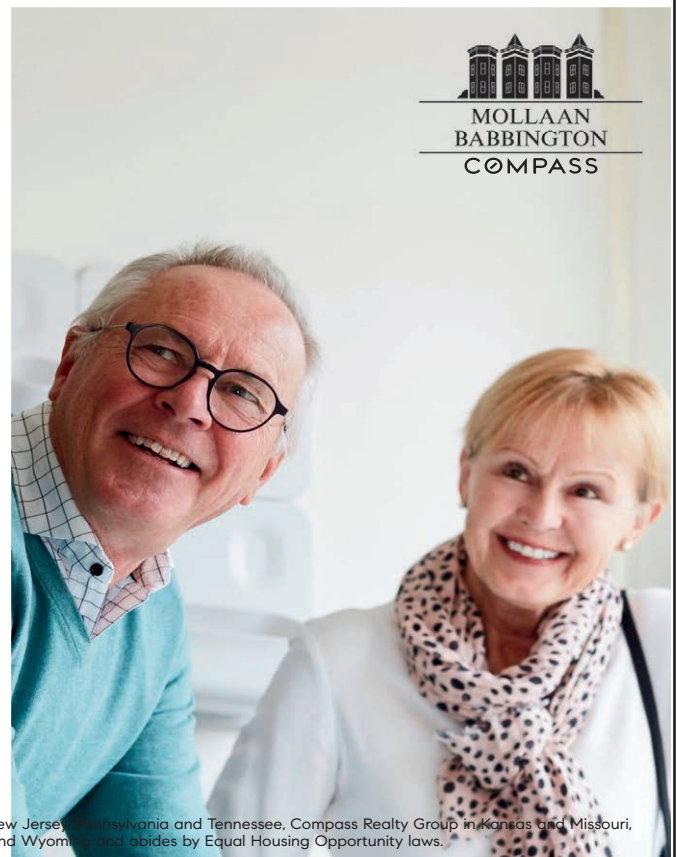
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## ART AND CULTURE

### Friendship Gallery devotes November show to autumn

Friendship Gallery welcomes 12 artists for a celebration of fall during “Autumn Impromptu” curated by Llewellyn Berry. Participating artists include Nina Benton, Edwin Calderon, Kathy Daywalt, Nancy Graham, Gail Hansberry, Ken Hipkins, Russell Lewis, Grover Massenburg, Hampton Olfus, Garrett Sheffton, Derrick Vaughn, and Paul Zapatka.

The show runs from Monday, Nov. 20 through Saturday, Dec. 16. Come and meet the artists at a reception on Sunday, Dec. 3, from 11:30 a.m. to 1 p.m.

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.



“He Will Wait”

by Russell Lewis



“Magic Markings”

by Kathy Daywalt

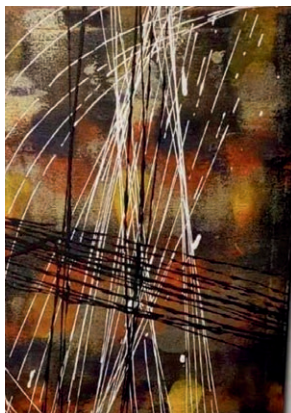
### Akeel’s Art Party returns

On Friday, Dec. 1, from 6:30 to 9 p.m., join artist Akeel L. Ali as he presents “Pendulum Painting,” an evening workshop focusing on the concept of “letting go.” His pendulum painting workshop this summer was so popular we’re offering it again.

The evening offers a chance to learn a new painting technique, create a personal work of art and to mingle over a glass of wine and snacks.

A native Washingtonian, Ali is a self-taught multimedia artist; and an internationally accredited filmmaker, partnering with Nike, 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 \$90. 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. Space is limited. To sign up, register through ActiveNet. Go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page.



Rachael Rice will demonstrate flow art on Saturday morning.

### Our Pop Up Artisan Shop offers more than a chance to shop

Our annual Pop Up Artisan Shop on Friday, Nov. 3 and Saturday, Nov. 4 at the Village Center is a great place to find unique gifts for your friends, family, even yourself. But it offers much, much more.

While you shop, come listen to a performance by pianist Dan Reynolds on Friday evening, watch Rachael Rice create a beautiful flow art piece during a demonstration on Saturday at 11 a.m., bring your children for a chance to create a craft, talk with the artists about their work, and/or get a henna design on Saturday afternoon. In addition to terrific art and hand-crafted items, we’ll also have food concessions for breakfast and lunch. Admission is free. For more information, call the Village Center at 301-656-2797.



## TO YOUR HEALTH

### Know the signs and symptoms of diabetes

National Diabetes Month is sponsored by the American Diabetes Association (ADA), which leads the fight against the deadly consequences of diabetes and promotes living a healthy life. In recognition of Diabetes Awareness Month, the November Suburban Lecture will feature Dr. Vikram Shenoy. Dr. Shenoy specializes in adrenal diseases; diabetes; endocrinology; gonadal disorders; osteoporosis; pituitary disorders; polycystic ovarian syndrome (PCOS), and thyroid disorders. This in-person lecture takes place **Wednesday, Nov. 8, at 1 p.m., at the Village Center.**

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.

**Low Vision Support Group**  
**Thursday, Nov. 30,**  
**from noon to 1 p.m.**

### Learn how eye health issues impact your vision

Join Dr. Lindsay Dawson, Medstar Washington Hospital Center, and Medstar Georgetown University Hospital, as she explains the effects of glaucoma, macular degeneration, diabetes and cataracts on **Thursday, Nov. 30, from noon to 1 p.m., at the Village Center.**

She'll discuss what to expect at a dilated eye exam. Examination of your retinas may detect early signs of changes in your eye health that could lead to vision impairment before you notice changes in what you can see. Dr. Dawson will discuss treatments that may be able to prevent or slow further vision loss.

Join the Prevention of Blindness Society **Thursday, Nov. 30, at 12 p.m.** for the in-person Low Vision Resource and Support Group meeting at the Village Center, 4433 S Park Ave., Chevy Chase, MD 20815. To register, go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and sign up through ActiveNet. 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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## 5 REASONS TO LIST YOUR HOME DURING THE HOLIDAYS

- 1 Buyers looking in the fall and winter months are serious... they are ready to buy!
- 2 Less competition in the market means a higher sales price for you.
- 3 Buyers have more time to shop and search for a home during this season.
- 4 Homes show better when decorated. Leverage the holiday spirit.
- 5 New year means new jobs and people on the move.



*Friendship Heights*

# VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815



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**Phone:** 301-656-2797

**November 2023 events calendar**