



Friendship Heights

VILLAGE NEWS



Latin dance classes start in January, see page 2.

DECEMBER 2023

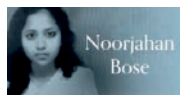
VOLUME 40, NO. 12

www.friendshipheightsmd.gov

301-656-2797

Village resident recounts her life in Bangladesh and beyond

Join us on **Monday, Dec. 11 at 1:30 p.m.** at the Village Center, as Village resident, writer and retired social worker Noorjahan Bose discusses and signs her award-winning memoir, "Daughter of the Agunmukha."



Daughter of the Agunmukha



She will be accompanied by her daughter Monica Jahan Bose, who edited the book.

"Daughter of the Agunmukha" is

the riveting personal story of Noorjahan Bose, born in 1938 in present-day Bangladesh to a farming family, near the mouth of the ferocious River Agunmukha—Fire Mouth River. Abused by male relatives and raised by a mother who was herself a child bride, Noorjahan struggled for her education and autonomy. Nurtured by her mother and mentored by local activists, she found her way into the progressive movements that would one day take her around the world.

From the pain of partition to her

husband's death when she was only 18 and pregnant, to the devastating cyclones threatening her family's home and livelihood, Noorjahan's life has not been easy. Yet her courage shines through the pages of her memoir, whether she is promoting Bangla language rights, enduring Bangladesh's liberation war, or marrying outside her family's faith.

To ensure a seat, go to our website www.friendshipheightsmd.gov and click on Sign Up for Programs on the home page. Books will be available for purchase (\$30 cash or credit.)

Celebrate the season with Cirque Dreams

'Tis the season to be dazzled. Join us on **Saturday, Dec. 16**, when we make the short trip to the Theater at MGM National Harbor for Cirque Dreams: Holiday.

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 round-trip transportation, tickets, and an informal, light brunch at the Village Center 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.

Space is limited. To sign up, stop by the Village Center.

Warm up with our special holiday tea

Holiday spirit and the sounds of the season will fill the Village Center during our special tea on **Tuesday, Dec. 19**. The holiday sing-along with Mark Hanak begins at 2 p.m. and lasts just under an hour. Enjoy hot tea and festive treats following.

Seating is limited and reservations are required. Sign up through ActiveNet.

Go to our website [www.](http://www.friendshipheightsmd.gov)



friendshipheightsmd.gov and click on Sign Up for Programs on the home page. You may call 301-656-2797. Reservations must be made by Sunday, Dec. 10.

Please note: we cannot guarantee seats to those who have not preregistered.

Please take our quality of life survey, see page 3

Learn the basic moves of Merengue



Learn the basic moves of the quintessential dance of the Dominican Republic, the Merengue, during a three-week class on Saturdays, from 11 a.m. to 12 p.m. at the Village Center. The course, taught by Village resident and dance instructor LindaRose Piccolo, begins Jan. 6 and continues through Jan. 20. Students will develop foundations in musical timing, rhythm, body movement and lead-follow connections.

Participants do not need experience nor a partner. Each class begins with a short 5-10 minute warm-up, followed by 20-30 minutes of footwork instruction. The last 20-30 minutes will be devoted to partnerwork.

The cost is \$50 for residents for the three-week session and \$55 for nonresidents for the three-week session.

Registration is required. Go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.



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Sleigh hunger this holiday season

Help make the holidays a little brighter for those fighting hunger as

we host a food drive to collect healthy food for Manna Food Bank in Gaithersburg. We will be collecting non-perishable food items at the Village Center on **Monday, Dec. 4, through Thursday, Dec. 7, from 8 a.m. to 8 p.m., and on Friday, Dec. 8, from 8 a.m. to 4 p.m.** Just look for the brightly decorated collection boxes on the portico in front of the Village Center and in our lobby.

Manna is always in need of items without ingredients like added sugar, saturated/trans fats, and sodium. Some examples are canned fish packed in water, fruit canned in its own juice, low sodium vegetables and soup, brown rice and whole wheat pastas, natural nut butters and dried beans.



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 January issue is December 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Village mourns loss of Paula Durbin

As this goes to press, we have just learned the very sad news that Village Council member Paula Durbin has passed away. Paula served on the Council for eight years and was a longtime resident of the Village. She was a strong advocate for the community and will be dearly missed.

Please complete the quality of life survey

We encourage all residents to complete the quality of life survey. This is a comprehensive survey that will provide critical input to Council members on a range



of topics. The survey went live in early November, and the deadline is December 11, so there is still time if you have not already completed it. You can access the survey directly by scanning the QR code, visiting our website, or by using the following link: [https://tinyurl.com/VOFH-](https://tinyurl.com/VOFH-QualityofLifeSurvey)

QualityofLifeSurvey. For those residents who lack Internet access, you can come to the Village Center to fill out a hard copy of the survey. Please let us know what you think about Village services, programs, public safety and more. Remember, we will be randomly awarding eight residents who complete the survey with a \$100 gift certificate to a Village restaurant, and two other residents will be selected to receive a smaller prize.

Update on Willard Towers bus stop

Although our shuttle bus is required to have a backup warning signal for safety reasons, the Village confirmed with Montgomery County that their noise ordinance forbids this type of noise before 7 a.m. on weekdays, and 9 a.m. on weekends. Therefore, the 6:45 a.m. stop on weekdays, and the 8:08 and 8:42 a.m. stops on weekends, have reverted to the previous stop at the corner of North Park Avenue and Willard Avenue. Please look for the revised bus schedule on our website, at the Village Center, and on the shuttle bus. The Village would like to thank residents for their patience during this transition.

Call for residents to serve on Council Committee on Climate Change and Environment

The Council recently created an Ad Hoc Council Committee on Climate Change and Environment to be composed of Council members and residents of the Village. The mission of the new committee, which was approved at the last Council meeting in November, is to promote personal and environmental health and to protect against and prevent the damaging effects of climate change. Residents interested in serving on this

committee are invited to submit a statement of interest and résumé to the Village Manager, jmansfield@friendshipheightsmd.gov, for consideration. Nominees will be presented at the December 11 Council meeting.

Council approves Public Safety Committee's recommendations on safety measures

At the November 13 Council meeting, the Council approved the Public Safety Committee's recommendations to research additional safety measures in the Village. Such measures include installing more exterior security cameras, enhancing crosswalks with reflective paint, installing additional speed humps, and considering other safety signs. The Public Safety Committee will review the collected information at its next meeting in December.

County's Homeless Outreach Services

If you observe individuals who appear to be homeless and in need of assistance, please contact the 24-hour Homeless Information Line at 240-907-2688 and speak with an outreach specialist. You can also email outreach@montgomerycountymd.gov and request outreach assistance. You should call 911 if the individual appears to pose an immediate risk to themselves or others or if there is criminal activity.

County's Pedestrian Master Plan

At the November 13 Council meeting, Eli Glazier, Multimodal Transportation Planner Coordinator with the Montgomery County Planning Department, provided a brief update on the Pedestrian Master Plan and answered questions from residents. For more information regarding the Pedestrian Master Plan, please click this link: <https://montgomeryplanning.org/planning/transportation/pedestrian-planning/pedestrian-master-plan>.

Other actions taken at the Nov. 13 Council meeting:

- Adopted the mission statement for the Council Ad Hoc Committee on Development.
- Authorized the Village Manager to consolidate Council comments on the Wisconsin Avenue Development Plan and to submit them to the DC Office of Planning.
- Voted to use the remaining Rothstein Scholarship Fund balance for CPR/defibrillator training and to close the fund.
- Approved motion to amend August 21 Personnel Committee motion to request proposals for employee compensation study.

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

How TCM and Tai Chi can help warm the winter chill

Is your sleep interrupted by having to get up to use the bathroom? Do you have low back, knee or foot pain?

How about fertility or reproductive health challenges? In Traditional Chinese Medicine (TCM) the winter season



corresponds to the water element and our kidney, bladder and reproductive organs. Join Kim Coleman, doctor of acupuncture and registered nurse, and Nick Gracenin, master Tai Chi instructor, for a special presentation on **Monday, Dec. 18 at 2 p.m.**

By supporting these organs with acupressure, dietary changes and tai chi movements, you may be able to improve your health and well-being.

As winter and the holidays are in full swing, come learn how to support your body during this cold weather. Hear about ways to rest and digest, both physically and emotionally, during this time of hibernation. And welcome special guest, Nick Gracenin, who will share some Tai Chi movements to support our bodies through the winter season.

Registration is required. Go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. You may also call the Village Center to register. *Please note: we cannot guarantee seats to those who have not preregistered.*

Don't stress—Decompress!

Whether it's keeping up with family demands, trying not to eat every last holiday cookie, or simply not feeling like you have enough time to get everything done, this time of year can put a lot of stress on the body leaving us vulnerable to getting sick and stressed out.



Long-time yoga instructor Louisa Klein is offering an hour-long workshop to help you decompress from the holiday stress on **Friday, Dec. 8, from 2:30 to 3:30 p.m.**, at the Village Center.

Learn guided meditations using simple breathing and sound techniques to balance, calm and nourish you, to help you develop and maintain an equilibrium, simple skills and practices to overcome stress and anxiety. Cultivate an attitude of gratitude, which can have an overall positive impact on your mental health and wellbeing.

Registration is required. To ensure a seat, sign up through ActiveNet. Go to our website www.friendshipheightsmd.gov and click on Sign Up for Programs on the home page. You may also stop by the Village Center, or call 301-656-2797. *Please note: we cannot guarantee seats to those who have not preregistered.*

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Further info call 240 200-4515 ONLINE: www.TheJCenter.org

Learn to play Canasta!

Canasta is a game that challenges your brain, but is not so complex as bridge. If you 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 is needed to 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, click on Sign Up for Programs on the home page.

The Village Book Club will meet on **Tuesday, Dec. 19, at 11:30 a.m., via Zoom**. The book selection is "The Book Woman of Troublesome Creek" by Kim Michele Richardson. The January book will be "Afterlives" by Abdulrazak Gurnah.



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CLASSES AND CLUBS

To register, please go to our website 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., Jan. 11 to Feb. 15. 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. \$95 for residents; \$105 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 a beginning Spanish class, with an emphasis on grammar and vocabulary, Tuesdays, Dec. 12 to Jan. 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, Dec. 14 to Jan. 18, 4 to 5:30 p.m. \$15. Minimum of four participants; maximum of eight.

EXERCISE AND DANCE

BALANCE AND STRENGTH

A 6-week class taught by Tonya Walton, Mondays, Jan. 15 to Feb. 26, 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., Dec. 20 to Jan. 10, 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 confidence while maintaining balance and strengthening key muscle groups. The cost is \$54 for residents; \$58 for nonresidents.

GENTLE YOGA WITH ROBIN (SUNDAYS)

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Jan. 7 to Feb. 11, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for nonresidents.

GENTLE YOGA WITH ROBIN (WEDNESDAYS) NEW!

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Wednesdays, Jan. 10 to Feb. 14, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for nonresidents. Minimum of five students.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Jan. 4 to Feb. 8. 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.

MERENGUE NEW!

A 3-week class, Saturdays, Jan. 6 to Jan. 20, 12 to 1 p.m., taught by LindaRose Piccolo. Learn basic steps of this Latin dance. No experience necessary; no partner necessary. The cost is \$50 for residents; \$55 for nonresidents.

BEGINNING PILATES (FRIDAYS)

A 6-week class, Fridays, 12 to 1 p.m., Feb. 9 to March 15, taught by Dawn Maynard. 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. The cost is \$150 for residents; \$160 for nonresidents. Students may bring mat and any Pilates props.

BEGINNING PILATES MINI-CAMP

A 2-week class, Fridays, 12 to 1 p.m., Jan. 12 and Jan. 19, taught by Dawn Maynard. The cost is \$50.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., Feb. 6 to March 12, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and any Pilates props.

PILATES MINI-CAMP (TUESDAYS)

A 2-week class, Tuesdays, 6 to 7 p.m., Jan. 9 and Jan. 16, taught by Dawn Maynard. The cost is \$50.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 6-week class, Saturdays, 9 to 10 a.m., Feb. 10 to March 16, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for non-residents. Students may bring a towel, mat and any Pilates props.

PILATES MINI-CAMP (SATURDAYS)

A 2-week class, Saturdays, 9 to 10 a.m., Jan. 13 and Jan. 20, taught by Dawn Maynard. The cost is \$50.

STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Feb 6 to March 12. The cost is \$59 for residents; \$69 for nonresidents.

STRENGTH AND CORE MINI-CAMP (TUESDAYS) NEW!

A 2-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Jan. 9 and Jan. 16. The cost is \$25.

STRENGTH AND CORE (FRIDAYS) NEW!

A 6-week class, taught by Chad Ashley, Tuesdays, 11:30 a.m. to noon, Feb. 6 to March 12. The cost is \$59 for residents; \$69 for nonresidents.

STRENGTH AND CORE MINI-CAMP (FRIDAYS) NEW!

A 2-week class, taught by Chad Ashley,

Tuesdays, 11:30 a.m. to noon, Jan. 12 and Jan. 19. The cost is \$25.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Dec. 4 to Jan. 22. 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 EVENINGS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Dec. 5 to Jan. 23. 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., Dec. 4 to Jan. 22. Taught by inMaster 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. A two-week class will be offered Jan. 10 and Jan. 17 from 1 to 2 p.m. See page 5 for details.

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 \$4. 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. No storage space is available, the space is filled with light and offers a chance for artists to support each other.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. 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 BOOK CLUB

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

VILLAGE STORYTIME

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

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.

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, Dec. 6—Raffi Kasparian—Raffi Kasparian recently retired from the United States Army where he served for 24 years as piano accompanist for the U.S. Army Chorus. He has given solo and collaborative recitals throughout the United States, Canada and the Philippines. Program will include excerpts from “The Nutcracker.”



Wednesday, Dec. 13—Zachary Smith and Beltway Brass Quintet—The Beltway Brass Quintet is a project group led by Zachary Smith of the nationally acclaimed Dixie Power Trio. The members of the quintet reside in the Washington, D.C. area and quite frequently spend hours slogging

around I-495, D.C.’s infamous beltway. It was on this stretch of highway that the idea for the Beltway Brass was conceived in 2003. The repertoire for the quintet is unusual in its emphasis on Twentieth Century jazz harmonies and stylings. Zach Smith, Chas Peterson and Tom Holtz have written most of the arrangements for the group—many of which can be heard on their CD’s “Holiday Drive”, “From the Streets of New Orleans”, and “The BBQ Goes to Church.” Each player in the ensemble has a background rooted more in commercial playing than classical. This allows them to incorporate jazz technique such as improvising into their performances. The BBQ has become a staple of the holiday season at the Kennedy Center Millennium Stage over the past 15 years. They will be premiering this program at the Kennedy Center later in December.

Wednesday, Dec. 20 —Friday Morning Music Club Young Performers—Talented teens and young adults from across the Washington, D.C. area perform classical selections.

Wednesday, Dec. 27—Lee Arbetman and J Train— Lee Arbetman and J Train is a collaboration of experienced jazz musicians in the D.C. metro area. The program will feature holiday classics such as “Winter Wonderland,” “Feliz Navidad,” “Let It Snow,” “I’ll be Home for Christmas” and “Blue Christmas.”

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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, Dec. 7, 7 p.m.—My Big Fat Greek Wedding 3—“My Big Fat Greek Wedding 3” follows the Portokalos family as it travels to Greece for the first time to honor its late patriarch and visit his hometown. Starring Nia Vardolos, John Corbett and Lainie Kazan. Rated PG-13. Running Time: 1 hour, 31 minutes.

Thursday, Dec. 14, 7 p.m.—Dog—Against their will, two ambitious, domineering and aggressive ex-Army Rangers with PTSD drive together from Washington to Arizona determined to get to a fellow soldier’s funeral on time. The comedy-drama follows star Channing Tatum and a Belgian Malinois named Lulu as they face situations that are dangerous, drive each other crazy, and teach them to accept and start to heal. Its poignant messages are delivered with a light touch. Rated PG-13. Running Time: 1 hour, 41 minutes.

Thursday, Dec. 21, 7 p.m.—The Nutcracker—This movie features the New York City Ballet resplendently dancing to George Balanchine’s 1965 choreography of the beloved fairy tale in which a young girl’s doll becomes a prince. Narrated by Academy Award winner Kevin Kline and including Macaulay Culkin as the Prince, this version of the famous ballet is sumptuous and entertaining for the whole family, set off, of course, by Tchaikovsky’s famous Nutcracker Suite. Rated G. Running Time: 1 hour, 33 minutes.

Thursday, Dec. 28, 7 p.m. —Abominable (Animated)—Three teenage friends rescue a baby yeti and embark on a perilous trek to bring it home to Mount Everest. Along the way, they fight against a wealthy businessman and a scientist who want to keep the yeti in captivity, and the friends discover bravery and the importance of family honor and teamwork. Multi-award winning for visual effects, this is a heartwarming tale for the whole family. Rated PG. Running Time: 1 hour, 37 minutes.

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

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

Call today for a free home equity review!



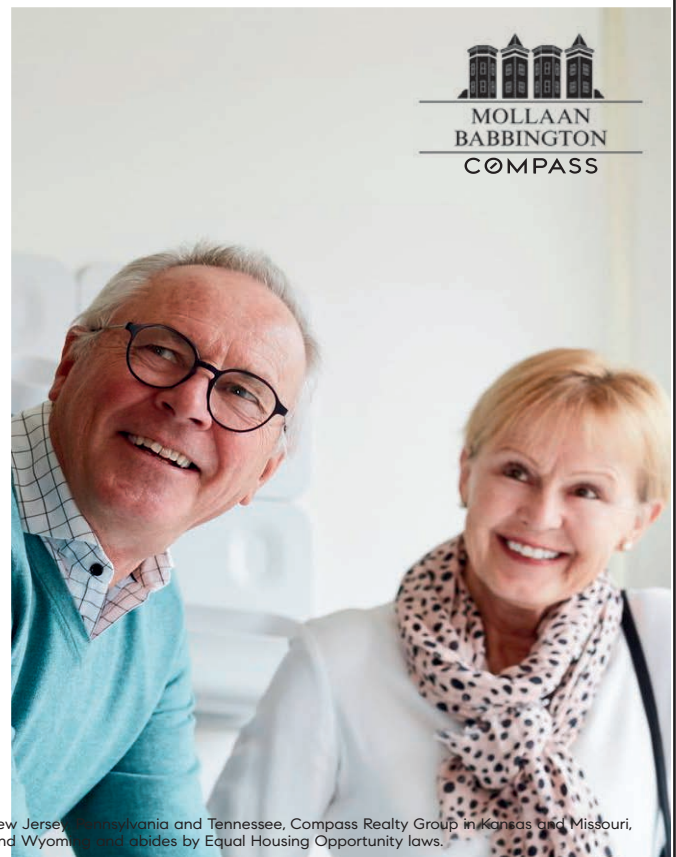
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ART AND CULTURE

Meet and mingle with the artists during Sunday reception

The 12 artists featured this month in a show curated by Llewellyn Berry will be on hand for a reception on **Sunday, Dec. 3, from 11:30 a.m. to 1 p.m.** at the Village Center. Stop by the Friendship Gallery to say hello to artists 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, Jan. 6. 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.

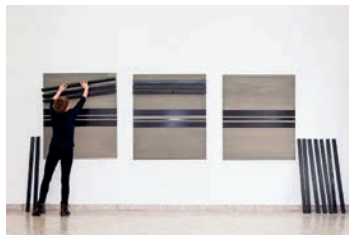


"The River Sea" by Paul Zapatka

There's an art to it—

Learn the art of hanging artwork

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



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

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

Volunteers will be expected to assist with hanging a monthly exhibition, which will take two to three hours. Since this would be volunteer work, you would not be expected to assist every month. Instruction will be given.

If you are interested in being part of this team, call 301-656-2797.

Fun with flow art workshop

It's a Paint Party with Rachael Rice

Come explore the wonders of fluid painting during a two-hour workshop with Rachael Rice on **Saturday, Jan. 20, from 11 a.m. to 1 p.m.**



No experience needed to learn how to paint with fluid acrylic paints that are poured onto canvas. No brushes are used in this class. We will create on two 8 by 10 inch canvases an abstract painting using various pouring techniques. The teacher will demonstrate several options for pouring and will provide canvases and paints for the class.

Anyone can use this technique without prior painting experience. It is a great way to explore hidden creativity and have a lot of fun. Painting will need to be left to dry for a week.

The cost is \$60 for residents; \$65 for nonresidents. Sign up by Dec. 31 and pay \$50 (residents); \$55 nonresidents. Participants must be 18 and older. Sign up by going to our website at www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. The deadline to sign up is Jan. 16.



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

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TO YOUR HEALTH

Don't let the holidays derail a healthy diet

There are fewer than 65 days between Halloween and New Year's, but they can add up to weeks of overindulging. Don't let your merrymaking derail that healthy eating.

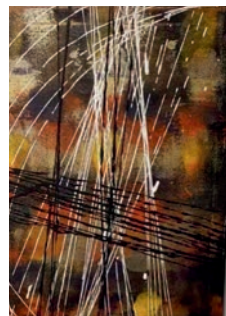


Join a Giant Food Dietitian to learn how to enjoy your holidays — as a guest or host as Suburban Hospital offers this lecture on holiday eating strategies. This lecture takes place **Wednesday, Dec. 13, at 1 p.m., via Zoom.**

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

Art workshop harnesses the power of letting go

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, click on Sign Up for Programs on the home page.



Sam Solovey 

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Sam Solovey Group of Compass

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“I Want to Buy a House or Condo, But...”

“I don’t know where to start.”

“I need to put my current home on the market.”

“I don’t understand my buying power.”

“I’m waiting for the market to shift.”

Regardless of the questions that you still need answers to, or the barriers that stand in the way between you and owning your first, second, or even third home, I’m here to help guide you through the process.

Ready to get some answers? Let’s chat!



Friendship Heights

VILLAGE NEWS

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



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Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

December 2023 events calendar