



Friendship Heights

# VILLAGE NEWS



Free CPR and Defibrillator Training, see page 3.

APRIL 2024 VOLUME 41, NO. 4 www.friendshipheightsmd.gov 301-656-2797

## We're celebrating our Village Center with BBQ and music

Village residents are invited to gather to celebrate Community Day at the Village Center on **Saturday, April 13.**

Community Day is an annual event, celebrating the Village Center, which opened in April 1986.

The festivities take place from 1 to 2:30 p.m., and will feature barbeque with all the fixin's from Mission Barbeque. The menu will include two different types of barbeque—beef brisket and pulled

chicken—baked beans, coleslaw, macaroni and cheese, slider rolls and cornbread.



Enjoy ice-cold lemonade and a sweet treat for dessert. Shannon Leigh and The Good Bygones will provide music to complement our barbeque theme.

This family-friendly event will have fun for all ages, including a children's activity tent. We'll also have information about how to sign up for text and email alerts for upcoming events and activities.

We hope to see you at Community Day!

## Tips to keep seniors safe from scams



Please join us on **Thursday, April 18, at 1 p.m.**, for an important talk with S. Orlene Grant about elder abuse. Grant is the president, founder and CEO of the Juanita C. Grant

Foundation, named for and created in honor of her mother, who worked throughout her life to bring communities and services together for the betterment of all. The decades-old organization strives to "amplify the voice of older adults" through solution-based training programs, advocacy and research. The Foundation recognized the deliberate targeting of older adults by scammers and has developed a series of partnerships with the U.S. Department of

Justice, Elder Justice Initiative, the Maryland State's Attorney's Office, local law enforcement, Family Justice Center and the Consumer Financial Protection Bureau.

Learn about the "red flags" to recognize identity theft; gift card fraud; social media telephone scams; sweepstakes, lottery and romance scams; government imposter scams; shopping scams; and grandparent/person-needs-help scams. Grant will share anecdotes to help you understand how to avoid being a victim and know your rights if you are one. Staying informed within your community, signing up for various alerts, and reporting suspected fraud and elder abuse are some of the best ways to combat these wicked acts.

To sign up, go to our website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs.

## Exploring Chinese art and culture

Mark your calendars on **Monday, May 6, from 6:30 to 8 p.m.**, for a special discussion of Chinese porcelain, art, and culture to celebrate Asian-American Pacific Islander Month.

During May, the Village Center will host a special exhibition of Yue Ware by acclaimed ceramicist Cheng Pengfei.

Dr. Michael Lu will discuss the past and present of Yue Ware. Lu has been practicing law in the greater D.C. area for almost 30 years and has a keen interest in classic and traditional arts and crafts, both Oriental and Western, including antique chinaware porcelain. Xiaoming Zhao and Mallory Starr of the U.S. Asian Cultural Academy will open the program.

See the May *Village News* for more details.

**Public Safety Town Hall, April 11, via Zoom, see page 3.**

## Village offers free CPR and defibrillator training

The Village Council has authorized the use of funds from a former scholarship account to provide free CPR and defibrillator training for residents. The Council wants to give residents the opportunity to learn how to provide immediate, potentially lifesaving care. Sudden cardiac arrest is one of the leading causes of death in this country every year. Many of these deaths are preventable with the use of CPR and an automated external defibrillator (AED). We have arranged with the lifesaving training firm Rescue One to offer a three-hour certification class at the Village Center.



Village residents can sign up for any of the following dates: **Thursday, April 11, 10 a.m. to 1 p.m.;** **Monday, April 15, 6 to 9 p.m.;** **Saturday, April 27, 11 a.m. to 2 p.m.** All classes are free. To register, go to the Village website and click on the Sign Up for Programs link.



## Set your morning to music— Join our senior sing-along!

Discover the physical, emotional, and social benefits of singing as veteran musical director, pianist and song leader Deborah Brouse guides a sing-along, especially designed for seniors, on **Tuesday, April 30, from 9:30 to 10:30 a.m.**, at the Village Center.

Lyrics will be provided and no talent or musical experience is required, only a desire to sing. The goal is for everyone to have the joy of singing and to leave smiling and humming. To sign up, go to our website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs.

The Village Book Club will meet on **Tuesday, April 16, at 11:30 a.m., via Zoom.**

The book selection is “The Fraud” by Zadie Smith. The May book will be “Hello Beautiful” by Ann Napolitano.

You may find the monthly books on the shelf marked “Village Book Club” in the Village Reading Room.

## Alliance official offers insight into local environmental issue

In celebration of April as Earth Month, Sarah Morse of the Little Falls Watershed Alliance will offer a brief introduction about the alliance and its mission, with an overview of the water quality and results of the recent monitoring at the Village Center on **Monday, April 29, at 2 p.m.**

The Little Falls Branch is a 5 mile-long creek, which starts in Montgomery County at the Chevy Chase Club and ends on the Potomac near the Little Falls rapids. It drains in portions of Bethesda, Somerset, Chevy Chase, Friendship Heights, and the District of Columbia. It is channelized in two areas—under Chevy Chase Village and between River Road and Little Falls Parkway.

To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs. If you need help with the online sign-up process, please call the Village Center at 301-656-2797.



### Friendship Heights VILLAGE NEWS

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

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

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

#### ADVERTISING

The deadline for reserving space in the May issue is April 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

## Daniel Ahr joins Village Council

The newest member of the Friendship Heights Village Council, Daniel Ahr, was sworn in by the Montgomery County Clerk's office last month and sat for his first Council meeting on March 11. During the meeting, Daniel was nominated by Mayor White to sit on the Council's Communications and Parks & Grounds Committees. The Council also voted unanimously to make Daniel the Vice Chairman of the Council. Furthermore, Daniel has begun to host office hours by appointment only. Please email him directly at [danielahr@friendshipheightsmd.gov](mailto:danielahr@friendshipheightsmd.gov).

## Public Safety Town Hall: Thursday, April 11

The Council Public Safety Committee invites residents to participate in the first Public Safety Town Hall, to be held via Zoom on Thursday, April 11, at 6 p.m. We want to hear from you, and we want to update you on the activities of the Public Safety Committee.

Please let us know what areas you would like the Committee to focus on and share with us your thoughts on street lighting, public parking, the Village's off-duty County Police officer program, and any other safety concerns you wish to share. We look forward to seeing you and hearing from you on April 11.

## Page Park update

Council Chairman Bobby Pestronk's update on the latest developments regarding the Page Park permit application was not presented at the March 11 Council meeting, but his comments have been posted on the Village website's What's New page under the Page Park Project menu.

## Presentation on Village Quality of Life Survey results at March Council meeting

Geraldine Hayes, PhD Candidate at the George Washington University Trachtenberg School of Public Policy and Public Administration, presented her key findings of the Village's Quality of Life Survey results at the Council's March 11 meeting. Residents can view the slides of her presentation, as well as the survey's results, on the Village website's What's New page.

## Village Center seeks an on-call backup front desk receptionist

The Village is looking for an on-call front-desk receptionist as a backup to provide support to Village Center front desk staff. Interested candidates must have availability for flexible hours, including nights and weekends. Please visit the "Staff/Volunteer Opportunities" section of the What's New? page on our website for additional details.

## New shuttle bus map on website

The Village website now includes an interactive shuttle bus map that residents can use to locate specific bus stops listed in the bus schedule. The printed version of the Village Bus schedule has been updated to include a copy of the new map. Please visit our website or stop by the Village Center to obtain a copy.



## National Drug Take Back Day

The Village Center will once again be a host site for National Prescription Drug Take Back Day on Saturday, April 27, at 10:00 a.m. A Montgomery County Police officer will be here to collect and safely dispose of your unwanted or expired prescription drugs.

The prescription drug take-back program, sponsored by the Drug Enforcement Administration, addresses a vital public safety and public health issue. Medicines in home cabinets are highly susceptible to diversion, misuse, and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Other actions taken at the March 11 Council meeting:

- Discussed proposal with prospective tenant to provide a deli/market store at the Red House on North Park, and agreed to continue discussions.
- Approved proposal from Culler Irrigation for a three-year contract for the Village fountain and irrigation systems maintenance.
- Approved request for proposals to be posted for interior plant maintenance contract.
- Approved motion to enter into closed session to discuss personnel issues.

*The next scheduled Village Council meeting will be held on Monday, April 8, 2024, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.*



## Get fit, have fun, try line-dancing classes at the Center

Have a little fun at the Village Center with Friday afternoon line-dancing classes taught by instructor Gizelle Merced.

Learn a variety of line dances while getting fit and socializing. Merced teaches a 3-week session, Fridays, 1:15 to 2 p.m., April 12 through April 26. \$50 for residents; \$55 for nonresidents. Dancing helps you coordinate all parts of your body, especially as you learn a sequence of steps.

Merced has taught line-dance classes in dance studios, gyms, senior living facilities, and at corporate events. She teaches fitness and mind/body classes, including LaBlast ballroom dance fitness, tai chi, cardio line dancing, and much more. She holds AFAA Group Fitness, LaBlast Fitness, tai chi, and Taijifit certifications. In 2019, she was named the national LaBlast Fitness ballroom dance instructor of the year.

To register for the class, sign up by going to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs on the home page.

## Enjoy a springtime sail and lunch in Chestertown

Step aboard a replica of a colonial schooner, and enjoy lunch at a charming inn in Chestertown, MD, on **Wednesday, May 1.**

We'll depart from the Village Center at 9:30 a.m. and take a scenic drive to Maryland's Eastern Shore. Upon arrival, we'll enjoy a two-course lunch at the Imperial Hotel. The menu includes a house salad of mixed greens, a choice of three entrees: steak with mushroom-tarragon sauce; crab cake sandwich or chicken breast sandwich. All entrees include a choice of hand-cut fries or fruit. Lunch also includes choice of coffee, tea, iced tea or soda.

Following lunch, we'll board the 1768 schooner Sultana. This schooner is the ultimate teaching platform for introducing students to the history and environment of the Chesapeake Bay. The modern vessel is a full-scale reproduction of a 97' topsail schooner that patrolled the mid-Atlantic in the years preceding the American Revolution.

You'll have time to see Chestertown. Stroll historic tree-lined streets, shop along Chestertown's "Main Street," or visit the Sultana's Holt Education Center, with a variety of Chesapeake Bay-related exhibits.

Please note that access to the schooner's restroom is via a 6-foot ladder. Restrooms are available before the sail at the restaurant. The motorcoach is also equipped with a restroom.

We should return to the Village Center by 7:30 p.m. The cost of the trip is \$139. The cost increases to \$149 on April 7. Residents may sign up immediately at the Village Center; nonresidents may sign up April 7.

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## Online signups made easy and convenient

Registration for programs is now online for your convenience. Sign up by going to our website at [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and clicking on Sign Up for Programs on the home page.

Those who need assistance with creating an online account may call the Village Center at 301-656-2797.

# Sunday art workshop: Quilting design with fused fabric

Donna Radner and Sandra Smith, two artists from the May Fiber Friends Show, will lead a workshop on **Sunday, May 19, from 11 a.m. to 1:30 p.m.**

In the workshop, students will create one or two quilt compositions, approximately 11"x14", using fabrics adhered with Wonder Under, a fusible material that sticks when ironed. Radner and Smith will discuss various techniques that they each use to design this way and show lots of examples.

The sky's the limit for this approach. It can be used to create landscapes, geometric designs, portraits, and more. The artists will also discuss finishing and embellishment options.

Each student will receive canvases of batting and backing fabric, along with a selection of fused fabrics. Students will cut the fabrics as desired for their compositions, arrange them on the batting, and then iron the fabrics in place. Everyone will get a handout that summarizes topics from the session and includes resources for finishing techniques.

The goal for the workshop is to have fun with fabric. A minimum of six students is required. The class is limited to eight adult students. The cost is \$55 for residents; \$60 for nonresidents. Residents who sign up by April 20 pay \$45. Nonresidents may sign up beginning April 21. The dead-

line to register is May 13 at 5 p.m. No quilting/ sewing skills or machines required. Students may want to bring tablets or paper and pens to take notes and Sharpies to mark shapes on the fabrics before cutting. Instructors will provide all other supplies.

Visit [donnaradner.com](http://donnaradner.com) or [sandrasmithquilts.com](http://sandrasmithquilts.com) and the

Friendship Gallery to learn more about the artists.

To register for the class, sign up by going to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs on the home page.



"Heat" by Donna Radner



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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 canceled 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., April 25 through May 30. 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. Nonresidents 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, through April 30, 4 to 5:30 p.m. \$180. 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 May 2, 4 to 5:30 p.m. \$15. Minimum of four participants; maximum of eight.

## EXERCISE AND DANCE

### BALANCE BASICS

A 6-week class, Wednesdays, 11 to 11:45 a.m., through April 24, 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 \$81 for residents; \$87 for nonresidents.

### BALANCE BASICS

A 6-week class, Thursdays, 10 to 10:45 a.m., through April 25, 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 \$81 for residents; \$87 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, through June 2, 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.

### CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, April 11 through May 16. 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. 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.

### LINE DANCING

Learn a variety of line dances while getting fit and having fun. Gizelle Merced teaches a 3-week session, Fridays, 1:15 to 2 p.m., April 12 through April 26. \$50 for residents; \$55 for nonresidents.

### BEGINNING PILATES (FRIDAYS)

A 6-week class, Fridays, 12 to 1 p.m., through May 3, taught by Dawn Maynard. Class will not meet on April 13. 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 Pilates props.

### PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., through April 30, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and any Pilates props.



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

A 6-week class, Saturdays, 9 to 10 a.m., through May 4, taught by Dawn Maynard. Class will not meet April 13. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props.

## **STRENGTH AND CORE (EVENINGS)**

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

## **STRENGTH AND CORE (FRIDAYS)**

A 6-week class, taught by Chad Ashley, Fridays, 11:30 a.m. to noon, through May 3. The cost is \$59 for residents; \$69 for nonresidents.

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

A 6-week session, Mondays, 9:30 to 10:15 a.m., through April 29. Taught by Master Nick Gracenin. Study the essentials of traditional tai chi and qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for nonresidents.

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

A 6-week session, Tuesdays, 7:15 to 8 p.m., April 9 through May 21. Class will not meet May 14. 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., through April 29. Taught by 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.

## **EXERCISE WORKSHOP**

### **FALL PREVENTION AND BALANCE WITH TONYA WALTON**

Tonya Walton presents a free fall prevention and balance workshop on Monday, April 15, from 11:30 a.m. to 1 p.m. including techniques to improve posture, strengthen core muscles and practical tips for maintaining balance in everyday activities. See page 11 for details.

## **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 12 p.m.

### **DROP-IN BUILDING BETTER BONES**

Taught by Gita Pancholy, Thursdays, 11 a.m. to 12 p.m. The cost is \$4. Regular attendants 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 on Fridays, from 1 to 4 p.m. No storage space is available, the room is filled with light.

### **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, 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.

### **MAH JONGG**

Village residents are invited to play Mah Jongg on Mondays, from 1 to 3 p.m. Space is limited. Sign up by going to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and signing up through ActiveNet.

### **TEA**

Village residents and guests 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](mailto:manessheila@gmail.com).

### **SATURDAY VILLAGE STORYTIME**

Village toddlers and preschoolers, their family and friends are invited to listen to stories and do an activity on the select Saturdays from 10 to 11 a.m. See below.

### **WALKING CLUB**

The club takes a two-mile walk in Chevy Chase Village, every day, at 8:15 a.m. Meets at Village Center entrance. Call Eniko Basa at 301-657-4759.



## **It's a Saturday storytime for little ones**

Parents, bring your toddlers to the Village Center on **Saturday, April 20, at 10 a.m.** for a special storytime dedicated spring. Children can also do a spring-themed activity.

To sign up go to our website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), and click on Sign Up for Programs. Children must be accompanied by a parent or caregiver.

# 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 material prior to entering the auditorium. If you are arriving late or leaving early, please wait for a pause in the performance.**

**Wednesday, April 3—TransAtlantic Duo**—The TransAtlantic Duo of Alexander Paperny (balalaika) and Vladimir Fridman (guitar and vocals) explores the world's musical heritage. The two began working together and touring the world in 1988 as members of the European-based Jazz Balalaika. The duo's debut recording *TransAtlantic Dreams* was released in 2006. Although separated by an ocean, (Fridman lives in Gaithersburg, MD; Paperny in Hamburg, Germany), the two have maintained a musical collaboration and conducted more than two dozen tours in the United States and Europe. The program will include classical favorites from Mozart and Bizet, bossas and tangos from Brazil and Argentina, Jewish folk tunes, and music reflective of the many peoples of Europe.



**Wednesday, April 10—Friday Morning Music Club**—Talented teens from across the Washington, D.C., area perform classical selections. The FMMC Foundation sponsors two renowned international competitions for young musicians—the Washington International Competition (WIC) for voice, piano, strings, and composers, and the Johansen International Competition for Young String Players (JIC) ages 13 through 17 (violin, viola, cello). Both competitions are judged by experts of international status and attract outstanding young musicians from the United States and abroad.

**Wednesday, April 17—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-Musicals 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, April 24—Gerdan Duo**—Gerdan Duo is a professional musical group based in Washington, D.C., named after a gerdan, a multi-colored, intricately woven beaded necklace from the Carpathian Mountains in Ukraine. The musicians, Solomia Gorokhivska, violin, and Andrei Pidkivka, flute and various folk instruments, create original arrangements of traditional Eastern European folk melodies. The duo has performed at the Library of Congress, The Kennedy Center, the Maryland Hall for the Creative Arts, and many world music festivals.

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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 indicated. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during the movies.

**Thursday, April 4, 7 p.m.—Queenpins**— Kristin Bell stars in this comedy, inspired by true events, that follows a bored housewife and a wanna-be blogger as they create a massive, multimillion dollar coupon scam. Co-starring Kirby Howell-Baptiste and Vince Vaughn. **Rated R.**

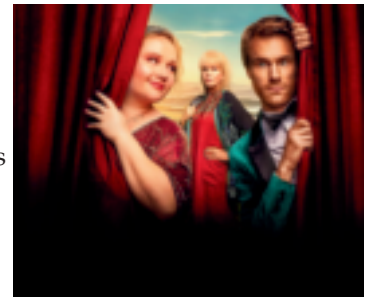


**Running Time: 1 hour, 50 minutes.**

**Thursday, April 11—NO MOVIE** — *Art reception from 6:30 to 8:30 p.m.*

**Thursday, April 18, 6:45 p.m. — The White Tiger**—A poor Indian driver for a wealthy Indian couple uses his wits to break out of poverty and become a top entrepreneur. Based on the New York Times bestseller. Starring Adarsh Gourav and Priyanka Chopra Jones. **Rated R.**  
**Running Time: 2 hours, 5 minutes.**

**Thursday, April 25, 7 p.m. — Falling for Figaro**—An American funds manager trades her comfortable London life to chase her opera singing dreams in the Scottish Highlands in this gentle romantic comedy. Starring Danielle MacDonald, Hugh Skinner and Joanna Lumley. **Not rated (fine for 14+).** **Running Time: 1 hour, 44 minutes.**



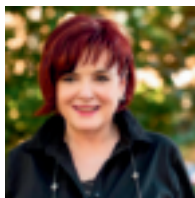
## Meet at the Village Center for Monday Mah Jongg

Village residents are invited to play Mah Jongg on Mondays, from 1 to 3 p.m. Space is limited. To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs. For assistance in signing up, call the Center at 301-656-2797.

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# ART AND CULTURE

## Watercolors grace the walls of Friendship Gallery in April

Discover the various styles and techniques of one of the world's oldest artforms as the Baltimore Watercolor Society exhibits in Friendship Gallery in April.

Established in 1885, the Baltimore Watercolor Society (BWS) is one of America's oldest watercolor societies. Today the Society has grown to more than 600 members. Its mission is to promote professional excellence in the creation and development of original works of art, executed in aqueous media.

Members attain Signature status through a juried process. Jurying of prospective Signature artists occurs twice a year. BWS Signature members' work has appeared in regional, national and international juried exhibits.

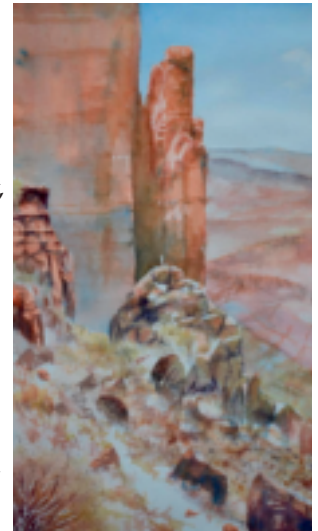
The BWS exhibits recent works by its Signature members three to four times a year at galleries across Maryland. The exhibit at Friendship Gallery will consist of paintings by 40 different artists demonstrating a wide variety of techniques

and styles in contemporary watercolor painting. Meet the local artists at a reception on **Thursday, April 11, from 6:30 p.m. to 8 p.m.**, at the Village Center.

The exhibit runs from Monday, April 8, through Saturday, May 4.

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.



"A Spec on the Sedona Landscape" by David Drown

## Explore the wonderful world of watercolor with two free demos

Join us on **Tuesday, April 16, from 10 to 11:30 a.m.**, for an exploration of the watercolor medium and a chance for each participant to try out watercolors and surfaces with watercolorist Karen Norman.

Norman grew up with art all around her. Her mother, Barbara Murdock Brown, was a prolific impressionistic oil painter who was highly collected on the East Coast. Norman's knowledge of color and appreciation of the beauty in the world grew from watching her mom paint.

She graduated in studio art and went on to receive her MFA at the University of Maryland in College Park in color lithography. After graduate school, Karen began to explore watercolor. Her award-winning paintings have earned her Signature membership in the National Watercolor Society, Baltimore Watercolor Society and Potomac Valley Watercolorists. Come and learn about the excitement of working in watercolor!



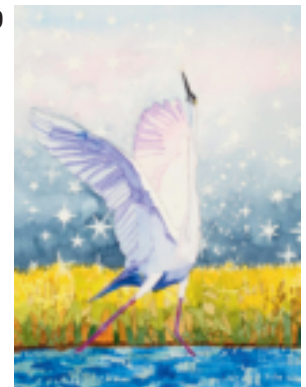
"My Father's Key" by Karen Norman

On **Saturday, April 27, from 12:30 to 1:30 p.m.**, Alexandra Treadaway-Hoare demonstrates how stencils can open up a whole new world of watercolor.

Born, raised and educated in Southeast Asia and Europe, Treadaway-Hoare has lived on the East Coast, from Florida to Pennsylvania, for 30 years. Her medium of choice is watercolor, and more than 25 percent of her work involves the use of stencils.

She has been part of more than 160 group shows and six solo shows, receiving recognition and earning an Award of Excellence from an art competition hosted in Malaysia. In addition to shows in the Washington, D.C., area, she has also exhibited in Lisbon, Basel and Zürich in Switzerland, Venice, and Las Palmas, Spain.

To sign up for either or both demos, go to our website [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs on the home page. If you need help with the online sign-up process, call the Village Center at 301-656-2797.



"Morning Yoga" by Alexandra Treadaway-Hoare

# TO YOUR HEALTH

## In-person Suburban Lecture addresses spinal stenosis

Suburban Hospital offers an in-person lecture on innovative treatments for the spine on **Wednesday, April 10, at 1 p.m., at the Village Center.** Louis Chang, a neurosurgical spine specialist, offers information to help patients restore mobility and improve their quality of health. Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal.

This talk is offered by Suburban Hospital in partnership with the Friendship Heights Village Center.

To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page. Those who need assistance with the online signup process may call the Village Center at 301-656-2797 at least 48 hours prior to the lecture.



## The Low Vision Support Group discusses AI and tech advances

In a world fueled by technological advancements, artificial intelligence (AI) is rapidly transforming the lives of individuals who are blind. As technology advances, AI-driven tools and apps are becoming increasingly accessible. Join us on **Thursday, April 25, at noon, at the Village Center,** to learn about free apps that can connect you to humans or AI to identify objects, read texts, and describe what you and your smart phone camera are seeing in an instant.

To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), click on Sign Up for Programs on the home page. If you need help with the online sign-up process, please call the Village Center at 301-656-2797.

## Try a free fall prevention and balance workshop with Tonya

Join us for a dynamic 90-minute Balance and Fall Prevention workshop designed to empower you with essential skills and knowledge to enhance your stability and reduce the risks of falls. Led by experienced exercise therapist, Tonya Walton, this interactive session on **Monday, April 15, from 11:30 a.m. to 1 p.m.,** covers a range of topics including techniques to improve posture, strengthen core muscles and practical tips for maintaining balance in everyday activities. Whether you're a senior looking to safeguard mobility or a caregiver seeking proactive measures, this workshop empowers all ages to thrive with balance and safety. Take the first steps towards maintaining your independence and confidence by attending our workshop.

To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) and click on Sign Up for Programs on the home page. If you need help with the online sign up process, please call the Village Center at 301-656-2797.

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GetWell Rehabilitation is using proper PPE & disinfectants. All sessions are 1:1 with private treatment rooms. Please call for more info.

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# Sam's Neighborhood Listings

COMING SOON



The Willoughby, 06S Floor plan  
Large 1BR (Nearly 900 Sq Ft)  
Southern Exposure / Assigned Parking  
Coming Soon at \$289,000

COMPASS

SOLD



The Carleton, Apt 612  
3BR or 2BR+Den (1540 Sq Ft)  
Stunning Complete Renovation  
Corner Unit / 2 Assigned Parking Spaces  
Sold at \$1,175,000

COMING SOON



The Kenwood, 09 Floor Plan  
Large 1BR (Over 1000 Sq Ft)  
Renovated with Balcony / Assigned Parking  
Coming Soon at \$269,000



Sam Solovey



Vice President, Compass  
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Friendship Heights

## VILLAGE NEWS

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



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**April 2024 events calendar**