



Friendship Heights

VILLAGE NEWS

MARCH 2024

VOLUME 41, NO. 3

www.friendshipheightsmd.gov

301-656-2797



CPR/AED Training

Defibrillator
Training at the
Center, see page 11.

Sail on the Sultana and lunch in historic Chestertown

Take an afternoon sail on the Chester River aboard a replica of a colonial schooner, and enjoy lunch at a charming inn in Chestertown on **Wednesday, May 1**.

We'll depart from the Village Center at 9:30 a.m. and take a scenic drive to Chestertown on 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, feta, pepitas, dried cranberries and balsamic



vinaigrette, a choice of three entrees: steak with mushroom-tarragon sauce and hand-cut fries or fruit; crab cake sandwich with hand-cut fries or fruit;

or chicken breast sandwich with 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. The 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

Continued on page 10, see Sail

Honoring the legacy of Harriet Tubman



"Tubman Journey to Freedom" sculpture designed and cast by artist Wesley Wofford.

In recognition of International Women's Month and the anniversary of the birth of the woman known as the "Moses of her people," Anthony Cohen, historian and president of the Button Farm Living History Center, will share his experiences bringing a 9-foot-tall, 2,000-lb. statue of Harriet Tubman to Montgomery County in 2023.

Join us for this special presentation on **Friday, March 8, from 2 to 3 p.m.**, at the Village Center. "Tubman Journey to Freedom," designed and cast by artist Wesley Wofford, has been traveling since 2020. Cohen will present a slide show illuminating the sculpture and its creator and the impact of Tubman's enduring legacy two centuries after her birth on Maryland's Eastern Shore. To reserve a seat, go to www.friendshipheightsmd.gov and register on our home page.

Community project aids women's shelter

Friendship Heights residents are invited to join a community service project at the Village Center on **Saturday, March 9, from 11 a.m. to 1:30 p.m.**, for a campaign to collect and assemble tote bags filled with personal care items for women residing in the Interfaith Works Women's Shelter and Helping Hands Shelter.

The project is a collaboration between the Village of Friendship Heights and Wings for Joy, Inc.

Wings for Joy, Inc. (Wings) is a 501 (c) 3 nonprofit organization founded in 2001 with a mission to empower women and children for success by providing resources for health, education, and wellness.

Continued on page 2, see Shelter

Talks to help you navigate the tech world , see page 5.

To date, Wings has assisted more than 21,000 women and children residing in underserved communities in Montgomery and Prince George's counties in Maryland and in the District of Columbia.

"Personal care items are a necessity, not a luxury," said Wings for Joy, Inc. Executive Director Tracy DuPree Davis. "We look forward to working with the Village of Friendship Heights. Everyone has 'wings,' but not everyone believes they can or should 'fly.' Together, we can help women soar to new heights."

To kick off this campaign, the Village Center will collect new items for these personal care items.

The most needed items include:

- *washcloths
- *toothbrushes
- *tooth paste
- *non-aerosol deodorant
- *hand and body lotion
- *shower caps
- *shower gel
- *bandanas
- *individual packets of tissues

Look for the specially marked box in the Village Center. Collections continue through March 6.

The Center is an authorized site for Montgomery County Public School Student Service Learning and local students are invited to participate and earn SSL hours.

Sign up for event at www.friendshipheightsmd.gov and register on our home page.



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 **Thursday, March 28, from 1 to 2 p.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. Sign up by going to our website, www.friendshipheightsmd.gov.



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 April issue is March 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

Council nominates Daniel Ahr for vacant seat

After interviewing five candidates, the Village Council unanimously agreed at its February 12 meeting to nominate Daniel Ahr to fill the vacant Council seat. Mr. Ahr is a proud father of a school-aged child, a veteran of the U.S. Navy, and currently serves as an attorney at the U.S. Department of Homeland Security. He is admitted to the following bars: D.C., Maryland, U.S. Court of Appeals for the Armed Forces, and the U.S. Supreme Court. Mr. Ahr's nomination was sent to the Montgomery County Council for final approval, which is scheduled for the February 27 County Council meeting. Following receipt of the approved resolution from the County Council and Mr. Ahr's swearing in, we anticipate he will be seated for the Village Council's March 11 meeting.

Update on Page Park

The Village continues to coordinate with our contractor, GreenSweep, and the Montgomery County Department of Permitting Services (DPS) on the remaining issues relating to the Page Park permit application. As this issue goes to press, GreenSweep has submitted revised plans based on feedback received from the various DPS departmental reviews. Check the DPS website (<https://www.montgomerycountymd.gov/dps>) for the latest information on the status of the remaining reviews. The Village will continue to work diligently with DPS and GreenSweep to resolve the outstanding items.

County security camera rebate program

Montgomery County has funds available to get a rebate on a security camera for homes or businesses. County residents in priority areas can get reimbursed up to \$250 for a camera installed at their residence. Businesses and nonprofits in those areas can get reimbursed up to \$1,250 for five cameras. You can learn more about the program, check eligibility and complete an application by visiting <https://montgomerycountymd.gov/pol/howdoI/security-camera-rebate.html>.

RFP issued for smaller shuttle bus

After seeking feedback from the community, the Village Council instructed staff to issue a request for proposals (RFP) from vendors to provide options for a smaller bus. The RFP has been posted on the eMaryland Marketplace website, as well as under the "Community/Bid Notices" dropdown menu on the Village's "What's New?" page. Interested vendors can submit their proposals to Julian Mansfield, Friendship Heights Village Manager, jmansfield@friendshipheightsmd.gov. The deadline for submission is 5 p.m., Monday, March 25, 2024. It is anticipated that proposals will be presented for Council discussion and vote at its April 8 meeting.

Bus stop at the new Giant on Westbard

The new Giant store opened at the Westbard Shopping Center in January, right next to the old store. The Village shuttle bus stops at the new Giant on the same schedule as before (Wednesdays, Saturdays, Sundays). Village staff have been working with the store manager and property manager to address concerns regarding our shuttle bus stop at the new store. Due to the demolition of the old Giant building, which began in February, the entire parking lot is closed and the Village bus stop has been relocated to Westbard Avenue in the back of the store. There is

a permanent bus shelter in front of the garage entrance on Westbard Avenue where passengers can wait for the bus. Residents have to walk through the garage to access the store because the adjacent path by the

parking lot is now blocked off. Management at the new Giant informed the Village that once the demolition is complete, a new access road will be built from the front of the store leading to Westbard Avenue. When the new road is built the Village bus will be able to stop right in front of the entrance. We will continue to keep the community updated as we hear more details.



Other actions taken at the Feb. 12 Council meeting:

- Approved proposal from PRM Consulting for classification and compensation study at a total cost of \$25,000.
- Approved proposal from Sanford Federal to install additional speed humps and paint stop bars at a total cost of \$17,446.
- Approved resolution designating authorized signers on Village CD account.
- Approved extension of interior plant maintenance contract with Interior Garden Designs for one year on a month-to-month basis while also issuing an RFP to consider other vendors.

The next scheduled Village Council meeting will be held on Monday, March 11, 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.

Have fun with line dancing

Move your feet, get fit, and have a little fun with a free afternoon line-dancing demonstration by Gizelle Merced on **Friday, March 15, at 1 p.m.**, at the Village Center.

The demo offers a sample of a three-week line-dance class Merced will offer for a fee at the Village Center in April. See page 6 for details. Dancing helps you to 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.

No need to pre-register for the demonstration. To register for the class, sign up by going to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.

Add a little salsa to your Saturday morning

Dance classes start in March

Learn the basic moves of salsa during a three-week class taught by LindaRose Piccolo, on **Saturdays, March 23 through April 6, from 11 a.m. to 12 p.m.**, beginning in March at the Village Center.

Students will develop foundations in musical timing, rhythm, body movement and lead-follow connections. No experience or partner needed.

If you like a mix of culture, or if you're after a good healthy workout, salsa might be your pick off the menu of dances.

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

Registration is required. To sign up for the class, sign up by going to our website www.friendshipheightsmd.gov, and clicking on Sign Up for Programs on the home page.

Learn the art of hanging art

If you would like to learn the skill of presenting 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.


Volunteers will assist with hanging a monthly exhibition, which will take two to three hours. Since this is 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.



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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, 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.

Don't let technology get you down—Talk to a tech expert!

Today's technology is designed to make our lives easier and more efficient, but it can also be a source of great frustration and anxiety for those with limited familiarity with new platforms.

During a series of IT seminars starting in March, Tech Mensch Ari Fisher will help you become more comfortable navigating the various forms of technology in our world today.

On **Thursday, March 14, at 2 p.m.**, Fisher will introduce and explain some of the new formats we've introduced in the Village. The 60-minute talk will focus on the Village website and its key pages of interest, such as the Calendar, What's New, and Village Council and Services. At the end of the talk, participants will have the opportunity to get one-on-one help with personal technology devices.

Sign up for this event at www.friendshipheightsmd.gov and register on our home page. Those who need additional assistance signing up may call the Village Center at 301-656-2797 and our front desk staff will guide you through the online sign-up process.

Watch for additional tech talks by Ari in the coming months!

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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 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., March 7 through April 11. 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, March 26 to 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, March 28 to May 2, 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, March 11 to April 15, 11 to 11:50 a.m. This class will improve the communication 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 6-week class, Wednesdays, 11 to 11:45 a.m., March 20 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., March 21 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, Feb. 25 through March 31, 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, through March 28. Class will not meet March 21. 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., March 29 to 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., March 26 to 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., March 30 to May 11, 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.

SALSA NEW!

A 3-week class, Saturdays, March 23 to April 6, 11 a.m. to 12 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.

STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., March 26 to 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, March 29 to 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., March 25 to 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., March 25 through April 29. Class will not meet May 14. 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.

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 and 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 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.

VILLAGE STORYTIME

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

The Village Book Club will meet on **Tuesday, March 19, at 11:30 a.m., via Zoom.**

The book selection is "Small Things Like These" by Claire Keegan. The April book will be "The Fraud" by Zadie Smith.

CONCERTS

Free concerts are held every second, fourth and, if applicable, the fifth Wednesday of the month during January, February and March, 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, please wait for a pause in the performance before entering.

Wednesday, March 13—Ashbrook and Oorts—Belgian-born Paul Oorts performs on harp guitar, 10-string cittern, mandolin, and musette accordion most often with his wife, hammered dulcimer player Karen Ashbrook.

He is very active in the world of English, contra, and vintage dances in the DC-Baltimore area. With the trio Goldcrest he has performed at dance events all over the United States.

For more than 40 years, Ashbrook has been an international pioneer and advocate in the revival of the hammered dulcimer. Along the way she added Irish wooden flute and pennywhistle. Her career includes performances and teaching throughout Europe and Asia. Her strong commitment



to using her music as a healing art led her to become a therapeutic musician, founding Music for the Spirit-healing hammered dulcimer music.



Wednesday, March 27—Halley Shoenberg Jazz Trio—Halley Shoenberg Jazz Trio will perform a concert of modern jazz and swing with elements of funk, rock and Latin jazz. They will play standards and tasteful originals reflecting 100 years of jazz and including the modern influences of Chick Corea, Weather Report, and Branford Marsalis. The trio includes Halley Shoenberg (clarinet/saxophone), Harry Appelman (piano), and Cyndy Elliott (bass).

Shoenberg, shown above, has been a dynamic presence in the greater Washington, D.C., area for several decades. In addition to leading her own exciting ensembles, she is hotly in demand performing and recording on saxophone and clarinet with other top-shelf groups in Virginia, Maryland and the District of Columbia.

Shoenberg has led concerts at the African American Civil War Memorial, Black Rock Center for the Arts, Blues Alley, Jazz at Wesley, Martin Luther King Jr. Memorial Library, National Gallery of Art Sculpture Garden, Potomac River Jazz Club and Strathmore. She has performed with other groups at Carlyle Club, Embassy of France, Jazz at Westminster, The John F. Kennedy Center for the Performing Arts Millennium Stage and many Smithsonian museums, and for huge crowds of swing dancers at Glen Echo, The John F. Kennedy Center for the Performing Arts, Mobtown Ballroom and Potomac River Jazz Club events.

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A photograph of an elderly couple. The man is seated in a wooden chair, wearing an orange shirt and glasses. The woman is standing behind him, wearing a white shirt and glasses, with her arm around his shoulder. They are both smiling.

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, March 7, 7 p.m.—Love at First Sight—A 20-year-old American student misses her flight to London; on her rebooked flight she meets a British student who may just be the love of her life. The romantic comedy stars Haley Lu Richardson, Ben Hardy and Rob Delaney. **Rated PG. Running Time: 1 hour, 31 minutes.**



Thursday, March 14, 7 p.m. —The Wonder—This internationally award-winning, period psychological drama takes place in Ireland after the Great Famine. An English nurse is sent to observe a young Irish girl who miraculously seems able to survive without eating. Starring Frances Pugh and Tom Burke. **Rated PG. Running Time: 1 hour, 43 minutes.**

Thursday, March 21, 7 p.m. —Nyad—The Oscar-nominated sports biopic stars Annette Bening, who plays 64-year-old swimmer Diana Nyad as Nyad strives to achieve her lifelong dream: To swim the ocean from Cuba to Florida. Co-starring Jody Foster as Nyad's friend and coach Bonnie Stoll. **Rated PG-13. Running Time: 2 hours, 1 minute.**

Thursday, March 28, 7 p.m. —The Good Nurse—Jessica Chastain and Eddie Redmayne star in this true-life crime thriller in which an overworked nurse is horrified to learn that her colleague is a serial killer. **Rated R. Running Time: 2 hours, 3 minutes.**

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ART AND CULTURE

Friendship Gallery showcases women artists



"Cambodian Monks at Ankor Wat" by Agnes Powell

The annual International Women's Month Art Exhibit, curated by Llwellyn Berry, at Friendship Gallery is designed to showcase the local community of women artists who represent aesthetics of countries near and far.

Family and national traditions of all residents continue

to bring excitement, enrich our communities and broaden communication and understanding among all of our citizens.

Meet the local artists at a reception on **Sunday, March 10, from 11:30 a.m. to 1 p.m. at the Village Center.**

The exhibit runs from Monday, March 4 through Saturday, April 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.



"Zendaya" by Antoinette Simmons Hodges

Get creative with collage

Join us on **Saturday, March 16, from 11 a.m. to 1 p.m.**, as Heather Paul, City Line Studio artist, conducts a Saturday workshop on the very versatile art of collage.

Collage has fun and interesting practical applications. In this session we will decorate wrapping paper, create bookmarks or refashion notecards.

With paint and paper, we will be exploring themes—including upcoming St. Patrick's Day and spring.

All art supplies and materials will be provided, including plain wrapping paper, blank bookmarks and sample notecards. Participants are welcome to bring their own notecards that can be personalized or "retrofitted" through collage.

The cost is \$55 for residents; \$65 for nonresidents. Sign up at our website at www.friendshpheightsmd.gov, and click on Sign Up for Programs on the home page.

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Sail, continued from page 1

enforcing the hated "Tea Taxes" for Britain's Royal Navy in the years preceding the American Revolution.

Following our two-hour sail, 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.

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

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.



TO YOUR HEALTH

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/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.

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

Easing the burden—Pain management strategies

Join interventional pain management specialist Dr. Stephanie Van for an overview of pain and function management as we age during this month's Suburban Lecture on **Tuesday, March 12, at 1 p.m., via Zoom.**

By the end of this session, you'll understand what structures commonly cause pain as the body ages, be able to talk to your doctors about pain more effectively and adapt some practical strategies to reduce pain and age gracefully.

This talk is offered by Suburban Hospital in partnership with the Friendship Heights Village Center. To sign up, go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.

Low Vision Support Group meets Thursday, March 28, from noon to 1 p.m. at the Village Center.



Learn about the numerous free resources for MoCo seniors

Representatives from the Montgomery County Commission on Aging will be at the Village Center on **Wednesday, March 27, at 2 p.m.**, to discuss free resources for seniors in the county.

The Montgomery County Commission on Aging Ambassador Presentation has two purposes: inform residents of the many services available and to learn the concerns and issues affecting older adults.

The Ambassador presentation will include information about life-transitions programs, and free transportation

services for Montgomery County residents 60 and older.

Did you know that if you are older than 60 and are caring for someone in your home, you can get up to 40 hours per month of free homecare for your loved one via the ARC senior respite care program, if you qualify, for a limited time?

Registration is required. To reserve a space, sign up by going to our website www.friendshipheightsmd.gov, and clicking on Sign Up for Programs on the home page.

Are you leaking urine?

After menopause, many women experience:

- Urine leakage, urgency, and frequency
- Recurrent UTIs
- Pelvic Organ Prolapse (Often characterized by a bulge sensation)
- Vaginal Dryness
- Vaginal Itching
- Bleeding/Spotting
- Pain with Intercourse



**CENTER FOR
ADVANCED GYN &
UROGYNECOLOGY**
SETTING THE PACE FOR EXCELLENCE

Women are often too embarrassed to discuss these easily treated symptoms!

Our office specializes in gynecology and urogynecology. We work with patients to create comprehensive plans with multiple treatments to address their concerns. Our office does offer treatments including pelvic floor rehab, medications/creams, pessaries, bladder Botox, periurethral bulking, and surgery.

5530 Wisconsin Avenue, Suite 1201/1250, Chevy Chase, MD, 20815 12800 Middlebrook Road, Suite 480, Germantown, MD, 20874

You can schedule an appointment with us through phone, email, or through our online scheduling system.

Phone: 301-652-1231 Fax: 301-652-1274 Website: centerforadvancedgyn.com Email: practice@centerforadvancedgyn.com



Sam's Neighborhood Listings



The Willoughby, 06S Floor plan
Large 1BR (Nearly 900 Sq Ft)
Southern Exposure / Assigned Parking
Coming Soon in the Upper \$200s



The Carleton, Apt 612
3BR or 2BR+Den (1540 Sq Ft)
Stunning Complete Renovation
Corner Unit / 2 Assigned Parking Spaces
For Sale: Offered at \$1,250,000



The Kenwood, 09 Floor Plan
Large 1BR (Over 1000 Sq Ft)
Renovated with Balcony / Assigned Parking
Coming Soon in the Mid \$200s

COMPASS



Sam Solovey 

Vice President, Compass
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Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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March 2024 events calendar