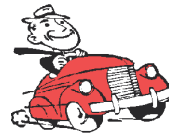




Friendship Heights

# VILLAGE NEWS



AARP Safe Driver Course, see page 2.

JULY 2024 VOLUME 41, NO. 7 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797

## Celebrate July 4th at the Village Center

Enjoy an old-fashioned celebration as our annual Independence Day festivities return on **Thursday, July 4, from 2 to 4 p.m.**, in Hubert Humphrey Park in front of the Village Center. This family-friendly party will feature hot dogs from Rocklands Barbeque, fresh, hot popcorn, ice cold snow cones and lemonade, and for dessert, delicious apple pie.

Sing along with Frank Cassel, also known as the Banjo Man, and his Mountain Fever Band as they perform classic Americana tunes.



Children will enjoy having their faces painted by Alexandra from DC Face Painting.

Ariana Lightningstorm's fortune-telling is a perennial favorite. Elected officials have been invited to make remarks. See you on the Fourth!



## Shop, sell or just listen to the music

Our popular Village Yard Sale returns to Hubert Humphrey Park in front of the Village Center on **Saturday, July 13, from 10 a.m. to 1 p.m.**

As an added attraction, from 11:30 a.m. to 12:30 p.m., the band Collide will offer cool tunes to shop or sell by.

Participants must rent a 6-ft. table from the Village Center for \$12, cash or check only.

One table per household. Two chairs per table will also be provided. There are a limited number of tables available to rent.

To reserve a table, stop by the Village Center. Tables will be set up no earlier than 9:30 a.m. on Saturday, July 13. Items for sale must be confined to your immediate table space. All unsold items must be removed from the table and the park by 2 p.m.

Twin Springs Farmers Market will be located on the parking pad adjacent to the Village Center.

## Is free will for real?

Do we consciously decide our thoughts and actions? We certainly feel we're in control of our behavior. We consciously decide when and what to eat, where to go and what words we use in conversation—we consciously decide just about everything. We have "free will." But do we? Is it possible that all our actions are predetermined?

Dr. Richard Kahn addresses the idea of "free will" during a thought-provoking lecture on **Monday, July 15, at 2 p.m.**, at the Village Center.

Scientific discoveries over the last 50 years suggest that what we think and do are caused by our genetics, upbringing, prior experiences, environment, social situation and biological processes of which we are unaware. Our thoughts and actions

are the culmination of a massively complex and intricate brain that's been "programmed" by our past.

Although that sounds absurd, perhaps it's true. Indeed, the goal of this talk is to convince you that your choices were not freely chosen. The real cause of human thoughts and actions are unconscious and what you think and do was determined seconds, hours, days, or even decades in the past. You are not the captain of the ship.

Dr. Kahn is former chief of scientific affairs at the American Red Cross, and former chief scientific and medical officer of the American Diabetes Association.

Space is limited. To reserve a seat, please register online. See page 2 for sign-up details.

Children's Window Painting Project, see page 4.

# AARP Safe Driver Course returns to the Village in July

*I believe in sharing the road with other drivers. They can have the part behind me.*



Registration is open to sign up for the AARP Driver Safety Program, which returns with instructor Ken Ow to the Village Center on **Saturday, July 27**. The class will run from 9 a.m. to 1:30 p.m., and includes a 30-minute break for lunch on your own—pack a brown bag to bring, if you

like.

The one-day class costs \$20 for AARP members, \$25 for nonmembers. You must present your AARP card upon arrival, and bring your drivers license and a ballpoint pen to class.

This course offers driver safety techniques for drivers age 50 and older. At the end of the class, students will be given a certificate to present to their insurance companies for a possible discount. Registration is required. Space is limited. See above right for sign up instructions.



Serving Montgomery County & Washington D.C.



SmithLife Homecare has an exclusive offer for the residents of Friendship Heights Village, MD. We can help you with as little as **\*ONE HOUR** of in-home care for \$32.95 per hour.

\*Limited times are available for one hour appointments. Call for details.

- Companionship
- Health Support
- Personal Care
- Transportation
- Light Housework
- Hospital Discharge

Exclusive discount for FHNN Village members  
**1st hour of care is free.**

**Award-Winning Home Care in Friendship Heights**

Call to start today!  
**(301) 816-5020**



4600 N. Park Ave., Suite 111  
Chevy Chase, MD 20815

[smithlifehomecare.com](http://smithlifehomecare.com)

MD License # RSA-01265 | DC License # NSA-0611



## How to sign up for activities at the Village Center

- 1) Go to our website at [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)
- 2) Click Sign Up for Programs
- 3) Click Sign In/Up

*\*New users must follow instructions for creating a new account. Once account is created, do the following:*

- 4) Scroll down to desired activity and click Enroll
- 5) For activities with a fee, click view fee details. Choose payment option and pay.

*\*Having trouble signing up online? Please call the Village Center at 301-656-2797, and the front desk staff will be happy to assist you.*

*\*In some cases, such as trips, in-person registration is required. If so, it will be noted in the newsletter story.*



## 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 August issue is July 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.

### FOUNDER

**Martin Kuhn**

### EDITORIAL STAFF

**Melanie Rose White**  
Volunteer Editor

**Anne Hughes O'Neil**  
Staff Writer, Layout

**Dale Conway**  
Staff Writer, Advertising

### FRIENDSHIP HEIGHTS VILLAGE COUNCIL

**Melanie Rose White**  
Mayor

**Roy Schaeffer**  
Treasurer

**Bobby Pestronk**  
Chairman

**Michael Mezey**  
**Cheryl L. Tyler**

**Daniel Ahr**  
Vice Chairman

**Martha Solt**  
Secretary

**VILLAGE MANAGER**  
**Julian P. Mansfield**

# Village Council Update

## Update on Page Park permit application

The Chair of the Council Parks and Grounds Committee, Michael Mezey, presented another update on the Village's Page Park permit application at the Council's June 10 meeting. Unfortunately, the iron fabricator and structural engineer, who needs to review, sign, and seal the drawings for the railings before the required documents can be submitted to the County Department of Permitting Services (DPS), cannot agree on the relevant specifications.

As this issue goes to press, the Village and our contractor, GreenSweep, coordinated with a different structural engineer, referred by the iron fabricator, to help move the process along, and the engineer is reviewing the handrail drawings in order to sign and seal them. GreenSweep is preparing the proper documentation to submit the required items to DPS regarding the accessibility improvements and the railings. The Council, staff, and GreenSweep are working hard to resolve any outstanding issues as soon as possible so the required documents can be submitted for final review and approval. The Village will continue to keep the community informed as developments become available.

## Prospective Red House tenants

The Red House Working Group met with two of the remaining applicants, Pyle's Provisions and Your Café, in mid-June to review their respective proposals and related costs. The Working Group subsequently met again to further discuss and finalize its recommendation to be presented to the Council for discussion at the next Council meeting on July 8. In addition, the Village published a Request for Proposals on its website and eMaryland Marketplace for renovations to be made to the Red House, including those related to ADA compliance.

## Public Safety Committee meeting

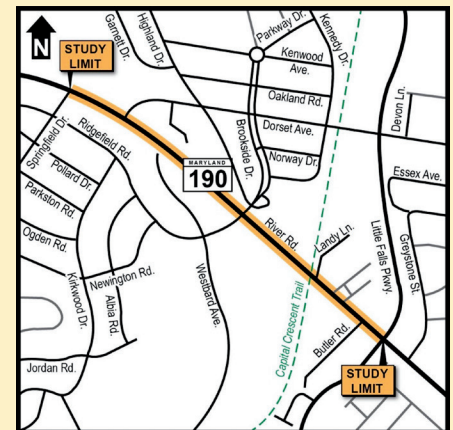
The Friendship Heights Village Council's Public Safety Committee met on June 17. Police Captain Jason Cokinos, who manages the Village's off-duty Police patrol, gave an overview of the year-end report he provided to the Council, which is posted on the Village website on the What's New page under Community Notices. Captain Cokinos also reported that the County has approved funding to expand the Police's program to use drones as first responders for emergency calls. The program will be extended to include a drone in Bethesda, which will then be able to cover Friendship Heights. The Committee also discussed other safety concerns, including lighting at the Friendship Heights Metro station, repainting Village crosswalks, and installing additional speed humps.

## Resources for solar panel installation

At the Village Council's Ad Hoc Development Committee meeting on May 29, Scott Dicke, Director of Clean Energy Programs with the Montgomery County Green Bank, spoke about potential resources with technical assistance for solar panel installation in the Village. Services offered by Green Bank include pre-project development and determining eligibility for financing to support projects. Green Bank can support feasibility studies and analysis of regulations including BEPS (building energy performance standards), including the requirement for properties to undergo benchmarking to measure current use and efficiency. Green Bank works to facilitate the County government's goal for all properties to diminish their onsite energy use. Technical assistance can include identifying what is technically and economically feasible at specific properties. Green Bank makes loans but doesn't take deposits. It operates as a fund that provides lending services geared toward advancing the deployment of energy efficiency and renewals. Its interest rates are below market rates when underwriting financing. The next Ad Hoc Development Committee is scheduled to be held on July 10, at 6 p.m., at the Village Center.

## Washington Gas project on River Road

Washington Gas will be conducting gas line work on River Road (MD 190) from June 24 to September 14, 2024. The work will involve lane closures at several locations, including the intersection of River Road and Western Ave. The notice is posted on the Village's website. For additional information, please contact Daminiq Branch at [community@washgas.com](mailto:community@washgas.com).



Other actions taken at the June 10 Council meeting:

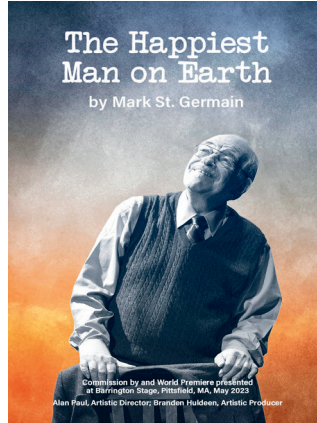
- Approved Trash Away proposal for a three-year contract to continue providing trash removal service.
- Approved Tactical Security Solutions proposal for \$33.50 per hour for security / parking enforcement services for a three-year contract.
- Approved designated signers for the Village's Peoples Bank petty cash account.

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

## Cutting Edge Theater returns to Shepherdstown this summer

Travel with us to the beautiful Shepherdstown, W.Va., where we'll attend two plays during the Contemporary American Theater Festival and enjoy an early dinner at the Bavarian Inn on **Sunday, July 21.**

The first play, "The Happiest Man on Earth" is the true, triumphant story of Eddie Jaku, a Holocaust survivor whose resilience and determination helps him to find light in the darkest circumstances.



The second play, "Enough to Let the Light In," is a smart, spooky tale of two girlfriends whose lives are irrevocably changed as buried secrets begin to emerge.

In between the plays, we'll gather for an early dinner at the Bavarian Brothers Brewery in the Bavarian Inn. Our menu offers a choice of Smashburger, Lobster/Shrimp/Crab Roll, or Caesar Salad with Grilled Chicken for an entree; a choice of fries or potato salad; and apple strudel with whipped cream for dessert. Coffee, tea or a non-alcoholic beverage is included. Please make menu selection when registering.

We'll depart from the Village Center at noon and should return by 10:30 p.m. The cost of the trip, which includes round-trip transportation, dinner, tickets to two plays and all taxes and gratuities, is \$234. Sign up at the Village Center.

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

## It's a summer paint project for Village children

Show us what you love about living in the Village of Friendship Heights. Paint it on the outside of the Village Center windows during a special painting event, just for children, at the Village Center on **Tuesday, July 9 from 10 am. to noon.** In the event of rain, the event will be held July 10 at the same time.



We'll provide the washable paint for children, ages 5 to 13, to use to decorate the lower windows of the Center with images of flowers, buildings, pets, etc. Children must be accompanied by an adult. Please note, no political, religious or unsavory statements permitted. The Village Center reserves the right to remove any painting at any time due to offensive scenes or weather-related issues.

A minimum of four painters is needed for this event to occur; a maximum of 12 painters allowed. The paintings will remain on display through our Saturday Yard Sale on July 13.

Registration is required. The deadline to sign up is July 8 at 3 p.m. See page 2 for sign up details.

Spaces will be allotted in order of sign ups. Painters must check in at the Village Center front desk to receive supplies and to start painting. Only washable paints and brushes provided by the Village Center will be permitted. Painting must be completed within the two-hour time limit. Painters must return supplies to the front desk and be officially "checked out" before leaving.

## Join our "Village Caravan"

Do you like to travel, love to travel, dream about traveling? Whether you are a seasoned traveler or an accidental tourist, we've got a program on the horizon designed to tap into your inner wanderer.

Starting in September, Village residents are invited to bring a bag lunch for monthly travel presentations, travel tips and discussions on **select Tuesdays from 12 to 1:30 p.m.** at the Village Center.

The Village Caravan is a program designed to bring together Village residents who share an interest in sharing travel information.

Residents with prepared online slide programs are invited to make 30-minute presentations. The presentations would be followed by 30 minutes of information sharing about that presentation. Attendees can share general travel tips during the last 30 minutes.

See the August *Village News* for details.

# The Tech Mensch

Ari Fisher



## HOME TECH SUPPORT

Mac • PC • iPhone  
Printers • Tutoring

(202) 262-5378

ari@thetechmensch.com

FREE virus scan with each visit.



5 Star Rated  
\*\*\*\*\*



Computer Help  
for All Ages



iPhone and  
Tablet Support

**Contact Ari to schedule an appointment**

# Sample a selection from MC Summer Dinner Theatre

Get a little taste of the Broadway when the Montgomery College Summer Dinner Theatre Showcase returns to the Village Center on **Friday, July 12, at 2 p.m.**, with highlights previewing its summer show later this month.



“In the Heights” is a musical by Lin-Manuel Miranda about a vibrant community in New York City’s Washington Heights neighborhood on the brink of change. The story follows a variety of characters, including Usnavi, a bodega owner, as they navigate their hopes, dreams, and pressures.

To reserve a seat to the theater sampler, see page 2 for registration details.

Montgomery College’s Summer Dinner Theatre at the Rockville Campus presents “In the Heights” July 19-21 and July 26-28. To see the show, on your own at the Rockville campus, go to [www.montgomerycollege.edu/events/summer-dinner-theatre](http://www.montgomerycollege.edu/events/summer-dinner-theatre).



## Robert Mac returns for an evening of comedy

Award-winning stand-up comedian Robert Mac brings his special brand of smart, family-friendly humor to Friendship Heights when he returns for a special outdoor performance on **Thursday, Aug. 1, at 7 p.m.**, in Hubert Humphrey Park at the Village Center. In the event of inclement weather, the performance will move indoors to the Village Center.

Mac has brought his comedy routine to popular venues and television shows, such as “Last Comic Standing,” “Comedy Central’s Premium Blend,” NBC’s “Late Night,” and more. He was the grand prize winner of Comedy Central’s Laugh Riots, and a finalist in competitions such as Billy Crystal’s “Mr. Saturday Night Contest.”

Village Councilmember Roy Schaeffer will open the show.



## SENIORS ARE PROUD TO Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

### Brighton Gardens of Friendship Heights

5555 Friendship Boulevard  
Chevy Chase, MD 20815  
301-656-1900

[BGFriendshipHeights.com](http://BGFriendshipHeights.com)

Call today to  
schedule a  
complimentary  
lunch and tour:  
**301-656-1900**





# 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, LANGUAGES AND GAMES

### ALL IN THE EYES

Marianne Winter teaches a 6-week portraiture class Thursdays, 1 to 3 p.m., 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. Please call the Village Center for details about the next session.

### 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.

## EXERCISE

### BALANCE BASICS

A 6-week class, Wednesdays, 11 to 11:45 a.m., through July 31, 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.

### STRATEGIES FOR IMPROVING BALANCE

A 6-week class, Thursdays, 10 to 10:45 a.m., through Aug. 8, 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/BALANCE BUNDLE

Sign up for both Balance Basics and Strategies for Improving Balance and pay \$152 for residents; \$169 for nonresidents for the two 6-week sessions.

### 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 Aug. 4, 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. Class will not meet on July 7.

### CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 5-week session, Thursdays, 10:30 a.m. to noon, July 25 through Aug. 29. 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. \$70 for residents; \$75 for nonresidents.

### BEGINNER PILATES (FRIDAYS)

A 6-week class, Fridays, 12 to 1 p.m., July 5 to Aug. 9, 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 cannot 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.

### 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., July 19 through Aug. 2. \$50 for residents; \$55 for nonresidents.

### PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., July 9 to Aug. 13, 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 (SATURDAYS)

A 6-week class, Saturdays, 9 to 10 a.m., July 6 to Aug. 17, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props. Class will not meet July 13.

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

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., July 9 to Aug. 13. 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, July 26 to Aug. 30. The cost is \$59 for residents; \$69 for nonresidents.

## **STRENGTH AND BALANCE WITH TONYA**

Tonya Walton teaches a five-week class, Mondays, 11:30 a.m. to 12:30 p.m. She is taking a break for the summer but will return in September. See the August Village News for details.

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

A 6-week session, Mondays, 9:30 to 10:15 a.m., July 15 to Aug. 19. 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., July 9 to Aug. 13. 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., July 15 to Aug. 19. 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.

## **WORKSHOPS**

### **FLOW ART WITH RACHAEL**

Multi-media artist Rachael Rice teaches a two-hour workshop on fluid art, Saturday, July 27, from 11 a.m. to 1 p.m. Learn to paint with fluid acrylic paints that are poured onto canvas. No brushes and no prior painting experience necessary. The cost is \$55 for residents; \$60 for nonresidents. Sign up by July 22. See page 2 for registration 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 noon. The cost is free for the summer. 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, 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. Cost is \$5.

## **FRIDAY FIBER FRIENDS**

Knitters, crocheters, and other fiber enthusiasts meet Fridays, 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. Great Books will not meet on July 8 nor July 15.

## **MONDAY MAH JONGG**

Village residents are invited to play Mah Jongg on Mondays, 12:30 to 2:30 p.m. Space is limited. To sign up, go to [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), and click on Sign Up for Programs.

## **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).

## **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 or email [eniko.basa@verizon.net](mailto:eniko.basa@verizon.net).

## **WOMEN'S GROUP**

Village of Friendship Heights women, ages 50 and older, are invited to share life experiences and transitions as they strive toward a happy, productive life as they age. Meets July 11 and July 25, 3 to 4:30 p.m. Contact co-leaders Martha Solt at [msolt@friendshipheightsmd.gov](mailto:msolt@friendshipheightsmd.gov) or Patricia Canessa at [pcanessam@yahoo.com](mailto:pcanessam@yahoo.com).



# CONCERTS



**Free concerts are held every Wednesday from 7 to 8 p.m., during June, July and August, in Hubert Humphrey Park in front of the Village Center. In the event of inclement weather, concerts will move indoors to Huntley Hall in the Village Center.**

**Wednesday, July 3—No Concert—We're setting up for July 4th celebration!**

**Wednesday, July 10—"Swinging with the Songbook" with the Robert Redd Trio**—Pianist Robert Redd will be joined by alto sax player Marty Nau and bassist Tommy Cecil "Swinging with the Songbook." Robert Redd is a member of the prestigious Duke Ellington Orchestra that tours across the U.S as well as abroad. He is also the pianist and leader of the Wolf Trap Jazz Trio. From 1995 to 1998 Redd was pianist and musical director for singer/ songwriter Kenny Rankin. Redd has performed with jazz luminaries such as Charlie Byrd, John Pizzarelli, James Moody, Melba Moore, the Harry James Band, and the Artie Shaw Band to name just a few.

Jazz alto saxophonist Marty Nau has performed with such performers as Dizzy Gillespie, Stanley Turrentine, Joe Williams, Rosemary Clooney, Nancy Wilson, Maureen McGovern, Snooky Young, and many others. Nau also played lead alto sax and conducted for the Navy's premiere jazz ensemble, the Commodores, before retiring from the group in 1997.

Jazz bassist Tommy Cecil has been active in the Washington, D.C. jazz scene since 1976, and has had long associations with many of DC's favorite jazz greats, including John Eaton, Buck Hill, Charlie Byrd, Dick Morgan, Shirley Horn, Brooks Tegner, and the Redd Brothers.



**Wednesday, July 24 —IONA**—The music of IONA is a unique, acoustic blend of the traditional music of Scotland, Ireland, Wales, Brittany (France), the Isle of Man, Galicia (Spain) and America. The band blends songs, dance tunes, and instrumentation into a rich and stunning tapestry. IONA was founded by lead singer, bouzouki, guitar and bodhrán player Barbara Ryan and wind player Bernard Argent in 1986.



**Wednesday, July 31 —Seth Kibel Band**—Seth Kibel is one of the Mid-Atlantic's premier woodwind specialists, working with some of the best bands in jazz, swing, and more. Wowning audiences on saxophone, clarinet, and flute, Kibel has made a name for himself in the Washington/Baltimore region, and

beyond. He's won numerous prizes in the Mid-Atlantic Song Contest (MASC) including the Grand Prize in 2016 and a Gold Prize in 2022. He is the leader, clarinetist and composer of the Kleztet, a genre-bending klezmer band he founded in the Baltimore/Washington area.



**Wednesday, July 17—Willie Barry and the Rock-A-Sonics**— The Rock-A-Sonics' exciting mix of atomic-age rock 'n' roll, classic country, rockabilly and rhythm & blues has been filling dance floors since 2014. Led by the gifted young Willie Barry, this Maryland group has played rockabilly festivals in Las Vegas, Spain, New England, Florida and Nashville, and perform regularly throughout the mid-Atlantic. They record for Swelltone Records.

## Coming in August

**August 7: Big Howdy**

**August 14: Mariachis de Los Compadres**

**August 21: Tim and Charles Roberts**

**August 28: The Uncounted**



# 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, July 4 —NO MOVIE—Village Fourth of July Celebration from 2 to 4 p.m.



Thursday, July 11, 7 p.m. —*Unfrosted*—Jerry Seinfeld wrote, directed and stars in this somewhat zany '60s near-biopic about corporate rivals Kelloggs and Post who race to create what's become, for many, a favorite breakfast staple: Pop Tarts. Co-starring an all-star ensemble cast including Amy Schumer, Hugh Grant, Cedric the Entertainer, Jim Gaffigan, Peter Dinklage and many more, the movie is infused with '60s nostalgia. **Rated PG-13. Running time: 1 hour, 33 minutes.**



## Join our summer Sing-Along

Revisit your old favorite songs this summer by joining neighbors and friends for our monthly Senior Sing Along. Song leader and pianist Deborah Brouse will guide the audience through tunes on **Monday, July 29, from 2 to 3 p.m.**, at the Village Center. Singing has physical, emotional, and social benefits, and is just plain fun!

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.

See page 2 for sign-up instructions.

Looking ahead mark your calendar for a late summer sing-along on Monday, Aug. 26, at 2 p.m.



Thursday, July 18, 7 p.m.—*Yesterday*—After a freak, global power outage and a bus accident, star Himesh Patel's character is able to capture the amazing musical success he's always craved, performing the Beatles' songs that the world can't remember ever hearing. Also starring Ed Sheeran, Lily James and Kate MacKinnon. **Rated PG-13. Running Time 1 hour, 26 minutes.**

Thursday, July 25—NO MOVIE—*Art Reception* from 6:30 to 8:30 p.m.



The Village Book Club will meet on **Tuesday, July 16, at 11:30 a.m., via Zoom.** The book selection is "Everything I Learned, I Learned in a Chinese Restaurant" by Curtis Chin. The August book will be "The Only Woman in the Room" by Marie Benedict.

## Save these dates:

**Thursday, Aug. 8, 9 to 10:30 a.m.:**  
**Dinosaurs, Doughnuts and Dance Party**

**Thursday, Aug. 29: Trip to Rehoboth**



# ART AND CULTURE

## Village Studio Artists shine in Friendship Gallery this summer

For the second year the Studio Artists of Friendship Heights Village Center will have their art featured in Friendship Gallery.

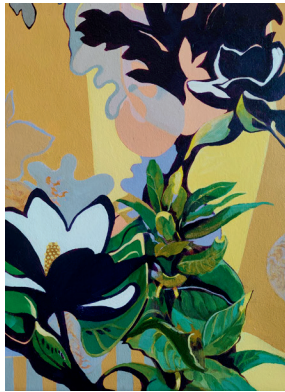
The exhibition, which runs from July 1 through August 25, is called "Reflections of the Village Artists 2" and it will be a wonderful display from nine different artists who live in the neighborhood. Their artwork is filled with different styles and techniques, from abstract to realism and from experimental to fluid art. New and old methods are mixed together.

"It's a proven fact that the art around us makes our lives more stimulating and exciting. Come out to see the latest display of of the Open Studio group," said Friendship Gallery curator Jan Rowland, who leads the weekly drop-in studio and is an artist with CityLine Studios in Friendship Heights.

The Open Studio artists gather at the Village Center on Fridays from 1 to 4 p.m. to create, critique and offer support.

**Meet the artists during a reception on Thursday, July 25 from 6:30 to 8:30 p.m.**

The Village Center is open Monday through Thursday,



"Magnolia" by Jan Rowland



"Lady Godiva" by Jin Kao



"Summer House" by Alicia Hierro Llanillo



"Mom is here" by Margarita Caro

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 staff upon arrival. All sales are final.

## Let your creativity flow at our fun, fluid art workshop

Come explore the wonders of fluid painting during a two-hour workshop with Rachael Rice on **Saturday, July 27, from 11 a.m. to 1 p.m.**

No experience is needed to learn how to paint with fluid acrylic paints that are poured onto canvas. No brushes are used in this class.

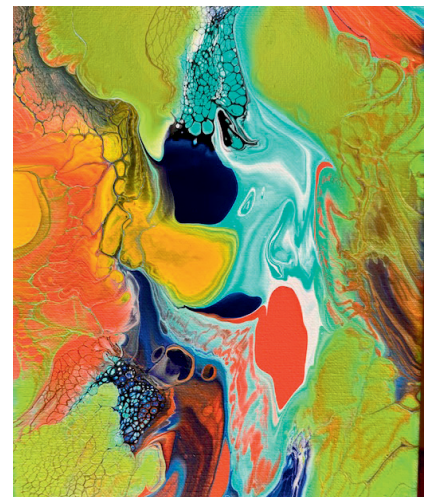
We will create on two 8-by 10-inch canvases an abstract painting using various pouring techniques. The teacher will demonstrate several options for pouring and will provide canvases and paints for the class.

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 \$55 for residents; \$60 for non-residents. Participants must be 18 or older. Registration required. See page 2 for details. Space is limited. The deadline to sign up is July 22.

Don't miss this chance to play with paint for fascinating results!



# TO YOUR HEALTH

## Mind your mitochondria

**Online Suburban Lecture address advanced strategies for healthy aging**



Mitochondria are often referred to as the powerhouses of the cell. Their main function is to generate the energy necessary to power cells, but there is more to mitochondria

than energy production. Get practical information when Dr. Andrew Wong discusses mitochondria during this month's Suburban Lecture on **Wednesday, July 10, from 1 to 2 p.m.,** via Zoom.

Registration is required to reserve a seat. Please see sign-up instructions on page 2.

## Tips to keep your skin safe in the summer sun

While some sunlight is necessary for our bodies to produce vitamin D, too much sun can pose a number of health risks. Protecting your skin from the sun's UV rays is the best way to limit your risk of sunburn and skin cancer. Below are a few tips to keep your skin safe this summer.

- 60%** of adults reported being sunburnt in the past year. (Aloe)
- Only **broad-spectrum 15+** sunscreens of SPF can protect skin from UVA & UVB rays.
- 1oz** of sunscreen should be applied to your **entire** body. That's enough to fill a shot glass. Reapply the same amount every 2 hours.
- SPF 15 blocks out 93% of UVB rays, while **SPF 30 blocks out 97%**.
- The sun's rays are their strongest from **10AM-4PM**. Limit your time in the sun during these hours.
- It only takes **10 mins** for a baby's skin to burn, but sunscreen isn't safe for infants under 6 months. **Keep babies out of the sun!**
- Sunscreen expires within **2-3 years** but your bottle shouldn't last for that long. A family of 4 should use an entire bottle of sunscreen during a long weekend.
- Sunscreen is only **1 level** of defense. Add wide-brimmed hats, protective clothing and sunglasses for more coverage.
- 30 mins** is the average time it takes for sunscreen to **soak into skin** and work effectively.
- The risk of melanoma is **75%** higher for those who used tanning beds before the age of 35.
- You still need sunscreen on a cloudy day. **80%** of the sun's rays can pass through clouds and fog.
- Water-resistant sunscreen isn't water-resistant forever. You need to reapply after only **80 mins** in the water.

A special thank you to these neighborhood businesses and organizations who helped to make our Casino Night a success

- \*Hillwood
- \*KIDMuseum
- \*Lia's
- \*Nail Saloon
- \*Plaza Art
- \*Salon Roi

## GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

### Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

#### COVID-19 UPDATE

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

**Friendship Heights**  
4601 N Park Ave., #10C  
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade

phone 301-654-9355 | [info@getwell-rehab.com](mailto:info@getwell-rehab.com)  
[www.getwell-rehab.com](http://www.getwell-rehab.com) find us on facebook

# Avoid These Mistakes When Your Home is on the Market:

- 1. Accessorizing wrong** – heavy window coverings, too much décor, and texture cluttering the space, the wrong sized rug or pictures hung too high or low.
- 2. Tone down themes** – Too much of one idea is overwhelming.
- 3. Focus on the most prominent feature of the room** – a great view or custom built-ins.
- 4. Misplaced furniture** - Make sure the furniture is arranged to create an obvious use for the room.
- 5. Too much personal stuff** - The furniture should be what the viewer sees first.
- 6. Matchy Matchy is not in style these days!**
- 7. Bad smells or dirt and dust ruin the visit for a home buyer.**

COMPASS



Sam Solovey 

Vice President, Compass  
Sam Solovey Group of Compass

Realtor® DC/MD/VA/DE  
M: 301.404.3280 | O: 301.298.1001  
sams@compass.com

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 5471 Wisconsin Ave Suite 300 Chevy Chase, MD 20815



Friendship Heights

VILLAGE NEWS

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



**Visit our website:**

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

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

**Phone:** 301-656-2797

**Follow us on social media:**

[www.facebook.com/VillageOfFriendshipHeights](https://www.facebook.com/VillageOfFriendshipHeights)

[www.instagram.com/Village\\_of\\_friendship\\_heights](https://www.instagram.com/Village_of_friendship_heights)

X (Twitter): @fhv1914

YouTube: @villageoffriendshipheights

July 2024 events calendar