



Friendship Heights

VILLAGE NEWS

AUGUST 2024 VOLUME 41, NO. 8 www.friendshipheightsmd.gov 301-656-2797



Dinosaurs, doughnuts and dance, see page 4.

Take a summer sojourn to Rehoboth Beach

Don't let this summer go by without feeling the warmth of the sun, hearing the gentle crash of the waves on the beach, and finding the latest deals at the shore's outlets.

Are you ready to feel the warm sand between your toes, to breathe in the sea air, sample some fresh seafood or just stroll along the seaside boardwalk?

Journey with us to Rehoboth Beach, Del., one of the most beautiful seaside towns on the East Coast. We'll make a day of it on **Thursday, Aug. 29.**

We'll depart from the Village

Center at 8 a.m., and arrive in time for lunch (on your own). You'll then have time to do as your heart desires.



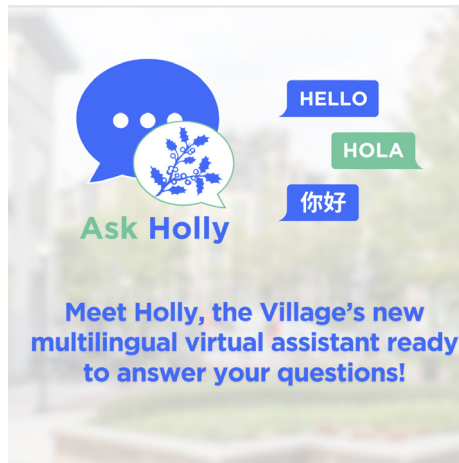
Linger by the shore all day, or just for a while, and then take advantage of the tax-free shopping when our bus takes anyone interested from the beach to area outlets later in the afternoon.

There are numerous restaurants, cafés and shops along Rehoboth Avenue and on the boardwalk. We should return to the Village Center by 8 p.m.

The cost of the trip is \$90. Sign up at the Village Center. The deadline to register is Aug. 23.

Meet Holly — Our new chatbot has the answer to many of your questions

The Village is happy to announce that on Thursday, Aug. 1, it will launch a fully integrated chatbot assistant to help automate customer service for website visitors. The chatbot is named "Holly" after the abundant number of beautiful holly trees in the Village and those represented in the Village logo. Holly is a built-in web assistant that integrates with the Village website and interacts with visitors to make it easier for them to get quick answers to questions and directly contact staff. It also understands and communicates proficiently in 71 different languages, showcasing the advancements in conversational AI for a more seamless and inclusive user experience. Users can also translate Holly's referenced



website links into seven main languages by clicking on any of the flags located at the top right portion of the Village website.

Continued on page 9, see Holly

Robert Mac is back with a night of laughs

Award-winning stand-up comedian Robert Mac brings his smart, family-friendly humor to Friendship Heights when he returns for an 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. Mac has appeared at popular venues and on 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.

Fish and Floral workshop, see page 4.

Discover the joys of song with our senior 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, Aug. 26, 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 experience the joy of singing and to leave smiling and humming.

See the box at right for sign-up instructions.

Looking ahead, mark your calendar for a September sing-along on Monday, Sept. 30, at 2 p.m.

Save the date!

Saturday, Dec. 7, 2 p.m. matinee:

"A Beautiful Noise" musical at the National Theatre

Watch the September *Village News* for details!

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How to sign up for activities at the Village Center

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

*New users must follow instructions for creating a new account. Go to top right-hand section that reads "To create an 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

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 September issue is August 2. 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

Update on Page Park permit application

As this goes to press, GreenSweep has submitted the remaining permit application documents, including the signed and sealed drawings for the Page Park handrails, to the Montgomery County Department of Permitting Services (DPS). DPS is now in possession of all application materials and is reviewing them. On July 8, the Village Council held a closed meeting with Village attorney Ron Bolt to discuss legal issues regarding the park project. Following this meeting and the public discussion at the July 8 Council meeting, the Village is seeking an engineering consultant to provide assistance in the event DPS has any further requirements prior to approving the permit. Village staff reached out to neighboring municipalities for referrals to engineers with experience in this regard.

The Council also directed the managers to create a dedicated page on the Village website for Page Park updates. The Communications Committee and the Parks & Grounds Committee will collaborate on the development of content to be posted on this page. The community will be notified of any further developments regarding the permit application, engineering consultant, and dedicated Page Park page as soon as they become available.

Prospective Red House tenants

At its July 8 meeting, the Village Council accepted the Red House Working Group's recommendation to select Pyle's Provisions as the new tenant for the Red House on North Park Avenue. Pending approval of the lease by both parties, Pyle's Provisions will be opening a sandwich shop and deli with groceries in the Red House. As this goes to press, the Village Manager and our real estate attorney are finalizing the draft lease agreement to be submitted to the tenant.

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. The deadline to submit proposals is Monday, August 19, 2024. Please visit <https://friendshipheightsmd.gov/wp-content/uploads/2024/07/4608-N.-Park-Ave.-Upgrades-Invitation-and-SOW-7.3.24-.pdf> to review the RFP. The Village Manager has already begun to meet with interested contractors. All proposals will be presented to the Council at its September 9 meeting.

Ad Hoc Development Committee meeting

The Ad Hoc Committee on Development met with representatives from the Montgomery County Planning Board and members of the community on July 10 to further discuss the status of the upcoming Friendship

Heights Sector Plan and the County's process. Please visit https://montgomeryplanning.org/wp-content/uploads/2023/10/MP_MasterPlanExplainer_FINAL_w-ready.pdf to learn more about the County's process.

Public Safety Committee issues report on off-duty police

The Public Safety Committee released a report on the Village's off-duty Montgomery County Police program at the July 8 Village Council meeting. This report has been posted on the Village website and will be discussed at upcoming Council meetings. Please visit <https://friendshipheightsmd.gov/wp-content/uploads/2024/07/Public-Safety-Committee-Police-report-7.8.14.pdf> to view the report.

Goodwill household recycling pickup on September 14

Goodwill of Greater Washington will host a Donation Drive collection outside the Village Center on Saturday, September 14, between 10 a.m. and 2 p.m. The Goodwill truck will park on Friendship Boulevard, adjacent to the Village Center's main entrance (in the same location as the MVA Bus). Please donate gently used clothing, accessories, and shoes; toys and books; housewares, linens, cookware, and dishes; furniture and small appliances; computers and electronics; sports equipment, collectibles, and more! For more information concerning donation guidelines, please visit <https://dcgoodwill.org/donations/donation-guidelines/>.

Remembering former Village Center Program Director Lois Spurney

Lois Spurney, the Village Center Program Director from 1991 to 2000, passed away on July 4, 2024. Lois brought her extensive experience and expertise in event planning to the Village Center, elevating our program offerings by introducing trips, book signings, and guest speaker events. She also expanded and improved our annual community-wide events, including July 4, Community Day, and the Fall Festival.

Her keen attention to detail ensured that our events and programs were well organized and executed, and her efforts elevated the profile of the Village Center to attract greater numbers of residents.

Other actions taken at the July 8 Council meeting:

- Approved extension of lease with tenants at 4602 North Park Avenue.

The next scheduled Village Council meeting will be held on Monday, September 9, 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.

Wake up with dinosaurs, dancing and doughnuts



It's a combination guaranteed to start your day off with a smile. Dancers of all ages are invited to the Village Center on **Thursday, Aug. 8, from 9 to 10:30 a.m.**, for a dance party featuring dinosaurs and doughnuts.

Gizelle Merced, our line dance instructor, will be on hand to spin tunes designed to get you moving! Our giant dinosaur sprinklers will

also make an appearance to help dancers beat the heat! We'll also have dinosaur-themed games and crafts!

The party is scheduled to take place under the Village Center portico, but we'll move indoors in the event of inclement weather.

Register to reserve a spot. See page 2 for sign-up details. All those registered are guaranteed a doughnut. Doughnuts are available to drop-in dancers while supplies last.

Bridge anyone?

If you are a Village resident who is interested in playing bridge at the Village Center on a weekly basis, please email us at info@friendshipheightsmd.gov no later than September 1. The email should contain your name, residential building in the Village, your phone number, days of the week and times you would like to play.

If there is sufficient interest among Village residents, we will consider setting aside space for two-hour bridge sessions on a weekly basis beginning later in the fall.

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Share your travel stories, secrets and tips



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 are interested 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 talk about general travel tips during the last 30 minutes.

Make and take workshop— Fish and flower centerpiece

Celebrate the last weeks of summer by creating a fish arrangement when Pam Maidl of Interior Garden Designs offers this unique workshop on **Thursday, Aug. 15, from 4 to 5 p.m.**




The beautiful centerpiece will feature a colorful beta fish and a live peace lily.

Maidl will guide you through making and maintaining the plant and fish arrangement.

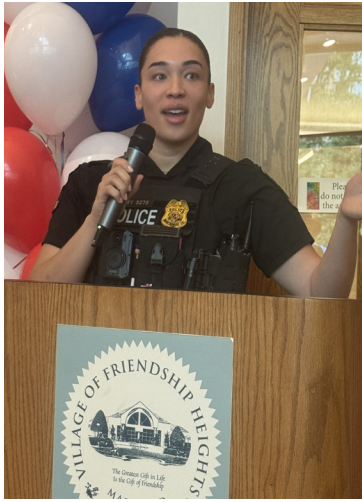
The cost, which includes all materials and instruction, is \$40 for residents; \$50 for nonresidents.

A minimum of eight participants is needed. The maximum of 10. Registration is required. See page 2 for sign-up instructions. The deadline to sign up is Aug. 9.



The Village Book Club will meet on **Tuesday, Aug. 13, at 11:30 a.m., via Zoom.** The book selection is "The Only Woman in the Room" by Marie Benedict. The September book will be "The Extraordinary Life of Sam Hell: A Novel" by Robert Dugoni.

Celebrating July 4th in the Village!



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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. 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. 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. See September *Village News* for next session dates.

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.

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.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, 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 teaches techniques to safely stretch, strengthen and balance your body and mind. 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., through 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 a mat and Pilates props.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., through 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., through Aug. 17, taught by Dawn Maynard. 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 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, through 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 September *Village News* for details.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., through 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., through Aug. 27. Taught by Master Nick Gracenin. Study the essentials of traditional tai chi and qigong, and improve balance, circulation, strength and relaxation. Beginners welcome. \$90 for residents; \$95 for nonresidents.



TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session, Mondays, 10:15 to 10:45 a.m., through 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.

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.

MONDAY MAHJONG

Village residents are invited to play Mahjong on Mondays, 12:30 to 2:30 p.m. Space is limited. To sign up, see page 2.

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.

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.

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 Thursdays, Aug. 1 and Aug. 15, 3 to 4:30 p.m. Contact co-leaders Martha Solt at msolt@friendshipheightsmd.gov or Patricia Canessa at pcanessam@yahoo.com.

Save the date!



Tuesday, Oct. 8, 10 a.m. to 3 p.m.:
Flu and Covid shots administered at the Village Center.

Sign-ups begin in September. See the September *Village News* for details.

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, Aug. 7—Big Howdy—Big Howdy is a progressive bluegrass band that nods to the past while barreling into the future. Its members, Dede Wyland, Randy Barrett, Ira Gitlin and Tom McLaughlin, are among the best musicians and vocalists in the bluegrass industry. Wyland's clear, powerful voice made her a perennial nominee in the annual awards poll of the Society for the Preservation of Bluegrass Music in America. She has won a shelf full of Wammie Awards since moving to the Washington, D.C., area in 1990. She has become a role model and artistic influence for a generation of female bluegrass musicians, and her career is the subject of its own chapter in the 2013 book, "Pretty Good for a Girl: Women in Bluegrass." Barrett is a singer, songwriter, banjoist and fiddler who has been a mainstay of the D.C. bluegrass scene for more than three decades. He has won six Washington-area music awards and has recorded two albums. Gitlin is a versatile multi-instrumentalist, a former National Bluegrass Banjo champion, teacher and writer. He has lectured on the history of bluegrass for the Smithsonian Associates, and in 2005 he delivered a paper at the world's first academic symposium on bluegrass. McLaughlin is a contest-winning guitar, mandolin and fiddle player, and a Winfield finalist on the guitar and mandolin.

Wednesday, Aug. 14—Mariachis de Los Compadres—Susan Jones and her talented group take you South of the Border in fine style with authentic renditions of Mexican favorites. The performance features traditional Mariachi instruments and attire. Mariachis de Los Compadres has appeared at local venues including the Mexican Cultural Institute and the John F. Kennedy Center for the Performing Arts.

Wednesday, Aug. 21 —Timothy and Charles Roberts—Classical saxophonist Timothy Roberts is joined by his son, Charles, on the keyboard. The saxophone is generally thought to be a jazz instrument, and many times it is, but it is also well suited for classical music, especially when performed by Timothy Roberts. Timothy was the principal and national tour soloist with the U.S. Navy Band performing throughout the United States., Canada, Europe and Russia. His symphony credits include the National Symphony, after which the Washington Post described his performance as "simply stunning," and the Dallas Symphony, which prompted the Dallas Morning News to write, "this was a once in a lifetime experience." Charles is a student on full scholarship at the Glenn Gould School of the Royal Conservatory of Music in Toronto. He was invited to perform with the Shenandoah Conservatory Symphony on its Chile tour in 2020. He has performed Gershwin's "Rhapsody in Blue" with the Shenandoah Saxophone Ensemble on multiple occasions, including a May 2023 performance El Conservatorio Superior de Musica Manuel Castillo in Seville, Spain.

Wednesday, Aug. 28 —The Uncounted— The Uncounted is a cover band playing in the Washington, D.C., metro area. Joel Danshes, Robby Brewer and Nomi Ruppin met through adult band programs and were lucky enough to enlist friends and mega-talented guitarists Mark Kreiser and Pat Starkey. Slightly older than your average garage band, the group has never aged out of its lifelong love affair with music. The band plays cover versions of rock, pop, blues, Motown, etc., and may soon be adding original songs to its repertoire.

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, Aug. 8, 7 p.m.—*American Fiction*—The Oscar- and multiple award-winning comedy drama stars Jeffrey Wright as an intellectual author who begrudgingly sells out his ethics to sell books and becomes phenomenally popular in the process. Co-starring Tracee Ellis Ross, John Ortiz, Erika Alexander, Leslie Uggams, Adam Brody, Issa Rae, and Sterling K. Brown. **Rated R. Running Time: 1 hour, 57 minutes.**

Thursday, Aug. 15, 7 p.m.—*Civil War*—This action and suspenseful movie features gritty, grisly and often violent depictions of people and places in a dystopian United States which is being ripped apart by politics and domestic rebels. Starring Kirsten Dunst, Wagner Moura and Cailee Spaeny, who portray military journalists racing to get to the White House before Washington, D.C., falls. **Rated R. Running Time: 1 hour, 48 minutes.**

Holly, continued from page 1

To chat with Holly, residents can visit the Village website (friendshipheightsmd.gov) where both desktop and mobile users will notice the feature on the bottom right section of their browser window. Clicking on the icon launches the chat window, greeting residents and prompting them to enter their questions or messages. If at any time during the interaction a resident needs assistance or help from staff, they can use Holly to message staff who will follow up with them.

In addition, the Village will host another tech talk given by the Tech Mensch Ari Fisher on **Wednesday, Sept. 18, at 10 a.m.**, at the Village Center, to discuss how to use Holly. These tech talks have become quite popular with the Village community, so stay tuned for details. Registration for the tech talk is required. See page 2 for details on how to sign up for programs.

Lastly, we would like to inform residents that Holly is an AI-driven technology that learns with each question submitted. Therefore, at times, it may not initially

Thursday, Aug. 22, 7 p.m.—*Wicked Little Letters*—Olivia Colman, Jessie Buckley, and Anjana Vasan star in this dark comedy based upon a true scandal that rocked the British seaside resort town of Littlehampton. It's 1920, and someone has anonymously sent vulgar letters to some of the town folk, and the suspect isn't who everyone expected. **Rated R. Running Time: 1 hour, 40 minutes.**



Thursday, Aug. 29, 7 p.m.—*Hit Man*—This romantic comedy mystery thriller stars Glen Powell as an amiable professor whose side job is donning quite believable fake personalities, including that of a hit man, for his local police department. The problem is that he's falling for a woman, played by Adria Arjona, who hires him for a hit, and also leads our star into sketchy and dangerous territory. **Rated R. Running Time: 1 hour, 53 minutes.**



find the exact response the user is seeking, but will learn from the question going forward and be able to provide a more relevant response in the future. We appreciate your patience during the initial launch phase. If you have any questions or comments regarding Holly, please feel free to contact the Village staff at info@friendshipheightsmd.gov or 301-656-2797.





ART AND CULTURE

Friendship Gallery hosts works by Village Open Studio Artists

Plein air event works also on display

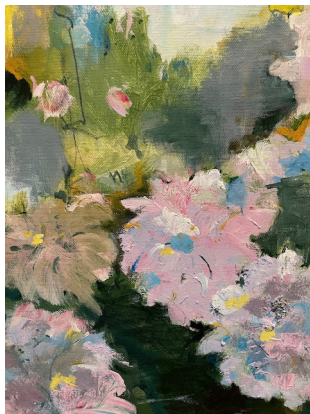
For the second year, the works of artists of Friendship Heights Village Center's Open Art Studio are featured in Friendship Gallery.

The exhibition, which runs through August 25, is called "Reflections of the Village Artists 2" and is 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 the Open Studio group," said Friendship Gallery curator Jan Rowland. She leads the weekly drop-in studio and is an artist with CityLine Studios in Friendship Heights.



"The Artist" by Alicia Hierro Llanillo



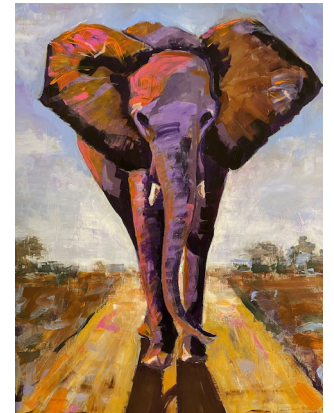
"Hydrangeas" by Scott Wiskoski

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

This month's exhibit also features the works of artists who participated in our plein air event in late June. Stop by and marvel at the art they created in just a few hours. See if you recognize some of the sites in the Village from which they drew inspiration.

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 staff upon arrival. All sales are final.



"Purple Elephant" by Alicia Hierro Llanillo



"Star Struck" by Judy Benderson

Tap into your inner artist at our open studio

Village residents and their guests are invited to bring their art supplies and enjoy an open studio at the Village Center on Friday afternoons. Tables are set up in Classroom 1 from 1 to 4 p.m. each Friday.

(Please note we are unable to store any projects or materials.) Space is limited.

While no instruction is offered, participating artists offer feedback to each other in a supportive environment.

Whether you are a daytime doodler or an artist who has exhibited in galleries for years, the open art studio offers a creative outlet in an light-filled room. Artists of all skill

levels are welcome.

Artists who participate in this open studio at least once per month or 10 times over the next nine months are invited to enter the Community Art Show in the Friendship Gallery next summer.

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



TO YOUR HEALTH

Understanding Heart Disease in Type 2 Diabetes

If you have diabetes, you're twice as likely to have heart disease or a stroke than someone without diabetes, and at a younger age.



Endocrinologist Vikram

Shenoy will discuss the link between diabetes and heart disease during this month's Suburban Lecture on **Wednesday, Aug. 14, from 1 to 2 p.m.**, at the Village Center. He'll also discuss changes one can make to lower the risk of heart disease.

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

Stay cool with these tips to prevent heat-related illness

Preventing Heat Exhaustion and Heat Stroke



Light, loose clothing



Wide-brimmed hats



Stay indoors at hot times



Sunscreen



Avoid alcohol



Hydration

The Maryland Department of Health issued tips on how you can stay cool and protect your family from the heat:

Fluids

Increase fluid intake and start drinking fluids before you feel thirsty.

Continue to drink fluids after strenuous activities.

Avoid alcohol, caffeine and drinks with large amounts of sugar. When hydrating, avoid very cold drinks as they can cause stomach cramps.

Outdoor activities

When possible, avoid physical activities between 11 a.m. and 3 p.m. when the sun is at its peak intensity.

Apply sunscreen at least 30 minutes prior to going outdoors. Use a sunscreen with a minimum SPF 15 and reapply as necessary.

Rest frequently underneath shade.

Wear lightweight, loose-fitting clothing and wide-brimmed hats to keep your head cool, and sunglasses to protect your eyes.

Other tips

Never leave dogs or children inside a parked vehicle on hot days. Check with doctors or pharmacists about over-the-counter and prescription medications. Some medications can increase your sensitivity to heat-related illnesses.

Please note that the Village Center has air-conditioning, water fountains, and a quiet reading room. If you are feeling the effects of the warm weather, please do not hesitate to stop in to cool off.

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COVID-19 UPDATE

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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Friendship Heights

VILLAGE NEWS

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August 2024 events calendar