



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2024

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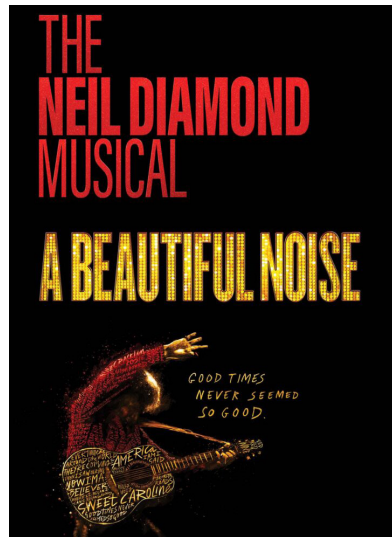
Sign up for CPR/AED training, see page 5.

Neil Diamond's "A Beautiful Noise" comes to Washington

If you automatically sing "boom, boom, boom" when you see the words "Sweet Caroline," as in pop icon Neil Diamond's 1969 hit, you'll want to join us to see a matinee performance of his autobiographical musical, "A Beautiful Noise." The musical, which shares its title with his 1976 album, is at The National Theatre on **Saturday, Dec. 7.**

The show is appropriate for anyone age 8 and older.

This high-energy musical details how the singer, who started out as a poor boy growing up in Brooklyn, N.Y., becomes a cultural phenomenon.



The show is a veritable jukebox of his hits, including "Cherry, Cherry," "I Am...I Said," and "Forever in Blue Jeans," to name a few.

Diamond, now 83, can't perform because of Parkinson's disease; however, he wrote the show and has made appearances at some performances. Inducted into the Songwriters Hall of Fame in 1984 and into the Rock & Roll Hall of Fame in 2011, he received the Sammy Cahn Lifetime Achievement Award in 2000. He was named a Kennedy Center honoree in 2011, and

Continued on page 2, see Diamond

Tour Andrew Wyeth's studio and the Brandywine River Museum of Art

Explore the area that inspired an artistic dynasty when we travel to the beautiful Brandywine River Valley on **Wednesday, Nov. 13,** for a visit to Andrew Wyeth's studio and a tour of the Brandywine River Museum.

Andrew Wyeth, one of America's best-known 20th century artists, painted many of his most important works of art in his Chadds Ford studio. This studio, a repurposed schoolhouse originally built in 1875, served as the artist's principal Pennsylvania workplace from 1940 to 2008. Thousands of paintings and drawings were created there, inspired by the people, architecture and landscape of Chadds Ford. The studio still houses the furniture, library and collections acquired by the



artist, as well as samples of art materials he used throughout his career.

The Brandywine River Museum houses an extensive collection of works by N.C., Andrew and Jamie Wyeth in a 19th century mill converted to an art space overlooking the banks of the Brandywine River.

Prior to our tours, we'll enjoy a three-course luncheon at Brandy-

Continued on page 5, see Wyeth

Nick Glakas unveils Vatican treasures

Come join us for a visit with Nick Glakas to the Vatican art museums on **Monday, Sept. 23, at 7 p.m.** at the Village Center. The ancients called Rome the Eternal City in their belief that the capital would endure forever.

Today, a mix of millennia-old monuments, medieval churches, Renaissance artwork and Baroque palaces, sitting side-by-side with ultra-modern buildings, traffic-clogged streets and a vibrant 21st century street life, suggests that the prophecy just might be true. In the heart of the Eternal City is another city, in fact, more than just a city.

It is an independent city-state

Continued on page 4, see Vatican

Flu shot clinic in October, see page 11.

he received the Grammy Lifetime Achievement Award in 2018.

We'll enjoy a warm, buffet-style brunch at the Village Center before departing. Please arrive by 11:30 a.m. to partake, or by 12:15 p.m. to sign in. We'll leave from the Village Center at 12:30 p.m. and should return by 5:15 p.m. The show runs two hours and 15 minutes, and includes one intermission.

The cost of the trip is \$245 for residents; \$269 for non-residents, and includes brunch, orchestra seat, round-trip transportation, and all taxes and gratuities. One ticket per person. Please note that tickets are non-transferable and non-refundable. Residents may sign up immediately; non-residents starting Oct. 16. Please let us know when signing up if you need special assistance, and we will make every effort to accommodate requests.

Have questions about the Village?
Ask Holly, our new chatbot!
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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 October issue is September 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

Page Park permit approved

In late August, the Montgomery County Department of Permitting Services (DPS) issued its building permit for Page Park. DPS informed the Village that an onsite Pre-Construction meeting is required with a field inspector for Commercial Permits. **As this issue goes to press, the Park will remain closed until further instructions are received from DPS.** GreenSweep is currently coordinating with its subcontractors for the railing fabrication and installation to coordinate their schedules to attend the onsite meeting.

The Communications Committee held a public virtual meeting last month with Chris Allen, Special Assistant to the DPS Director, to receive further information regarding the permitting process and next steps. The Parks and Grounds Committee also held an in-person public meeting to discuss the current status of the Park and remaining items to address.

Lastly, the Communications Committee and the Parks & Grounds Committee are working with Village staff to create a dedicated page on the Village website for Page Park updates. The Village will continue to provide updates to the community as they become available.

Update on prospective Red House tenant

The Red House Working Group and Village Manager are currently working with the Village's real estate attorney to finalize the draft lease agreement to be submitted to the tenant, Pyle's Provisions. The Village received several proposals for renovations to be made to the Red House, including those related to ADA compliance. All proposals will be presented to the Village Council at its September 9 meeting.

Council Public Safety Committee meets September 4; Public safety meeting for residents on September 30

The Safety Committee will meet on Wednesday, September 4, at 6 p.m., at the Village Center. This meeting will be open to the public. Visit <https://friendshiphightsmd.gov/wp-content/uploads/2024/08/Notice-of-VFH-Public-Safety-Committee-Meeting-9.4.24.pdf> to view the public notice.

The Village will host a public safety meeting for Village residents on Monday, September 30, at 6 p.m., at the Village Center. Montgomery County Police Officer Demond Johnson will provide safety tips for high-rise residents and will answer questions.

The Village Council Public Safety Committee hosted a meeting for business and property managers on August 15, along with Lt. Ari Elkin and Officer Demond Johnson from the Montgomery County Police Department, to

discuss safety concerns in the Village and surrounding area. The discussions also involved the latest status of the County's drone and security camera programs, the Village's off-duty police program, latest crime data, and relevant safety tips.

Council Personnel Committee reviews staff compensation study

The Village Council Personnel Committee met on August 12 to receive a presentation from Joshua Hutton, the compensation study consultant, of the final report of the compensation study for Village staff. Mayor White invited Mr. Hutton to attend the next Village Council meeting on September 9 to provide a brief presentation to the full Council and answer any questions.

Ad Hoc Shuttle Bus Committee to meet on September 5

The Village Council Ad Hoc Shuttle Bus Committee will hold a public meeting on Thursday, September 5, at 6 p.m., to further review shuttle bus proposals. The Committee has been looking at options for a new, smaller bus for the Village shuttle service. Visit <https://friendshiphightsmd.gov/wp-content/uploads/2024/08/Notice-of-VFH-Ad-Hoc-Shuttle-Bus-Committee-Meeting-9.5.24.pdf> to view the public notice.

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/>.



There was no Council meeting in August.

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.



Vatican, continued from page 1

known as Vatican City, comprising 109 acres, a population of 825 religious inhabitants and a complex of dozens of buildings with over 1,000 rooms. Among these are 21 Vatican apartments, chapels, galleries, libraries, museums, palaces and rooms housing 70,000 works of art. Glakas is an international lawyer and cruise ship lecturer. Registration is required. See page 2 for instructions.



The Village Book Club will meet on **Tuesday, Sept. 17, at 11:30 a.m., via Zoom.** The book selection is "The Extraordinary Life of Sam Hell: A Novel" by Robert Dugoni. The October book will be "Stoner" by John Edward Williams.

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Exchange ideas, tips when our Village Caravan takes off

Whether you are planning to travel next week, in the next six months, sometime next year, or you just like to dream about exotic locales to one day visit, you'll want to join our Village Caravan.

Village residents are invited to bring a bag lunch for monthly travel presentations, travel tips and discussions on **select Tuesdays at noon**, at the Village Center. The Village Caravan gives residents a chance to gather and trade travel stories, suggest destinations, learn about new locales, and give each other practical travel advice and information.

Our inaugural meeting will take place **Tuesday, Sept. 17, at noon**, when we'll feature a video presentation on the importance of travel by acclaimed travel guide and author Rick Steves, a preview of upcoming Village Center-sponsored trips and time to share travel tips. Nick Glakas, international lawyer and cruise ship lecturer, will be on hand with travel tips.

During future meetings, residents with prepared on-line slide programs are invited to make 20- to 30-minute presentations. The presentations will be followed by 20 or 30 minutes of information sharing about that presentation. Attendees can talk about general travel tips during the last part of the meeting.

You are welcome to bring a bag lunch to enjoy during the presentation.

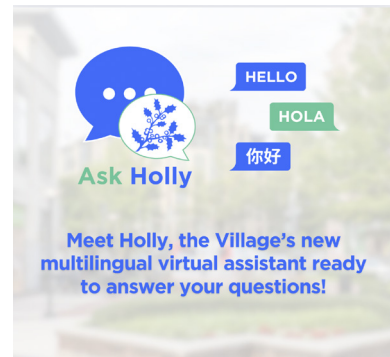
Registration is required; see page 2 for sign-up details.



Ari introduces us to Holly

The Tech Mensch Ari Fisher offers a new tech talk specifically addressing Holly, our new virtual assistant, on **Wednesday, Sept. 18, at 10 a.m.**, at the Village Center. Don't miss this opportunity to learn more about this new way to receive information about the Village Council and the Village Center.

These tech talks have become quite popular with the Village community, and space is limited. Registration for the tech talk is required, so don't delay. See page 2 for details on how to sign up for programs.



Wyeth, continued from page 1

wine Prime, a charming restaurant located in a beautifully restored 1703 cottage. Our menu includes a mixed green seasonal salad; entree choice of pumpkin butternut squash ravioli or free-range chicken breast with mashed potatoes, green beans, and Kennett Square mushroom sauce; mini creme brulee for dessert; and choice of coffee, soda or iced tea.

We'll depart from the Village Center at 8:30 a.m. and should return by 7 p.m.

The cost of the trip, which includes round-trip transportation, three-course luncheon, tours of the Andrew Wyeth studio, the three-generations of Wyeth tour at the Brandywine River Museum of Art, and all taxes and gratuities, is \$199 per person. Residents may sign up immediately and will be offered a discounted rate of \$175 if signing up by Oct. 10. Nonresidents and guests of residents pay \$199 and may sign up beginning Sept. 20.

No refunds after Oct. 10 unless we are able to fill your space. Trips are non-transferable.

Sign up in person at the Friendship Heights Village Center.



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: **Monday, Oct. 7, 6 to 9 p.m.;** **Thursday, Oct. 17, 10 a.m. to 1 p.m.;** **Saturday, Oct. 19, 11 a.m. to 2 p.m.** All classes are free. To register, go to the Village website and click on the Sign Up for Programs link.



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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. Sept. 11 to Oct. 16. 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. \$81 for residents; \$87 for nonresidents.

STRATEGIES FOR IMPROVING BALANCE

A 6-week class, taught by Cheryl Clark, Thursdays, 10 to 10:45 a.m., Sept. 12 to Oct. 17. 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. \$81 for residents; \$87 for nonresidents.

GENTLE YOGA WITH ROBIN (SUNDAYS)

A 7-week Hatha yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Sept. 8 to Oct. 20, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. \$99 for residents; \$109 for nonresidents.



CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Sept. 12 to Oct. 17. 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. \$83 for residents; \$90 for nonresidents.

BEGINNER PILATES (FRIDAYS)

A 6-week class, taught by Dawn Maynard, Fridays, 12 to 1 p.m., Sept. 20 to Nov. 1. 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. \$150 for residents; \$160 for nonresidents. Students may bring a mat and Pilates props. Class will not meet on Oct. 11.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, taught by Dawn Maynard, Tuesdays, 6 to 7 p.m., Sept. 17 to Oct. 22. \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and any Pilates props.

PILATES FOR EVERYONE (SATURDAYS)

A 6-week class, taught by Dawn Maynard, Saturdays, 9 to 10 a.m., Sept. 21 to Nov. 2. \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props. Class will not meet Oct. 12.

STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, September 17 and 24, 5:30 to 6 p.m. \$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, September 13 to Sept 27. The cost is \$59 for residents; \$69 for nonresidents.

STRENGTH AND BALANCE WITH TONYA

Tonya Walton teaches a 6-week class, Mondays, 11:30 a.m. to 12:30 p.m., Sept. 9 to Oct. 21. Class will not meet Oct. 14. \$95 for residents; \$105 for nonresidents.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Sept. 9 to Oct. 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.

QIGONG AND TAI CHI (EVENINGS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Sept. 10 to Oct. 15. 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., Sept. 9 to Oct. 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 noon. The cost is free for Village residents; nonresidents pay \$5. 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 the first and third Thursdays of the month, from 3 to 4:30 p.m. Contact co-leaders Martha Solt at msolt@friendshipheightsmd.gov or Patricia Canessa at pcanessam@yahoo.com.

Coming Soon

Check out the October *Village News* for details:

Monday, Oct. 21, 7 p.m.: Book talk and signing with Cheryl Tyler, author of "Trailblazer: The Story of the First Female Black Secret Service Agent."

Thursday, Oct. 24, 7 p.m.: "Art and happiness" lecture by Dominique Lallement.

Monday, Oct. 28, 7 p.m.: "What is art?" lecture by Richard Kahn.

Friday, Nov. 1 & Saturday, Nov. 2: Our Annual Pop-Up Artisan Shop.

CONCERTS



Free concerts are held every Wednesday from 7 to 8 p.m., in Huntley Hall in the Village Center. As a courtesy to the performers and other audience members, please silence all electronic devices and put away reading materials prior to entering the auditorium. If you are arriving late or leaving early, please wait for a break in the performance.

Wednesday, Sept. 4— Karen Lovejoy Duo—

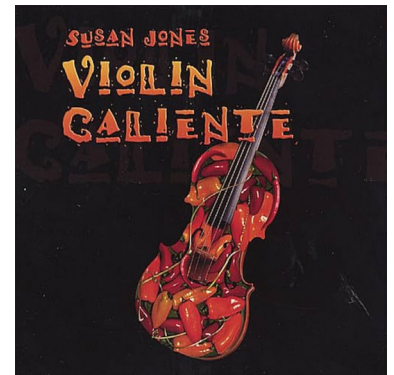
Jazz vocalist Karen Lovejoy migrated from the Midwest where she began singing contemporary ballads, rhythm & blues and top 40. However, when she discovered jazz, she found a home. The freedom to reinterpret music at a whim, turning a tune inside out, and choosing generous lyrics, appealed to her expansive spirit. Lovejoy knows that the blues is an integral part of jazz and will frequently add a twist of down-home blues to her repertoire.



Wednesday, Sept. 18 —Tribute to Duke Ellington with Herb Smith—Herb Smith plays sax, clarinet, and flute. He started as a bebop performer in St. Louis and Memphis and came to the Washington area as Director of Jazz Studies at Howard University. He tailors his program to his audience and performs songs that will be familiar, with an occasional nod to South American jazz flute and maybe to Motown, too. Smith has also been a performer/professor of Jazz Studies at Northern Virginia Community College. He graduated from the University of Kansas, taught at Southern Illinois University, and later received a Master's degree in music at SIU. He also spent three years with the 528 Air Force Band.

Wednesday, Sept. 25— Caliente—

Violinist Susan Jones leads Caliente for a night of hot jazz. With more than 30 years of experience, Jones reigns as one of the most accomplished and versatile violinists in the Washington area. Susan has helped back up dozens of visiting artists (Dionne Warwick, Aretha Franklin, Robert Plant, Jimmy Page and Stevie Wonder) at venues including The Kennedy Center, Constitution Hall, the Verizon Center and the Newport Jazz Festival. She has also toured with Barry White.



Wednesday, Sept. 11—Collide—Collide brings together cello and guitar, rock and folk, craftsmanship and creativity for a sound that is inviting, thoughtful, and fun. Formed in 2019 by Washington, D.C., singer/songwriter Catherine Messina Pajic and California-bred musician Daniel Ogden, Collide lands at the intersection of

folk, rock, country, and Americana. Performing and composing since college, Messina had put her artistic inclinations on hold to raise a family. Then she met Ogden—a rhythm and bass guitarist, drummer, and cellist, who has played in cover bands and worship groups for decades. Together, they appear regularly at local pubs, art shows, and music festivals, offering a range of crowd favorites from the '60s to today, along with original ballads and songs you can dance to.

Join our September sing-along

Song leader and pianist Deborah Brouse will guide the audience through tunes on **Monday, Sept. 30, from 2 to 3 p.m.**, at the Village Center. Studies show that singing has physical, emotional, and social benefits.

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 page 2 for sign-up instructions.

Looking ahead, mark your calendar for the next sing-along on Tuesday, Oct. 29, at 10 a.m.

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, Sept. 5, 7 p.m.—*The Fall Guy*—Ryan Gosling and Emily Blunt star in this action-packed, suspenseful romantic comedy. A career stuntman experiences a near career-ending accident and fights through the pain to recapture the love of his life and locate a missing movie star. Stick around for the credits, which offer a look into how some stunts for the movie were performed, among other insights. **Rated PG-13. Running time: 2 hours, 6 minutes.**

Thursday, Sept. 12, 6:30 to 8 p.m.—*Art Reception*

Thursday, Sept. 19, 7 p.m.—*Blue Beetle*—This thrilling and heartwarming sci-fi family movie focuses upon a recent college graduate who returns home to figure out his life's purpose. When he finds an old scarab that seems to be alien technology, it suddenly latches onto him as its host. He becomes the Super Hero Blue Beetle, with amazing crime-fighting powers and inter-dimensional capabilities. From DC Comics, starring Xolo Maridueña, Andriana Barraza and Bruna Marquezine. **Rated PG-13. Running Time: 2 hours, 7 minutes.**

Thursday, Sept. 26, 7 p.m.—*C'mon C'mon*—An uncle must care for his young nephew in this melodrama that focuses on the complex relationships between adults and children. Starring Joaquin Phoenix and Woody Norman. Shot in black-and-white with a documentary-like feel, the film, a BAFTA award nominee, is deeply moving and tender. **Rated R. Running Time: 1 hour, 48 minutes.**



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ART AND CULTURE

Take an artistic journey with the Creative Colleagues

“All journeys have their ups and downs, but the journeys of immigrants are probably the most challenging of life, involving new home, language, occupation, and safety,” says Barbara German. She is one of the Creative Colleagues whose work is on display in the “Journeys” exhibition in Friendship Gallery this month.



“Journey” by Barbara German

“Everyone’s family or friends’ history involves immigration of some sort. My “Journey” carved sculpture depicts a family in limbo, roots pulled up and searching for a new home. It is a frequent story of our world,” says German.

Creative Colleagues is a group of nine experienced women artists who have joined together to share art and artistic travels. To that end, the group presents “Journeys,” a theme that allows each artist to highlight aspects of her individual life experience within a shared framework. With various techniques and materials in their work, the artists



“Mustang Sisterhood” by Julie Smith

invite viewers to enjoy the show and to reflect on their own journeys.

Meet the artists at a reception on Thursday, Sept. 12, from 6:30 to 8 p.m. The show begins Monday, Aug. 26 and continues through Saturday, Sept. 28.

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.



“Pilgrimage” by Melanie Grishman

Artists explain the process of expressing creativity

Listen and learn about inspiration and the artistic process as Creative Colleagues discuss its work in the Friendship Gallery this month.

The talk takes place **Sunday, Sept. 22, from 11 a.m. to 1 p.m.** at the Village Center.

Sometimes inspiration comes to me like a bolt of lightning and sometimes ideas evolve over time,” says Jackie Martin, who is exhibiting with Creative Colleagues in the Friendship Gallery. “When that idea coalesces, it drives the types of materials I will use to create the image I want to convey,” said Martin. “I’ve worked in clay, stone, copper, and paper as well as cardboard and found objects. It’s a joy to learn to create and manipulate the diverse mediums to a satisfying artwork.”



“Copper Kimono” by Jackie Martin

Seats are limited. To ensure a seat, please register online in advance. For sign-up instructions, see page 2.

TO YOUR HEALTH

Suburban Lecture offers tips to help caregivers manage finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning at this month's Suburban Lecture on **Wednesday, Sept. 11, from 1 to 2 p.m.**, at the Village Center.

This program is a partnership between the Friendship Heights Village Center, Suburban Hospital and the Alzheimer's Association National Capital Area Chapter.

Registration is required—see page 2 for details on how to sign up.



Flu Shot Clinic set for October 8

Giant Supermarket Pharmacy will administer high dose and regular flu shots to Village residents on **Tuesday, Oct. 8, 10 a.m. to 5 p.m.**, at the Village Center.

Please bring your Medicare or insurance card, waiver, and photo ID to your appointment.

If not covered by Medicare or insurance, the FluZone is Fluad, the high-dose recommended for those 65 and older, costs are FluZone \$136; and Fluad \$132.

The regular dose vaccines prices are FluZone \$63; Fluclvax \$78; and Fluarix \$60.

Appointments are required and may be made online beginning Thursday, Sept. 5. Please go to our website, www.friendshipheightsmd.gov to sign up through the SignupGenius link. Please note that appointments are available for Village residents only.

If the new Covid vaccine is available, residents will be able to register to get that vaccine when receiving the flu shot. Please watch the Village website for updates.

Low Vision Resources returns in September with new dates

The Prevention of Blindness Society Low Vision Resources group will return to the Village Center with its regular monthly meetings on **Thursday, Sept. 19, from 11 a.m. to noon**. Starting in September, the group will meet on the third Thursday of the month.

Learn how your peers adjust to declining vision and continue to do what they want to do. Learn about alternative approaches and the many resources available to help people with low vision and blindness.

Preregistration is required; sorry we are not able to accommodate walk-ins. To sign up, go to www.friendshipheightsmd.gov. For assistance, call the Village Center at 301-656-2797.

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COVID-19 UPDATE

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Friendship Heights

VILLAGE NEWS

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September 2024 events calendar