

VILLAGE NEWS

Get creative with a holiday greenery workshop, page 10.

DECEMBER 2024

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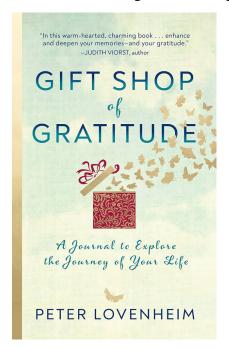
Gift Shop Of Gratitude

Local author signs and discusses new book on remembering and recording the gifts life has given us

Join us as Village resident and author Peter Lovenheim discusses his latest book,"Gift Shop of Gratitude" on **Thursday, Dec. 12, at 7 p.m.,** at the Village Center.

The book offers a charmingly original way to remember and record the many gifts life has given us. Twenty warm, humorous, and illuminating essays—about common items found in gift shops—prompt readers to recall the people, events, and experiences for which they're most grateful. Examples include playing cards to recall the people we most love; and refrigerator magnets to recall enriching travel, and more.

Gratitude Pages at the end of each chapter enable readers to record the



many gifts of their lives, creating a personal "testament of gratitude" and a precious family heirloom for children, grandchildren, and all whom they've loved. Whether buying a copy for yourself, a friend, or a family member, "Gift Shop of Gratitude" offers a timeless gift.

Copies of "Gift Shop of Gratitude" will be available for purchase. Lovenheim is an author and journalist whose articles and essays have appeared in the New York Times, New York Magazine, The Los Angeles Times, Parade, Politico, AARP Magazine, The Washington Post, and other publications.

Registation is required. Please see page 2 for details.

'Tis the season for a holiday sing-along

Holiday spirit and the sounds of the season will fill the Village Center during our special tea on **Tuesday**, **Dec. 17.**

The holiday sing-along with Deborah Brouse begins at 1:30 p.m. and lasts about an hour. Enjoy hot tea and festive treats following.

Seating is limited and reservations are required. See page 2 for details. Reservations must be made by Sunday, Dec. 15.

Please note: we cannot guarantee seats to those who have not preregistered.



Take time to relax during the holidays

Yoga instructor Louisa Klein is offering an hour-long workshop to help you decompress from holiday stress on **Tuesday, Dec. 10, from 10 to 11 a.m.,** at the Village Center.

Learn guided meditations using simple breathing and sound techniques to balance, calm and nourish you, and simple skills and practices to overcome stress and anxiety. Cultivate an attitude of gratitude, which can have an overall positive impact on your mental health and wellbeing. Registration is required. See page 2 for details.

Visit the 1874 Paris art scene with an Impressionist exhibit



Discover the origins of the French art movement in a new look at the radical 1874 exhibition, considered the birth of modern painting, on display at the National Gallery of Art until Jan. 19.

Join us as we view this extraordinary exhibit on **Monday, Dec. 16.** We'll depart from the Village Center at 9:15 a.m. and should return by 3:15 p.m.

This is not a ticketed event but

we're arriving early on a weekday when wait times are expected to be minimal.

A remarkable presentation of 130 works includes a rare reunion of many of the paintings first featured in that now-legendary exhibition. Revisit beloved paintings by Paul Cézanne, Claude Monet, Berthe Morisot, and Camille Pissarro and meet their lesser-known contemporaries. See the art norms they were rebelling against and learn what political and social shifts sparked their new approach to art.

Don't miss the unique chance to immerse yourself in the dynamic Parisian art scene of 1874—we are the only American stop for this historic exhibition. Lunch is on your own. The Garden and Cascade cafes are offering a special menu inspired by the exhibit.

The cost of the trip, which includes roundtrip transportation and driver gratuity, is \$46 for residents; \$55 for nonresidents. Sign up immediately at the VIIIage Center. The deadline to register is Dec. 9.



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.



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 January issue is December 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

Update on Page Park project

As this issue goes to press, the items remaining to be completed in Page Park to comply with County requirements include 1) The stormwater management plan; 2) Architect's revisions to the drawings for the main pathway to include a slope measurement; 3) Architect confirming and signing the ADA compliance form; and 4) Three third-party inspections for the footings, anchor bolts, and concrete slabs.

Following a discussion with the Village attorney during a closed meeting held on November 12, the Council agreed to pay for these remaining items while reserving the right to hold GreenSweep responsible for the payments and to deduct the amounts from the final payment due GreenSweep on the project. Accordingly, the Village finalized a contract with civil engineering firm Clark | Azar & Associates to prepare the Stormwater Management Plan as soon as possible. As this goes to press, the Village Manager is working to identify an architect that can complete the remaining required items noted above.

At the November 12 public meeting, the Council approved the Parks and Grounds Committee's recommendation to implement a process to consider change order requests for Page Park. The process was reviewed and approved by the Village attorney.

Council selects RMA to provide the Village with two new shuttle buses

Following the recommendation by the Ad Hoc Shuttle Bus Committee at its meeting on October 28, the Council unanimously approved the proposal from RMA, the Village's current bus operator, to provide two new, smaller (15-seat) buses for the Village shuttle service. The two finalists were Atlantic and RMA. The Committee selected RMA based on the quality of the new buses, current drivers, and the total cost being \$92,906 lower than Atlantic over the five-year contract period.

A new contract is currently being negotiated by the Village Manager and RMA, and a revised version will be presented to the Council for review and approval. Once the contract is finalized, RMA will place the order for the new buses. It estimates it will take 6 to 8 months for the buses to be manufactured and delivered. We will continue to keep the community informed as new developments become available.

Friendship Heights Sector Plan kick-off events continue

On November 20, the Montgomery County Planning Department hosted the first community-wide kick-off

event for the update to the Friendship Heights Sector Plan. The event featured a presentation of the process timeline, along with an interactive activity led by the project team.

This update of the 1998 Sector Plan will build on the recently completed Friendship Heights Urban Design Study. It will consider existing conditions and ultimately make recommendations on zoning, land use, housing, transportation, parks and open space, the environment, schools, economic development, and more. Visit the Planning Department website for more information, https://montgomeryplanning.org/master-planning-process/. You can also find an overview of the master planning process at https://montgomery-planning.org/master-planning-process/.

For those who may have missed the first kick-off event, the Planning Department will hold a second event via Zoom on December 3, 2024, between 7 and 9 p.m. RSVPs are required. Please visit https://montgomery-planning.org/planning/communities/downcounty/friendship-heights-sector-plan/.



Status of Red House lease

As this issue goes to press, the tenant's attorney returned comments on the proposed lease to the Village attorney. The Red House Working Group is currently reviewing the comments. We anticipate further negotiation of terms by both parties.

Other actions taken at the Nov. 12 Council meeting:

- Discussed draft solicitation of interest for New Initiatives Budget Line item.
- Discussed retaining a licensed professional expert to assist with Page Park and other projects.
- Council members Martha Solt and Roy Schaeffer made comments on the Public Safety Committee's report and recommendations on the use of offduty County Police officers.

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



FREE SKIN CANCER SCREENING

Wednesday, December 4th 1-4 PM

at the

Friendship Village Community Center 4433 S Park Ave, Chevy Chase, MD

with Dr. Koji Ota

Call to reserve a time: 301-652-8081
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In 2008, when Dr. Maral Kibarian Skelsey established the **Dermatologic Surgery Center of** Washington, her mission was to provide the Washington region with the most advanced treatments and top medical talent. She is thrilled to welcome Dr. Koji Ota, who completed a dual residency in dermatology and internal medicine at **Georgetown University Hospital.** Dr. Ota sees patients of all ages for all medical dermatology conditions and cosmetic procedures.

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Learn more about the ideas and concepts of Kwanzaa

Learn about the celebration of Kwanzaa when Ayo Handy-Kendi, "Mama Ayo," appears at the Village Center on Friday, Dec. 13, from 2 to 3:30 p.m.

As "Mama Ayo—the Kwanzaa Storyteller," she has presented notable performances locally at the National Theater, National Harbor, The Smithsonian Institution, Fort Dupont Summer Theater and various other venues in the Washington, D.C., area, and has been featured in numerous Kwanzaa, Juneteenth, and D.C. Emancipation Day events.

She is founder and director of the African American Holiday Assocation.

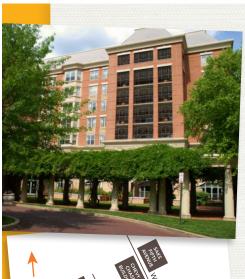
Registration is required. See page 2 for details.



On **Thursday**, **Dec. 5**, **at 2 p.m.** storyteller Jane Dorfman presents "Stories from the Jewish Traditions—Tales of King Solomon." These include stories of his wisdom and of his clever daughter; stories of the fools of Chelm; Jewish folktales told for generations, and the legends of the angel Elijah and his miraculous interventions. Stories from master storyteller Isaac Bashevis will round out the program.

Dorfman tells stories for children and adults at festivals, in libraries, and in schools. She loves stories that carry the listener away. She has performed at the Hans Christian Andersen Statue in Central Park. She has told at Speak!, a storytelling series in Shepardstown, W.Va., and the Rose Valley storytelling series in Media, PA. She's shared personal stories at "Better Said than Done" in Virginia and told at "The Women's Storytelling Festival" in 2020.

Registration is required. See page 2 for details.



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CLASSES AND CLUBS

To register, please go to our website www.friendshipheightsmd.gov and sign up through ActiveNet. Class registration will close 48 hours before the start of the session. Late registration will be permitted at the discretion of the Village Center, must be done in person and is subject to a late fee of 15 percent. 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.

EXERCISE

BALANCE BASICS

A 6-week class, Wednesdays, 11 to 11:45 a.m. taught by Cheryl Clark, Jan. 8 to Feb. 12. 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, Thursdays, 10 to 10:45 a.m., taught by Cheryl Clark, Jan. 9 to Feb. 13. 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 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Jan. 5 to Feb. 9, 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, Dec. 26 to Jan. 30. 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, Fridays, 12 to 1 p.m., Jan. 10 to Feb. 14, 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. \$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., Jan. 7 to Feb. 11, taught by Dawn Maynard. \$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., Jan. 11 to Feb. 22, 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 Feb. 8.

STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Jan. 7 to Feb. 11. \$49 residents; \$59 for nonresidents. Class will not meet on Nov. 26.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Dec. 2 to Jan. 6. 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., Jan. 7 to Feb. 11. 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.

Save the Date

Thursday, Jan. 30, 7 p.m.

Book Event

"Inseparable:
The Hess Twins' Journey from
Bergen-Belsen to America"

See the January Village News for details.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session,
Mondays, 10:15 to
10:45 a.m., Dec. 2
to Jan. 6. 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.

FUN AND GAMES

BEGINNING CANASTA

Learn how to play or brush up on your skills during a 2-week beginners class, on Wednesday, from 1 to 2 p.m., Jan. 22 and 29, \$15 for residents; \$20 for nonresidents. See right for details.

LANGUAGE

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

A minimum of 2; maximum of 12.

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 Village residents; nonresidents pay \$5. Regular attendants may store small weights at the Village Center. Class will not meet Dec. 26. Starting Jan. 14, this class will also be offered on Tuesdays from 4:15 to 5:15 p.m.

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. Free for Village residents; nonresidents pay \$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. Registration is required. See page 2 for details.

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 Thursday 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.



Got questions?
Ask Holly,
our new
virtual
assistant

It's a great time to learn to the game of canasta

Time to make your New Year's resolution to meet some interesting people while developing new skills. Join us to learn the entertaining game of Canasta. The beginners' class is divided into two sessions from 1 to 2 p.m. on Wednesday, Jan. 22 and Jan. 29.

Each class is followed by a two-hour game session to practice your new skills. We meet regularly throughout the year every Wednesday from 2 to 4 pm. We look forward to meeting you. If you have questions, call Tom at 301-275-0390.

Please register through the our website (see page 2 for details). There is a \$15 fee for the class, but no cost for the weekly games.

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, Dec. 4—Janet
Paulsen—Vocalist Janet
Paulsen returns to the Village
Center with a new program
featuring songs that were
sung by Doris Day, Dinah
Shore and Ella Fitzgerald.
These three iconic big band
singers were chosen by the
famous conductor, composer,
and pianist Andre Previn to

record a jazz album with each of them. Previn played the piano on these recordings and even composed a song for Doris Day. Janet will perform selections from these albums. Since the holiday season is just around the corner, Janet will also sing some of these jazz ladies' favorite holiday tunes. A highlight of the evening will be the debut of a new, award-

winning Christmas song entitled "Mistletoe Kisses" composed by Pat Lakatta, an award-winning and classically trained Baltimore composer-writer-producer who lives in Lutherville, Maryland. Janet will be joined again by Anthony Pocetti on piano and Shawn Simon on upright bass.

Wednesday, Dec. 11—Robert and Chuck Redd—Brothers Robert and Chuck Redd will perform jazz and pop standards, with a few seasonal tunes. Chuck performs on drums and vibraphone at jazz venues in Washington, D.C. and New York City, or while headlining jazz festivals throughout the United States. Robert is a current member of The Duke Ellington Orchestra, performing throughout the United States and abroad. He also is the pianist for The Wolf Trap Trio and often performs with The Smithsonian Jazz Masterworks Orchestra.

Wednesday, Dec. 18—Friday Morning Music Club Young Performers—The Friday Morning Music Club will present a concert featuring some of its talented award-winning student members. The program will consist of classical music selections performed by both pianists and string players.

Wednesday, Dec. 25-No Concert



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MOVIES

All movies begin at 7 p.m. Movies that run longer than 120 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, Dec. 5, 6:30 to 8 p.m.—Art Reception

Thursday, Dec. 12, 7 p.m.—Book talk and signing— "Gift Shop of Gratitude" by Peter Lovenstein, see page 1 for details

Thursday, Dec. 19, 6:45 p.m.—The Holdovers— Multiple award winning story starring Paul Giamatti as a cantankerous school teacher who must remain at his New England prep school over the winter holidays with students who have nowhere else to go. During this time he forms unexpected bonds with a troubled student and the school cafeteria manager. Co-starring Da'Vine Joy Randolph and Dominic Sessa. Rated R. Running Time: 2 hours, 12 minutes.



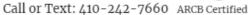
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www.reflexandrelax.org Email: <u>214mala@gmail.com</u>







Thursday, Dec. 26, 7 p.m.— Paddington 2—The famous bear from Peru is working odd jobs at home in London to afford a birthday gift for his favorite aunt, and is then framed for stealing it and sent to prison. A break-out coterie and Paddington's adopted family, the Browns, help him nab the real thief, saving Paddington and affording him the chance to celebrate his aunt's 100 birthday. Rated PG. Running Time: 1 hour, 54 minutes.



The Village Book Club will meet on Tuesday, Dec. 17, at **11:30 a.m., via Zoom.** The book selection is "This Side of Paradise" by F. Scott Fitzgerald. The January book will be "Crook Manifesto" by Colson Whitehead.



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24-WG-01664 (05/24)

Women's Caucus for the arts presents a kaleidoscope of color

Women's Caucus for the Arts captures a seasonal rainbow as it presents "Celebrate the Colors of the Season" this month in the Friendship Gallery.

While hues of red and green evoke the festive spirit of Christmas and serene blue and white paint the canvas of Hanukkah, or whether it's the dynamic blend of red, black, and green symbolizing Kwanzaa, the brilliant jewel-tones



"Elements-Golden Yellow" by Prudence Bonds

of Diwali, or the glimmering allure of gold and silver welcoming the New Year, Women's Caucus of the Arts in Washington, D.C., members seek to capture the vibrancy and magic of this special time of year through color without the constraints of traditional holiday themes.

Meet the artists during an art reception on **Thursday**, **Dec. 5, from 6:30 to 8 p.m.**, at the Village Center.

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



"After Summer IV" by Prudence Bonds

for viewing because of activities in that room. Please check with the front desk upon arrival. All sales are final.

Help fight hunger during the holiday season

Help make the holidays a little brighter for those fighting hunger as we host a food drive to collect healthy food for Manna Food Bank in Gaithersburg. We will be collecting non-perishable food items Monday, Dec. 9, Tuesday, Dec. 10, and Wednesday, Dec. 11, between 8 a.m. and 8



p.m., on the portico of the Village Center.

Manna is always in need of items without ingredients like added sugar, saturated/trans fats, and sodium. Some examples are canned fish packed in water, fruit canned in its own juice, low sodium vegetables and soup, brown rice and whole wheat pastas, natural nut butters and dried beans.

Please do not bring items that are expired or in glass containers.

Create a festive arrangement

Learn how to create a festive table arrangement when Pam Maidl of Interior Garden Designs conducts an hour-long workshop on holiday floral design on Saturday, Dec. 14, at 10 a.m. at the



Village Center.

Maidl, an expert flower arranger and the talent behind our holiday and festival decorations, will demonstrate and offer guidance and encouragement. At the conclusion of the workshop, you'll have a festive arrangement to grace your home or to give a friend. Enjoy hot chocolate and holiday music during the event!

The cost is \$40 for residents; \$45 for nonresidents and includes instructions, greenery and decorations. Residents who sign up by Dec. 7 pay \$30; nonresidents pay \$35. Seasonal refreshments will be served.

Registration is required. See page 2 for details. Registration closes Dec. 11.



Discover how water relates to your winter health

In Traditional Chinese Medicine (TCM) the winter season corresponds to the water element and our kidney, bladder and reproductive organs. By supporting these organs with acupressure, dietary changes and tai chi movements, you may be able to improve your health and well-being. Join Kimberly Coleman, registered nurse and doctor of acupuncture, for an insightful discussion on the water element and what it means for your well-being during the winter season during this month's Suburban Lecture on Wednesday, Dec. 11, from 1 to 2 p.m., via Zoom.

This program is a partnership between the Friendship Heights Village Center and Suburban Hospital. Registration is required; see page 2 for details.



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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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Our Recent Activity



The Carleton - 08 Tier
2BR/2BA w/Massive West Facing Balcony
Unobstructed views all the way to Virginia
Completely Renovated
2 Assigned Parking Spaces
Solovey Group Represents Seller

COMPASS



The Elizabeth - Apt 1107 Updated 2BR/2BA Floor Plan Beautifully Renovated Kitchen Unobstructed View of Trees from Balcony Side by Side Parking Space Solovey Group Represents Seller

Who Says You Only Have One Chance to Make a First Impression?



Visit the QR code to learn how you can premarket your home by listing it as a Compass Private Exclusive.





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December 2024 events calendar