



Friendship Heights

VILLAGE NEWS

JANUARY 2025 VOLUME 42, NO. 1 www.friendshipheightsmd.gov 301-656-2797



Nick Glakas discusses the Golden Age of Dutch art, page 5.

Following the Hess Twins' Holocaust Journey

Marion Ein Lewin recounts her time in the "dying hell" of Bergen-Belsen

On Thursday, Jan. 30, at 6:30 p.m., at the Village Center, Marion Ein Lewin will discuss "Inseparable: The Hess Twins' Holocaust Journey through Bergen-Belsen to America," which chronicles her life with her twin brother and parents in the infamous concentration camp at Bergen-Belsen.

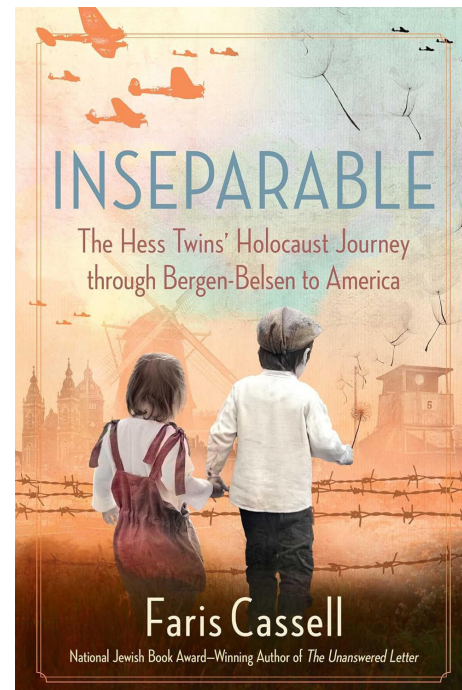
The book by award-winning investigative journalist and National Jewish Book Award-winning author Faris Cassell tells the story of the six-year-old twins Stefan and Marion Hess, who, with their parents, were torn from their home in Amsterdam and were taken during a terror-filled journey to the notorious camp, where "children looked for bread between the corpses."

Drawing on Stefan and Marion's personal memories and other historical details, "Inseparable" provides a vivid account of the Hess family's struggle to survive the Holocaust.

The book is the unforgettable story of a family with an undying commitment to and love for one another and a young mother and father willing to sacrifice everything for their children. Lewin's mother, Ilse, was a Village resident and long-time Village Center volunteer before her death in late 2003.

Copies of "Inseparable" will be available for purchase.

Registration is required. See page 2 for details.

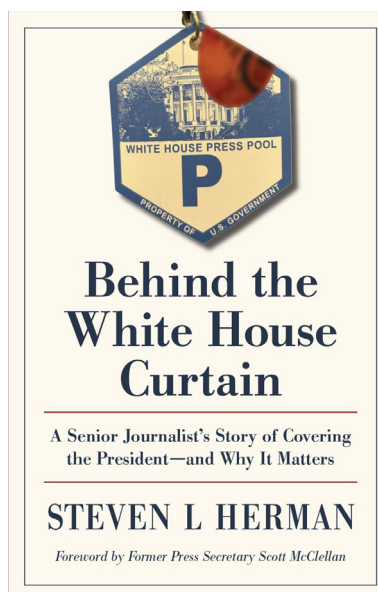


Steven Herman offers insider's view of the White House Press Corps

Join us on Thursday, Jan. 16, at 7 p.m., at the Village Center as Steven L. Herman, chief national correspondent for the Voice of America, discusses his memoir "Behind the White House Curtain."

In this book, Herman pulls back the curtain on the inner workings of the White House press corps, giving the reader a rare glimpse into the historic and current relationship between the press and the president.

Herman traces the trajectory of his career as a journalist—from working as a novice reporter in the 1970s to facing the challenges of covering the Trump



administration—reflecting on the experience of reporting on a president who once called journalists "enemies of the people."

Throughout the book, Herman convincingly argues that public access to accurate, unbiased information is essential to a healthy and peaceful democracy. At a time when misinformation is rampant, Herman reminds readers that freedom of the press is a foundational American right.

Copies of "Behind the White House Curtain" will be available for purchase.

Registration is required. See page 2 for details.

Join our cardboard regatta team, see page 4.

THAT'S! BROADWAY!

THE MOVES THE MUSIC THE MAGIC

Susan Jones brings a bit of Broadway to the Village Center

Channel your inner Ethel Merman when violinist Susan Jones presents a solo program of Broadway tunes designed to chase away the winter blues on **Tuesday, Jan. 21, at 2 p.m.** Susan Jones is a familiar face in Friendship Heights Village, leading a variety of bands ranging from classical to jazz to world music, and more throughout our Wednesday night concert series. Refreshments will be served.

Registration is required. See box at right for details.



The Village Book Club will meet on **Tuesday, Jan. 21, at 11:30 a.m., via Zoom.** The book selection is "Crook Manifesto" by Colson Whitehead. The February book will be "The Alice Network" by Kate Quinn.

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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 February issue is January 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

Shuttle Bus route to add stop at Amazon store

The Village received requests from bus passengers to add a stop in front of the Amazon grocery store on the Wednesday/Saturday/Sunday route, when the bus goes to the Westwood Shopping Center. On those days the bus stops at the Friendship Heights Metro, across the



street and behind the Amazon store, but not directly in front. Some of our passengers were having difficulty accessing the store on the weekends (on the other days of the week the bus does stop in front of Amazon). After the Village Manager consulted with the main bus driver and the bus contractor, RMA, we are happy to announce the new stop will be implemented beginning Saturday, January 4, 2025.

The bus will begin its route as usual at the Friendship Heights Metro, then will stop in front of the Amazon store before proceeding with the rest of the route to the Westwood Shopping Center.

On the return trip from Westwood, the schedule has been modified slightly to reduce the amount of time between the Whole Foods and Metro stops, as recommended by the main bus driver, Patrick Voltaire.

The modified schedule has been posted on our website (under the Services menu), and printed copies are available on the bus and at the Village Center. Please note the bus schedule for Monday/Tuesday/Thursday/Friday does not change.

Off-Duty Police program paused

At the December 9 Village Council meeting, Council member Cheryl Tyler, Chair of the Public Safety Committee, reported that the Village has been engaged in lengthy discussions with the Montgomery County Division of Risk Management to clarify insurance requirements for the off-duty Montgomery County Police officers working in the Village. Accordingly, the Village has temporarily paused the off-duty program pending receipt of a recommendation from the County on the insurance situation. We anticipate an update at the next Council meeting on January 13.

New website page for Goodwill donations

The Village is happy to continue its partnership with Goodwill of Greater Washington to host four additional Donation Drive Collections in 2025, following feedback received from residents asking for more donation opportunities. We have added a new page on our website for the Goodwill Donation Pickup (click on the Services menu). The dates for 2025 Goodwill collections: Saturday, March 15; Saturday, June 21; Saturday, September 13; and Saturday, November 22. All dates are from 10 a.m. to 2 p.m. The truck will park on Friendship Boulevard, adjacent to the main entrance to the Village Center. You can donate the following gently used items:

- 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/>. Thank you for your donations!

Friendship Heights Sector Plan update

The Montgomery County Planning Department has started the process of updating the 1998 Friendship Heights Sector Plan, building on the recently completed Friendship Heights Urban Design Study. Following the first kick-off event held by the Montgomery County Planning Department in November, the Planning Department held a virtual event with the same format on December 3. If you missed the events, recordings of the virtual kickoff are available on the Planning Department's Sector Plan website, <https://montgomery-planning.org/planning/communities/downcounty/friendship-heights/friendship-heights-sector-plan/>. You can watch the opening presentation and the recordings of the breakout room discussions. More than 150 people joined in-person and virtually to discuss their thoughts.

Other actions taken at the Dec. 9 Council meeting:

- Approved proposal from Managed Homes for ADA compliance improvements at the Red House.
- Approved contract with RMA to provide new shuttle buses pending final review by Village attorney.
- Introduced proposed changes to Village by-laws.
- Voted against request for contribution concerning Village pollinator garden.

The next scheduled Village Council meeting will be held on Monday, January 13, 2025, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.



Sail away at our Senior Regatta

If you're 55+, handy with cardboard, duct tape and trash bags, we want you! Here's your chance to channel your inner sailor, get creative and show your competitive side!

The Friendship Heights Village Center is teaming up with the Wisconsin Place Recreation Center to build a cardboard boat to compete in the Senior Cardboard Boat Regatta at the Martin Luther King Swim Center on **Wednesday, March 12, from 10:15 a.m. to noon**. The county will host an information session on **Tuesday, Jan. 7, at 11 a.m.** at Wisconsin Place. Building sessions will follow at Wisconsin Place on **Tuesdays, Jan. 14 to March 4, from 10:30 to 11:30 a.m.** On the day of the regatta, we'll charter a bus to take our Friendship Heights team to and from the swim center.

There is no fee to participate but you must commit to attending the information session and at least five building sessions. The first 12 participants will receive a special regatta gift.

Registration is required. See box on page 2 for details.

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

Start the year with a song with our senior sing-along

Lift your voices in song during our Senior Sing-Along in January. Song leader and pianist Deborah Brouse will guide the audience through tunes on **Thursday, Jan. 9, from 1:30 to 2:30 p.m.**, at the Village Center.

Singing has physical, emotional, and social benefits, and is just plain fun!

Lyrics will be provided and no talent or musical experience is required, only a desire to sing. The goal is for everyone to have the joy of singing and to leave smiling and humming.

See page 2 for sign up instructions.

Mark your calendars for upcoming sing-alongs on **Tuesday, Feb. 18, and March 18, from 1:30 to 2:30 p.m.**

Celebrate the Lunar New Year with a Tai Chi Demonstration



Tai Chi Master Nick Gracenin and DC Tai Chi will perform a fascinating martial arts program in celebration of the Chinese New Year on **Wednesday, Feb. 6, from 7 to 8 p.m.**, at the Village Center.

Tai Chi is familiar as a form of exercise and moving meditation, but Gracenin explores the depth of this tradition, with solo performances and partner routines, sword and spear performances and a rousing group exhibition of the Taiji Gongfu Fan.

Registration is required. See page 2 for details.



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Delve into the Golden Age of Dutch Art with Nick Glakas



It was during the 17th century that Holland became one of the wealthiest nations in Europe. Its ascendancy was primarily due to a worldwide network of trading posts and distant colonies. As wealth flowed home, a mercantile class arose with a demand for the visual arts. This in turn gave rise to what is now

known as the Golden Age of Dutch Art in which hundreds of artists responded, painting for thousands of newly prosperous middle-class citizens.

Join us on **Wednesday, Jan. 15, at 5 p.m.**, as Nick Glakas, international attorney and cruise ship lecturer, examines this extraordinary moment in art. The acknowledged greats of the Golden Age include a host of artists, but three in particular stand at the peak: Rembrandt van Rijn, Johannes Vermeer and Frans Hals. Come meet them and their fellow artists of the Dutch Golden Age while enjoying an adult beverage (cash bar) during this artful happy hour of sorts.

This event is for those 21 and over only. Registration is required. Please see page 2 for sign up details.

Dr. Arthur Schwartz focuses on eye health this month

Free screenings follow

In celebration of Glaucoma Awareness Month, join the Prevention of Blindness Society on **Saturday, Jan. 25, at 11 a.m.**, for a presentation by glaucoma specialist Arthur L. Schwartz, M.D., followed by the option of a glaucoma screening from 12 p.m. to 1:45 p.m.

This is a great opportunity to learn more about eye health and stay on top of necessary health screenings.

Glaucoma is a group of eye conditions that damage the optic nerve, leading to gradual vision loss. What makes glaucoma particularly difficult is its subtle onset, often without noticeable symptoms until it is in advanced stages. This month's presentation provides a significant opportunity to raise awareness about glaucoma, its risk factors, and the importance of regular eye exams. Anyone can get glaucoma, but some people are at higher risk, including people who are over age 60, are Black/African American and over age 40, are Hispanic/Latino, or people who have a family history of glaucoma.

Space is limited. To register for a screening, call the Village Center at 301-656-2797.

Registration is also required for the talk. 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, through 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. 15, 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., 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., Jan. 20 to Feb. 24. 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.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session, Mondays, 10:15 to 10:45 a.m., Jan. 20 to Feb. 24. 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 Jan. 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 \$5. 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 Village residents; nonresidents pay \$5. Regular attendants may store small weights at the Village Center. 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 celebrate birthdays with refreshments and conversation on the first Tuesday of the month, 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 happy, productive lives 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

The new year brings a new look to Tuesdays

There's no time for the winter doldrums at the Village Center in 2025.

From musical performances and sing-alongs to games and more, we're ringing in the new year with some new activities on Tuesday afternoons throughout the winter months.

On the first Tuesday of each month at 3 p.m., we'll honor Village residents who are celebrating birthdays that month with tea and a special treat.

On Jan. 14, at 3 p.m. we'll feature a variety of games—Scrabble, cards and more.

On Jan. 21, at 2 p.m. violinist Susan Jones performs your favorite Broadway tunes.

On Jan. 28, at 3 p.m., students from Montgomery College's music department will entertain with a selection of pop and jazz favorites.

Looking ahead to February, the first Tuesday celebrates birthdays. On the second Tuesday, we'll host a special Valentine tea. The third Tuesday features a sing-along with Deborah Brouse. Join us on the fourth Tuesday for fun and games.

Join us in March for birthday celebrations, Irish storytelling, another sing-along, more fun and games.

CONCERTS

During the months of January, February and March, concerts are held on the second and fourth Wednesdays of the month from 7 to 8 p.m. in Huntley Hall in the Village Center. If you are arriving after the start of the performance, please wait until a break to enter. Please turn off phones prior to entering the auditorium. If you must leave early, please wait for a break in the performance.

Wednesday, Jan. 8—Jody Marshall and Ellen James—



Jody Marshall, a native of the Washington, D.C. area, grew up in a musical family. Enchanted by the sound and visual appeal of the hammered dulcimer, she developed a passion for the instrument. She has been performing and teaching dulcimer since 1988 and was a founding member

of the popular folk trio, Ironweed. Jody currently performs with the award winning Celtic bands Moon Fire and Connemara. Her debut solo album, "Cottage in the Glen," was released by the Maggie's Music label in spring 2005. The Washington Post has described Jody's music as "deftly balancing the artful and the playful...lovely, lively, and shimmering." The Washington Area Music Association has nominated her as best folk instrumentalist. Her performance credits include the Corcoran Gallery of Art, the Maryland Renaissance Festival, the Kennedy Center, and the White House.

Ellen James took up Celtic harp in 1989 after hearing and falling in love with it in Scotland. Since then, she has played gigs ranging from folk festivals to a sheep farm to the White House, both solo and with various bands, and both exclusively instrumental and to accompany her singing. She enjoys playing Medieval, Renaissance, folk, and classical music, in addition to her own compositions. She is a former National Scottish Harp Champion (amateur division).

Wednesday, Jan. 22—Tony Nalker and Christal

Rheams—Tony Nalker performs widely in the Washington, D.C. area, currently serving as jazz pianist with the Smithsonian Jazz Masterworks Orchestra and the National Symphony Orchestra Pops. From 1989-2016 Tony was the pianist of the premiere jazz ensemble of the U.S. Army, the Army Blues, and served as the group's enlisted leader. Nalker played for the highest levels of the U.S. government and military and performed on USO tours to Iraq and Afghanistan. He has also toured on musical diplomacy missions throughout the world on behalf of the U.S.

State Department.

Since 2005, Tony has served as pianist of the Smithsonian Jazz Masterworks Orchestra, performing throughout the country to share the Smithsonian's collection of iconic jazz works with the American public. Since 2012, he has also performed with the National, Maryland, and Baltimore Symphonies. Over the past 25 years, Nalker has performed with many artists across a multitude of musical genres. He has also performed on hundreds of recordings in a variety of styles including jazz, folk, children's music, pop, Broadway, religious, and country.

A vocalist for more than 20 years, soldier and performing artist, Christal Rheams has dedicated her life to helping people connect with music and the lasting force it has on human connections that make an impact.



Growing up in a single-parent home, she found solace in local musical theater. With no money for private lessons, the theater became her music education. Before entering the military, Sargeant Major Rheams performed with such notables as Terrence Mann and Sharon Lawrence. Unable to continue college due to financial hardship she continued into a life of service with the United States Army. She later landed a spot in the world-renowned US Army Band Pershing's Own, achieved the rank of Sargeant Major, and became an honor graduate of the Army's Logistics Management School. She broke a wall as the third E9 of color in the organization's 100-year history and fourth woman of color to hold the rank of SGM in the 100-year-old organization.

She is a member of the vocal quartet Voices of Service which rose to national awareness through placing fifth on "America's Got Talent" and going on to the champions show. Her path to service was always a major part, while working with the CAMMO (Center for American Military Music Opportunities) and Voices of Service. Christal furthered her lifelong passion of helping others, developing outreach programs for military children to connect through music.

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, Jan. 2, 6:45 p.m.—Movie—Phantom Thread—Daniel Day Lewis and Leslie Manville star in this understated, meticulous romance about a powerful fashion designer and his model muse. Abundant U.S. and international industry award nominations for its stars, and winner of several for costume design and musical score. **Rated R. Running Time: 2 hours, 10 minutes.**

Thursday, Jan. 9, 7 p.m.—Movie—Juror #2— In what could be Clint Eastwood’s final movie as a director, watch Nicholas Hoult and Zoey Deutch in this suspenseful, meaty, courtroom drama, in which a juror’s dilemma could have drastic consequences on a verdict. **Rated PG-13. Running Time: 1 hour, 54 minutes**

Thursday, Jan. 16, 7 p.m.—Book Signing—“Behind the White House Curtain: A Senior Journalist’s Story of Covering the President” with Steven Herman. See page 1 for details.

Thursday, Jan. 23, 7 p.m.—Movie—I Used to be Funny—In this sometimes gritty, sometimes heart-breaking dramedy, Rachel Sennott stars as a stand-up comedian coping with PTSD who learns a troubled teen she used to care for is missing. She joins the search and in so doing, she examines her own life. **Rated for Mature Audiences. Running Time: 1 hour, 45 minutes.**

Thursday, Jan. 30, 7 p.m.— Book Event—“Inseparable:—The Hess Twins’ Journey from Bergen-Belsen to America” with Marion Ein Lewin. See page 1 for details.



Join us for Bingo in January

Enjoy some old-fashioned fun and make new friends as the Village Center hosts a Bingo game on **Monday, Jan. 27, from 3 to 4 p.m.** Non-cash prizes will be awarded. There is no charge but registration is required. See page 2 for sign-up details.

MC students offer a selection of jazz tunes for your afternoon

Jazz up your January with a performance by the Montgomery College Jazztet on **Tuesday, Jan. 28, at 3 p.m.**

The MC Jazztet is a talented group that performs both modern and traditional jazz. Their repertoire includes a wide range of styles such as early jazz, swing, bebop, Miles Davis’ cool jazz, Latin jazz, and jazz fusion. The ensemble is made up of students, community members, and home-schooled students. They have performed at various community events and private functions throughout the Washington, D.C., metro area. MC Jazztet students have been accepted to some of the top music schools and conservatories across the U.S. They have had notable performances at Glen Echo Ballroom, Blues Alley Jazz Jam, Mid-Atlantic Jazz Festival, and The Smithsonian Museum of American History. The Montgomery College Jazz program is directed by Alvin F. Trask.

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



Make a resolution to play more games in this new year

Learn to play 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 Sherman at 301-275-0390.

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



ART AND CULTURE

Friendship Gallery presents "Anything Goes" by Group 93



"Seeming: Being"
by Marjorie Hirano

Anything Goes is the beginning of the new year for artists of Group 93 who are coming together to exhibit after a stretch in their respective studios. Showcasing new approaches and second looks, their solutions for new visions take us into 2025. The exhibit highlights the works of 18 artists who revel in a variety of media—pencil, pastel, acrylic, oils, assemblage, wood, printmaking, collage and photography.

The group includes: Joan Lewis Birnbaum, Lucy Blankenstein, Dorothy Fall, Michael Graham, Marj Hirano, Carol A. Jason, Myrtle Katzen, Luciano Penay, Reynoldo Salazar, Patricia Segnan, Romeo Segnan, Claudia Vess, Gail Watkins, Mimi Wolford, Becky Wolford, Julie Zahn and Walterina Zanelleti.

Meet the artists during an art reception on **Sunday, Jan. 12** from **11:30 a.m. to 1 p.m.**, at the Village Center.

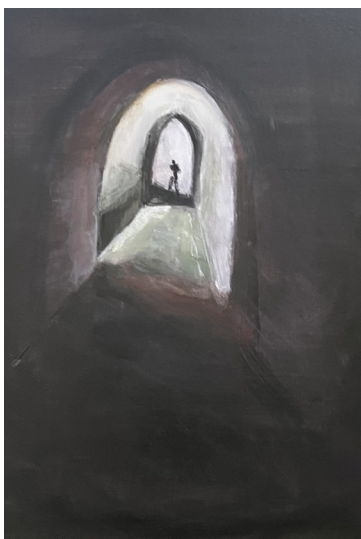
The Village Center is open Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m.

Art in the auditorium is occasionally not available for viewing because of activities in that room.

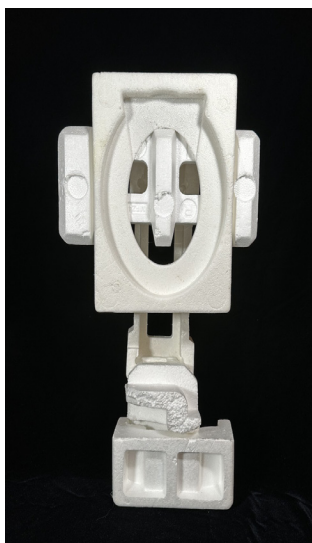
Please check with the front desk upon arrival. All sales are final.



"Wildflowers" by
Walterina Zanaletti



"Ancient Corridor" by
Lucy Blankenstein



"Eshu" by
Claudia Vess

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Be heart smart this winter

Dr. Maryam Mohammadi, cardiologist from Johns Hopkins Community Physicians will discuss heart health prevention for older adults during this month's Suburban Lecture on **Wednesday, Jan. 8, from 1 to 2 p.m.**, via Zoom.

Cold weather is the most common health risk you encounter in the winter, but people often view the danger in the extreme, as hypothermia or frostbite. However, the drop in temperature can impact your health, specifically your heart, in ways you may not expect. The cold causes blood vessels to contract. This can raise your blood pressure and increase your risk of heart attack and stroke. In the cold, your heart works extra hard to maintain a healthy body temperature. Winter wind can make this more difficult because it causes your body to lose heat more quickly. If your body temperature drops below 95 degrees,



hypothermia can damage your heart muscle.

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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January 2025 events calendar