



Friendship Heights

# VILLAGE NEWS

MARCH 2025 VOLUME 42, NO. 3 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797



Glakas examines the bond between Churchill and FDR, see page 2.

## A rare glimpse of Bunny's Garden

**Hunt Country trip features a tour of Mellon's estate, a luncheon and a visit to Middleburg**

With magnificent views of the Blue Ridge and Bull Run Mountains, Little Oak Spring is part of the once much larger Rokeby Farm, the home of Paul Mellon and Rachel "Bunny" Lambert Mellon, two of the greatest American art collectors and philanthropists of the late-20th century.

Travel with us to Virginia's Hunt Country on **Thursday, April 24**, for a visit to the the Mellon estate rarely open to the public. The self-guided tour includes part of the main Mellon residence and all its extensive garden, the formal greenhouse, the Little Oak Spring Gallery, and the Broodmare Barn, where Paul Mellon raised his most successful thoroughbreds,



including Sea Hero, winner of the 1993 Kentucky Derby.

The walled garden, designed by Bunny Mellon, incorporates individually designed formal and informal spaces, separated by brick and gravel paths, and set on three

terraces. Distinctive features include espaliered fruit trees, reflecting pools, and a bridge to a garden pavilion. Beyond the north wall, a crabapple arbor leads to the formal greenhouse with its magnificent trompe l'oeil decoration.

Following our tour, we'll take a short drive to the charming Hunter's Head Tavern for a leisurely luncheon. Focused on sourcing local ingredients, including sustainably raised meats and eggs from the pub's own

Continued on page 4, see Garden

## Lessons in Leadership

**Former MN Lt. Gov. Marlene Marie Johnson discusses memoir**



Marlene Marie Johnson will discuss and sign her memoir "Rise to the Challenge" during an informal interview with former PBS NewsHour Executive Producer Linda Winslow on

**Wednesday, March 19, at 7 p.m.**, at the Village Center. From breaking political ground to navigating patriarchal tradition to persevering through great personal loss, "Rise to the Challenge" is a moving portrayal of spirit, perseverance, and grace in the face of daunting personal challenges, supported by unwavering faith in the public good.

Johnson became lieutenant governor of Minnesota under Rudy Perpich's administration in 1983. That same year, she met Peter, her soon-to-

Continued on page 4, see Challenge

## Village Council Election: May 12

**Date and Time:** In-person voting shall take place between 7:00 a.m. and 8:00 p.m. on May 12, 2025, at the Village Center. Mail-in/absentee voting shall take place from a voter's receipt of a ballot packet until 8:00 p.m., on May 12, 2025 (dropped in ballot drop box outside the Village Center) or received at the League's Post Office Box no later than the close of business at the post office on May 12, 2025.

**Requirements to be a voter in this election:** 1) Be a registered voter with the Board of Election Supervisors of Montgomery County, MD, as of April 28, 2025; and 2) Reside in the Village of Friendship Heights on May 12, 2025.

Continued on page 3, see Election

**Dorfman brings a bit o' blarney , see page 5.**



## Exploring the epic friendship between Churchill and FDR

Their meetings took them around the world, from Washington to Quebec, from Cairo to Casablanca, from Marakesh to Tehran, from Malta to Yalta. It was no easy task for one of them who was paralyzed below the waist and confined to a wheelchair or the other whose age, health and work habits were of constant concern to his family, friends and doctors.

Join us on **Monday, March 24, at 5 p.m.**, as international attorney and lecturer Nick Glakas examines the extraordinary friendship Winston Churchill and Franklin Delano Roosevelt forged during nine meetings between September 1939 and until FDR's death in April 1945.

Registration is required. See page 2 for details.



The Village Book Club will meet on **Tuesday, March 18, at 11:30 a.m., via Zoom.** The book selection is "They Both Die in the End" by Adam Silvera. The April book will be "James: A Novel" by Percival Everett.

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

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

\*New users must follow instructions for creating a new account. 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](http://www.friendshipheightsmd.gov)

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

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space in the April issue is March 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

## Village Council Election (continued from pg. 1)

**Procedure for nomination of a candidate:** Any candidate must be nominated by petition, signed by at least ten registered and qualified voters of the Village. The nomination petition must be filed no later than 5:00 p.m., April 4, 2025. Nomination petitions can be downloaded from the Village website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), or picked up at the Village Center. The candidate must sign the petition, indicating his/her willingness to run. The candidate must be a registered and qualified voter and reside in the Village at the time of the nomination and election. No employee in the service of the Village shall continue in such position after election to any public office in the Village. Any candidate may withdraw his/her petition up to 24 hours before the start of the election (7:00 a.m. May 11, 2025).

**Procedure for voting:** The League of Women Voters of Montgomery County will conduct the election. In-person voting will be conducted as set forth above, on May 12, 2025. To vote by mail-in or absentee ballot, download and print the application form for a mail-in/absentee ballot from the Village website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov). You may also request an application from the Village by telephone, email, or at the Village Center. Complete the application. If the League confirms that you are a registered voter and a resident of the Village, you will be mailed a ballot packet. Follow the instructions in the ballot packet carefully and then drop it in the ballot drop box outside the Village Center or mail it to the League of Women Voters Post Office Box. Your ballot will be secured and kept confidential. Any ballot received after 8:00 p.m. on May 12, 2025, will not be counted. A voter may request that an election official pick up the voter's mail-in/absentee ballot on May 12, 2025.

## Page Park update

The architect retained by the Village, Adam Greene, has determined that there are areas of ADA non-compliance with the construction of the park, and he does not think the ADA compliance form provided by the County DPS is appropriate for new construction. Consequently, he will not be signing the form. As this issue goes to press, Village staff are following up with Mr. Greene to confirm next steps, which will include having a civil surveyor verify the ADA issues he has noted.

Meanwhile, Clark Azar & Associates, the civil engineering firm retained by the Village, presented a proposed grading study, as required by DPS, which will include five small stormwater facilities (rain gardens) in order to capture stormwater runoff flowing north and south from the hardscape areas in the park. These areas will be filled with plantings that can absorb the water runoff. They will be mainly in the grassy/landscaped

areas, and one will be in the circular area that had previously been contemplated for play equipment. One of the basins will require removing and transplanting the tree that is closest to the North Park sidewalk. This is the first component of the stormwater management plan that Clark Azar will be submitting to DPS for its review and approval.

## Off-duty Police program referred to the Public Safety Committee

At the February 10 Village Council meeting, the issue of resuming the off-duty Police program by having the Village hire the officers directly was referred back to the Public Safety Committee. As this issue goes to press, the Council Public Safety Committee is scheduled to meet on February 26, and it is anticipated the issue will be back before the full Council at the March 10 Council meeting.

## Proposed change to Ride On Bus Route 34

The County and WMATA adopted comprehensive redesign plans for their bus networks, which led to proposed service changes. One proposed change is the elimination of Ride On Route 34, with service between Friendship Heights and Bethesda on Wisconsin Avenue. We heard from residents who were concerned about the potential elimination of this service. The Village submitted feedback to the County Department of Transportation requesting that the 34 route be preserved. MCDOT responded that a new Metrobus route called D96 will connect Bethesda and Friendship Heights via Wisconsin Avenue. More information about D96 is available at [https://www.wmata.com/initiatives/plans/Better-Bus/upload/Resource\\_2025-Route-Profiles\\_District-of-Columbia.pdf](https://www.wmata.com/initiatives/plans/Better-Bus/upload/Resource_2025-Route-Profiles_District-of-Columbia.pdf) (see pp. 111–112).

## Goodwill donation drive March 15

Due to popular demand, we have scheduled another Goodwill donation drive on Saturday, March 15, from 10 a.m. to 2 p.m. The Goodwill truck will park on Friendship Boulevard near the Village Center entrance. Goodwill will be collecting housewares, electronics, clothing, shoes, jewelry, CDs and DVDs, and more.

Actions taken at the February 10 Council meeting:

- Approved changes to Village By-laws.
- Approved Parks and Grounds Committee charter.
- Approved proposal from League of Women Voters to run Village Council election.
- Approved bonuses for off-duty Police officers.
- Approved nominees to serve on TMD Advisory Committee and Community Advisory Committee.

*The next scheduled Village Council meeting will be held on Monday, March 10, 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.*





Linda Winslow

**Challenge, continued from page 1**  
be husband of 27 years. "Rise to the Challenge" weaves these personal and professional stories together in a portrait of dedication and leadership. Her husband gave Marlene strength and encouragement to face the challenges of the political landscape and its gender biases. Then in 2010, he suffered a traumatic brain injury that would

change both of their lives.

Johnson is the cofounder of the Minnesota Chapter of the National Association of Women Business Owners and the Minnesota Women's Campaign Fund. She was CEO of NAFSA (Association of International Educators) for almost 20 years.

Copies of "Rise to the Challenge" will be available for purchase.

Registration is required. See page 2 for details.



**Garden, continued from page 1**  
regenerative farm just down the road, Hunter's Head is steeped in the essence of Virginia Hunt County. The building retains the Carr House's original log cabin walls, fireplaces, mantels and, on the upper stories, its floors. The original house well is visible in the basement.

The menu includes a choice of French dip sandwich with hand-cut chips, chicken pot pie with a petite salad, or quiche of the day with petite salad. For dessert, indulge in a slice from the restaurant's local pie selections. Please make your entree selection when signing up. Also, please alert the front desk if you have any food allergies.

Following our luncheon, we'll take you to Middleburg where you'll have time to explore the streets and shops of its historic district.

We'll depart from the Village Center at 9 a.m. and should return by 5 p.m.

The cost of the trip includes round-trip transportation, admission to Little Oak Spring, lunch, and all taxes and gratuities. An early sign-up price of \$215 is available to Village residents who register by March 19. After March 19, the price increases to \$240. Residents may sign up immediately at the Village Center; nonresidents may sign up beginning March 19 and pay \$240.

*Please note that some areas have uneven surfaces. Guests with mobility issues are advised to consider these factors prior to purchasing a tour ticket.*



## Join Ensemble Mosaic in a musical salute to spring

Ensemble Mosaic will collaborate with young local performers during a special weekend performance on **Saturday, March 29, at 12 p.m.**

Founded in 2009 by Dr. Ji Yun Lee and Dr. Minna Han of the piano and violin duo Duo Soliste, Ensemble Mosaic performed experimentally with various instrument compositions to create innovative and exciting performances at many prestigious concert halls in Korea.

The group uses various forms, including duos, trios, quartets and small orchestras in its mission to bring classical music to broader audiences.

Registration is required. See page 2 for details.



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## Join our day of service to help local women in need



Friendship Heights residents are invited to join a community service project at the Village Center on **Saturday, March 8, from 10:30 a.m. to 12:30 p.m.**, to assemble tote bags filled with personal care items for women residing in the Interfaith Works Women's Shelter and Helping Hands Shelter. This project is a partnership between the Village of Friendship Heights and Wings for Joy, Inc. Registration is required. Please see page 2 for details.

Wings for Joy, Inc. (Wings) is a 501(c)(3) nonprofit organization founded in 2001 with a mission to empower women and children for success by providing resources for health, education, and wellness.

To support this endeavor, the Village Center is collecting new, unopened washcloths, toothbrushes, toothpaste, non-aerosol deodorant, hand and body lotion, shower caps, shower gel, bandanas, and individual packets of tissues. Please bring full-size products, rather than samples or hotel products. Look for the specially marked box in the Village Center lobby through Wednesday, March 5.

Students may earn service hours by participating in this project. For more information, please call Anne O'Neil at 301-656-2797 or email [aneil@friendshipheightsmd.gov](mailto:aneil@friendshipheightsmd.gov).

## Delight in the tales of the Emerald Isle



Jane Dorfman loves telling Irish stories. They are her favorites to share, especially those about the great Irish hero Finn. She is always looking for new stories and delving deeper into Irish mythology and legend.

Join us as this award-winning storyteller weaves tales from the Emerald Isle on **Tuesday, March 11, at 2 p.m.**, at the Village Center. Afterward, stay for refreshments and socializing.

She was a featured teller at "The Glens of Antrim Festival" in Northern Ireland. She has two award winning CDs; one is almost entirely Irish stories. Later in March she will be traveling to tell stories at "Sharing the Fire" in Glen Falls, New York, and in July, at the "National Storytelling Network" conference in Atlanta.

Registration is required. See page 2 for sign-up instructions.



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# CLASSES AND CLUBS



To register, please go to our website [www.friendshipheightsmd.gov](http://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, through April 2. 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, through April 3. 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, through March 30, 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, April 3 to May 8. 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., through April 4, 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., through March 4 through April 8, taught by Dawn Maynard. \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props.

### PILATES FOR EVERYONE (SATURDAYS)

A 6-week class, Saturdays, 9 to 10 a.m., March 1 to April 5, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props. A minimum of four students required.

### STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., through April 1. \$49 residents; \$59 for nonresidents.

### QIGONG AND TAI CHI (MONDAYS)

A 5-week session, Mondays, 9:30 to 10:15 a.m., March 10 to April 14. Taught by Master Nick Gracenin.



Study the essentials of traditional tai chi and qigong, and improve balance, circulation, strength and relaxation. Beginners welcome. \$75 for residents; \$80 for nonresidents.

### QIGONG AND TAI CHI (EVENINGS)

A 5-week session, Tuesdays, 7:15 to 8 p.m., March 11 to April 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 5-week session, Mondays, 10:15 to 10:45 a.m., March 10 to April 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. \$75 for residents; \$80 for nonresidents.



## LANGUAGE

### ENGLISH CONVERSATION

(Free)

Mallory Starr leads a conversational English roundtable for adults on Tuesdays, 5 to 6 p.m. This class is free for Village residents. Nonresidents pay \$5. A minimum of 2; maximum of 12.

### ESOL CLASS PREVIEW

(Free)

Katrina Anderson leads a free Preview of an 8-week class to be offered in the fall. Meet the instructor, learn what and how it will be taught, as well as what resources are available through your local public library. Previews will be Tuesday, April 8 or Tuesday, May 6, 7 to 8:30 p.m. A 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, 11 a.m. to 12:30 p.m.

### DROP-IN BUILDING BETTER BONES (TUESDAYS)

Taught by Gita Pancholy and Mimi Doane, on Tuesdays from 4:15 to 5:15 p.m. The cost is free for Village residents; nonresidents pay \$5. Regular attendees may store small weights at the Village Center.

### DROP-IN BUILDING BETTER BONES (THURSDAYS)

Taught by Gita Pancholy and Mimi Doane, 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 ARTS 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](mailto:manessheila@gmail.com).

### WALKING CLUB

The club takes a two-mile walk in Chevy Chase Village, every day at 8:15 a.m. Meets at Village Center entrance. Call Eniko Basa at 301-657-4759 or email [eniko.basa@verizon.net](mailto:eniko.basa@verizon.net).

## WOMEN'S GROUP

Village of Friendship Heights women, age 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 Martha Solt at [msolt@friendshipheightsmd.gov](mailto:msolt@friendshipheightsmd.gov) or Patricia Canessa at [pcanessam@yahoo.com](mailto:pcanessam@yahoo.com).

## Cheer our sailing team to victory

We're putting the finishing touches on our cardboard canoe and preparing to launch at the Senior Cardboard Regatta on **Wednesday, March 12, from 10:15 to noon** at the Martin Luther King Jr. Swim Center in Silver Spring.

If you'd like to cheer us on, we'll provide transportation. The cost is \$10, which will be refunded if you if attend or if we do not meet the minimum of nine.

The deadline to sign up is Wednesday, March 5.

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

## Make time for play on Tuesdays

From birthdays to board games, the Village Center offers a variety of activities to fill your heart, soothe your soul, sharpen your mind in this month.

On the first Tuesday of each month at 3 p.m., we're celebrating birthdays that month with tea and a special treat.

On March 11, at 2 p.m., join us for Irish stories by Jane Dorfman. See page 5 for details.

On March 18, at 1:30 p.m., it's a springtime sing-along with Deborah Brouse. See page 4 for details.

On March 25, from 2 to 3 p.m., join us for Bingo.

# 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, March 12—Ashbrook and Oorts—** Karen Ashbrook plays hammered dulcimer, wooden flute and pennywhistle, and Paul Oorts plays classical and steel-stringed guitars, mandolin, musette accordion, cittern, tenor banjo) for a round of rousing music reminiscent of an evening at your favorite Irish pub!



**Wednesday, March 26—Guity Adjooodani—**In celebration of the Persian New Year, pianist Guity Adjooodani presents a special recital featuring Iranian composers Javad Marufi, Anoushirvan Rohani, Marcel Der Stepani and Vigen Derderian, in addition to six folk songs from various parts of Iran.



Adjooodani began her musical training in her native Iran at age five. She was a graduate of the Boston and New England Conservatories, earning her master's degree and artist diploma respectively. She has performed throughout New England, New York, in the Washington, D.C., area, and in Europe and Iran. She has twice performed at the John F. Kennedy Center for the Performing Arts, and her music has been broadcast on WGMS and Voice of America.

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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, March 6, 6:30 to 8 p.m. —No Movie— Art Reception**

**Thursday, March 13, 7 p.m.—Movie—Penguin Bloom**

— This Australian heartwarming movie, based on a true story, won multiple nominations from the Australian Academy of Cinema and Television Arts Awards (AACTA) in



2021 and stars Naomi Watts, Andrew Lincoln and Jacki Weaver. Samantha Bloom, wife and mother, suffers a life-changing accident. Her son is consumed by guilt and withdraws from her. A year later he brings home an injured magpie he hopes to heal. In turn, the bird's recovery helps power Samantha to find new ways to thrive. **Rated PG-13. Running Time: 1 hour, 35 minutes.**

**Thursday, March 20, 7 p.m.—Movie—Maria—**The winner and multi-nominated story of legendary diva Maria Callas' final days in 1970s Paris, as portrayed by Angelina Jolie. Also starring Pierfrancesco Favino. **Rated R. Running Time: 2 hours, 3 minutes.**

## Say hello to spring with our blooming bulb workshop

Welcome spring by creating a beautiful arrangement set to bloom in the first weeks of the new season.

Leave the winter blahs behind during a weekday workshop on **Wednesday, March 19, at 1 p.m.**, at the Village Center.

Pam Maidl of Interior Garden Designs will guide us through potting, planting, and creating an arrangement featuring a variety of spring-blooming bulbs. The cost is \$25, and includes bulbs, a container and instruction. Sign up by March 12 and pay only \$20. Space is limited. Registration is required. See page 2 for details. The deadline to register is Friday, March 14.



**Thursday, March 27, 7 p.m.—Movie—Widow Clicquot—**Haley Bennett gives a measured, disciplined performance as the young, resilient, innovative 19th century widow who fights to save and run what became a business empire: the vineyards and luxury products of Veuve Clicquot. Winner of the Grand Prize at the 2024 Cannes Film Festival. **Rated R. Running Time: 1 hour, 30 minutes.**



## Welcome spring with a song

Channel your inner Ethel Merman during Senior Sing-Along in March. Song leader and pianist Deborah Brouse will guide the audience through tunes on **Tuesday, March 18, 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. 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. We'll provide refreshments following the sing-along and you'll have time to visit with other at the sing-along.

See page 2 for sign-up instructions.

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# ART AND CULTURE

## Friendship Gallery presents pieces to engage and empower women



"Bubble Braid Shawty" by Rashida Pullen Jireh



"She Wears The Crown" by Antoinette Hodges



"As If By Magic" by Kathy Daywalt

With bold lines, bold colors and bold images of women moving forward, eight local artists in this month's exhibit in Friendship Gallery are embracing this year's theme for International Women's Day.

"Accelerate Action" is a worldwide call to acknowledge the strategies, resources and activities that positively impact women's advancement and to support and elevate their implementation. The exhibition will be a mix of paintings, photos, and sculpture

## Whimsical works also grace our hallways in March

The colorful and comical works of cartoonist Bill Lewis appear on the Friendship Gallery walls for the first time this month. Under the spell of Lewis' skillful pencil, creatures and humans take on traits instantly making them familiar friends and foes.

Lewis originally trained as a sculptor and then worked as an animating cartoonist and layout artist for Superman, Batman, Fantastic Voyage and Archie television shows.

He then forged a career in emergency services and resumed this art after retirement. His focus is on humorous and interesting twists of human nature that we all see and experience and he attempts to capture a small part of the broader human (and animal) comedy and life's ups and downs.

Meet the artists at an art reception on **Thursday, March 6, from 6:30 p.m. 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 for viewing because of activities in that room.

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



"Key West Iguana" by Bill Lewis



# TO YOUR HEALTH

## Discover how healthy eating can aid in vital aging

Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass, such as osteoporosis. The good news is that this population can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.



Jessicalee Rawlings, clinical dietician intern, will discuss the importance of nutrition for vital aging during this month's Suburban Lecture on **Wednesday, March 12, 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.

## AI offers new tools for living with low vision



Join us on **Thursday, March 20 from 11 a.m. to 12 p.m.**, at the Village Center when the Low Vision Support Group of the Society for the Prevention of Blindness will highlight the many ways Artificial Intelligence can make life easier for those with low vision. Learn about three free apps that can connect you to human and Artificial Intelligence assistance that can read text out loud, identify objects and describe what you're viewing. Learn how to download these apps and try them out on your iPhone, Android, or iPad.

To register, please call the Village Center at 301-656-2797.

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*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
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**March 2025 events calendar**