



Friendship Heights

VILLAGE NEWS

APRIL 2025 VOLUME 42, NO. 4 www.friendshipheightsmd.gov 301-656-2797



Larry La
book signing,
see page 5.

Community Day 2025

Enjoy barbeque to celebrate the anniversary of the opening of the Village Center

Village residents are invited to gather to celebrate Community Day at the Village Center on **Saturday, April 26.**

Community Day is an annual event, celebrating the Village Center, which opened in April 1986.

The festivities take place from 1 to 2:30 p.m., and will feature barbeque with all the fixin's from Mission Barbeque. The menu will include two different types of barbeque—chopped brisket and pulled chicken—baked beans, coleslaw, macaroni and cheese, slider rolls and cornbread.



Enjoy ice-cold lemonade and a sweet treat for dessert. Shannon Reynolds and the Good Bygones will be back again this year by popular demand to entertain us with bluegrass sounds to complement our barbeque theme.

This family-friendly event will have fun for all ages, including a children's activity tent. We'll also have information about how to sign up for text and email alerts for upcoming events and activities.

We hope to see you at Community Day!

Be captivated by Frida Kahlo

A trip to the VMFA exhibit and lunch at the Jefferson Hotel

Join us as we travel to Richmond to the Virginia Museum of Fine Arts to visit *Frida: Beyond the Myth* on **Wednesday, May 14.**

The VFMA is the only East Coast venue to host the highly anticipated exhibition of Mexican artist Frida Kahlo, and we have tickets!

We'll enjoy a guided tour of the exhibit featuring more than 60 works of art, including captivating works by Frida Kahlo, along with photographs of the artist by internationally renowned photographers and her inner circle.

Frida: Beyond the Myth explores the defining moments of Kahlo's life as depicted through her self-portraits,



still lifes and works on paper from the beginning of her career in 1926 until her death in 1954. In addition to offering insight into this remarkable artist who used her creativity to overcome emotional and physical pain, the exhibition also celebrates the

Continued on page 4, see Frida

Police offer tips to keep seniors safe from scams

Bill Peyser, volunteer with the Montgomery County Police Department, will discuss how to avoid common scams targetting seniors on **Thursday, April 17, at 2 p.m.,** at the Village Center.

Keeping Seniors Safe (KSS) is designed to increase awareness of scams and frauds (primarily cybercrimes) and to provide information on how to safeguard identity and financial resources. He'll discuss the scope of the problem, show examples of the most prevalent frauds being committed today, and offer tangible advice on how not to be victimized by phishing emails, spoofed websites, and unso-

Continued on page 7, see Scams

Swing into spring concert and tea, see page 5.



ESOL Classes

English for Speakers of Other Languages

Learn about upcoming ESOL classes to be offered this fall

This fall the Village Center will offer an 8-week English class for adult speakers of other languages. Instructor Katrina Anderson will present two preview sessions—on **Tuesday, April 8 and May 6, from 7 to 8:30 p.m.**, at the Village Center.

Learn how the class will be conducted and about other community resources available for those new to learning the English language. Every attempt will be made to customize the learning experience to the specific needs of each student.

The preview class is free, but registration is required. See page 2 for details.



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How to sign up for activities at the Village Center

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

*New users must follow instructions for creating a new account. Go to top right-hand section that reads "To create an account." Once account is created, do the following:

- 4) Scroll down to desired activity and click Enroll.
- 5) For activities with a fee, click view fee details. Choose payment option and pay.

*Having trouble signing up online? Please call the Village Center at 301-656-2797, and the front desk staff will be happy to assist you.

*In some cases, such as trips, in-person registration is required. If so, it will be noted in the newsletter story.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

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

ADVERTISING

The deadline for reserving space in the May issue is April 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: Monday, May 12; Candidate filing deadline is April 4

The filing deadline for candidates to submit their nominating petition and financial disclosure statement is 5:00 p.m., April 4, 2025. Nomination petitions can be downloaded from the Village website, www.friendshipheightsmd.gov, or picked up at the Village Center. The League of Women Voters will certify and announce the candidates in the second week of April.

The mail-in ballot application has been posted on our website. Mail-in voting will take place from a voter's receipt of a ballot packet until 8:00 p.m. on election day, Monday, May 12, 2025. The completed ballot can be placed in the ballot drop box outside the Village Center or mailed back to the League. Mailed ballots must be received at the League's Post Office Box no later than the close of business at the post office on May 12, 2025. In-person voting shall take place between 7 a.m. and 8 p.m. on May 12, 2025, at the Village Center. Please visit our website at www.friendshipheightsmd.gov for additional information. The Council appointed Village residents Phyllis Meltzer and Bill Corey as election judges and County Council member Andrew Friedson as Chief Judge.

Page Park update

As this issue goes to press, the Village has approved a proposal from MTI, an engineering inspection firm, for \$3,187 to perform third-party inspections required by the County Department of Permitting Services (DPS) for the pergola footers, anchor bolts, and concrete slabs. The inspections are expected to be completed shortly. The work will require some soil excavation and backfilling, which will be done by GreenSweep.

The architect that had been working on the ADA compliance issues in the park, Adam Greene, connected with Clark Azar, the engineering firm doing the stormwater management work, to follow up on the survey work that Clark performed and to discuss the next steps. Following their conversation, Mr. Greene decided he does not need to be involved with this project moving forward, since Clark Azar is fully capable of addressing the ADA issues and working with DPS to get the issues resolved. Accordingly, the Village reached out to Clark Azar and it provided an amendment to the agreement to incorporate the additional ADA compliance work it will perform, which was not included in the stormwater management contract.

Depending on the remediation required for the ADA work, the location of the proposed rain gardens (reported in last month's update) may need to be modified.

Drug Take-Back Day

The Village Center will once again be a host site for National Prescription Drug Take-Back Day on Saturday, April 26, from 10 a.m. to 2 p.m. A Montgomery County Police officer will collect and safely dispose of your unwanted or expired prescription drugs. (Look for the officer by the Village Center front desk.) The prescription drug take-back program, sponsored by the Drug Enforcement Administration, addresses a vital public safety and public health issue. Medicines in home cabinets are highly susceptible to diversion, misuse, and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

FareShare program offers commuters up to \$325 a month for using public transit

Employees working in Montgomery County can receive up to \$325 a month to help cover the cost of their commute using public transit with the Montgomery County Department of Transportation (MCDOT) FareShare program. To receive the reimbursement, employers must contribute \$25 a month per employee receiving the benefit. The money is tax-free to both the employee and the employer. The program covers expenses incurred by commuters using Ride On bus, Metrobus, Metrorail, MTA Commuter Bus, or MARC Train. It also covers expenses for van pools, as long as the employee commutes to and from a workplace within Montgomery County. Please visit the following link for more information: https://www2.montgomerycountymd.gov/mcgportalapps/Press_Detail.aspx?Item_ID=46668.

Actions taken at the March 10 Council meeting:

- Discussed Parks and Grounds Committee recommendation for signage in Village parks.
- Approved the proposal submitted for the New Initiatives budget to provide File of Life cards for Village residents for \$2,200.
- Approved the allocation of \$25,000 to the FY 2026 capital budget to fund two EV charging stations within the Village.
- Approved the Personnel Committee's recommendations to increase staff salaries by 3.5% beginning in FY 2026 and to change staff benefit eligibility requirements for new hires to an average of 30 hours per week.
- Approved allocating \$250,000 from the upcoming \$1 million payment from Donohoe regarding the 5500 Wisconsin Avenue project to the FY 2026 capital budget.

The next scheduled Village Council meeting will be held on Monday, April 14, 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.

Kahlo, continued from page 1

rich cultural heritage of Mexico that influenced the artist throughout her life.

We'll depart from the Village Center at 8:45 a.m. and arrive at the beautiful Jefferson Hotel in downtown Richmond in time for our luncheon.

The menu features a taste of the South, with a rosemary roasted free-range chicken breast, smoked corn custard, sweet pepper succatash, and herbed jus. Dessert will be chocolate and bourbon pecan pie with hickory whipped cream. Warm rolls with sweet butter, and a choice of iced tea, coffee or tea round out the menu. Please let us know at sign up if you need a vegetarian entree.

Following lunch, you'll have time to explore the public areas and gift shop of this historic hotel before we make the short drive to the VFMA. Opened in 1895, the Jefferson Hotel is the creation of Richmond businessman and philanthropist Lewis Ginter. Ginter found inspiration for his structure in both the Beaux-Arts and Renaissance Revival styles during his extensive travels abroad. To honor Ginter's hero, President Thomas Jefferson, the hotel was aptly named and has since hosted 13 U.S. presidents.

We should return to Friendship Heights by 7:30 p.m.

The cost of the trip, which includes round-trip transportation, lunch, admission to the VFMA, guided tour of the Kahlo exhibit, and all taxes and gratuities, is \$160 for residents; \$175 for nonresidents.

Residents and one guest may sign up immediately at the Village Center. Nonresidents may sign up beginning April 30.

Swing into spring at our jazz concert and special tea

Celebrate the arrival of spring with old friends and new acquaintances during a special tea featuring music and seasonal treats at the Village Center on **Tuesday, April 29, at 1:30 p.m.**

The Jenny Wilson duo will present "Swing into Spring," an afternoon program of swinging and smooth jazz.

Tea will follow the performance.

Space is limited, and registration is required. We cannot accommodate walk-ins.

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

Registration is required. See page 2 for details.



The Village Book Club will meet on **Tuesday, April 15, at 11:30 a.m., via Zoom.** The book selection is "James: A Novel" by Percival Everett. The May book will be "The Women" by Kristin Hannah.

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Larry La of Meiwah to present memoir in May

Mark your calendars for **Thursday, May 8, at 7 p.m.**, when local restaurateur Larry La of Meiwah discusses and signs his memoir "Square Moon" at the Village Center.

In the book, La recounts his journey from war-torn Vietnam to Washington, D.C.'s hottest kitchens.

See the May *Village News* for more details.

Registration is required. Please see page 2 for details.

Village residents show great community spirit

Thank you to Village residents and visitors to the Village Center who donated to and helped assemble personal care packages to women in local shelters during our International Women's Month service project in March.

As a result of the collaboration between the Village Center and Wings For Joy, 64 packages and two boxes of toothbrushes and soap were delivered to the Helping Hands and Interfaith Works Women shelters.

Exquisite gardens await

As spring bursts into bloom, don't miss the opportunity to visit the exquisite gardens of Little Oak Spring, Bunny and Paul Mellon's Horse Country estate in Upperville, Va.

These gardens are in the hands of a private foundation and are rarely open to the public. Little Oak Spring is open for just two days as part of the Virginia Garden Week this year. The event is sold out, but we have secured tickets for a visit on **Thursday, April 24**. Don't delay as space is limited and we will not be able to secure additional tickets.

Our trip includes round-trip transportation, entrance to the gardens, lunch at the historic Hunters Head Tavern, and time to explore the sights and shops of historic Middleburg, Va.

The cost of the trip is \$220 for residents. Residents may sign up one guest for \$220. \$240 for non-residents. Sign up at the Village Center.

Spring is a great time to sing

Every third Tuesday of the month pianist Deborah Brouse leads a sing-along specially designed for seniors, with music from the '40s, '50s, '60s, and '70s, and popular musicals.

Join us for a salute to spring at the next sing-along on **Tuesday, April 15, at 1:30 p.m.**, at the Village Center.

Registration is required. Please 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, April 16 to May 20. 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, April 17 to May 21. 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, April 13 to May 18, 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., April 18 to May 30, 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. Class will not meet on April 25.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., April 22 to May 27, 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., April 19 to May 31, 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. Class will not meet on April 26.

STRENGTH AND CORE (EVENINGS)

A 3-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., April 8 to April 22. \$25 residents; \$35 for nonresidents.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., April 28 to June 2. 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 6-week session, Tuesdays, 7:15 to 8 p.m., April 29 to June 3. 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., April 28 to June 2. 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. See page 2 for details.

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 noon.

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.

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.

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, 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 or Patricia Canessa at pcanessam@yahoo.com.

Earth Day Bingo and more is in store in April

On April 1, at 3 p.m., we're celebrating birthdays that month with tea and a special treat.

On April 8, at 1:30 p.m., stop by for board games.

On April 15, drop in for a sing-along with Deborah Brouse at 1:30 p.m.

On April 22, we're celebrating Earth Day with a selection of nature-inspired bingo games from 2 to 3 p.m.

Join us for a special tea featuring the music of the Jenny Wilson Duo on Tuesday, April 29, at 1:30 p.m.

Sign up at the Village Center.

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

Scams, continued from page 1

licit phone calls and text messages. Peyser will discuss the most common scams, including romance, and how thieves manipulate their victims by triggering emotions.

At the end of the meeting, he'll distribute several handouts that reinforce recommendations and provide additional information. According to Peyser, the program is designed for senior citizens because they are targeted so often. The program helps seniors to identify fraud and take the appropriate precautions.

Registration is required. See page 2 for details.

CONCERTS



Concerts are held on every Wednesday, from 7 to 8 p.m., in Huntley Hall in the Village Center. Those arriving after the start of the performance are asked to please wait for 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, April 2 —Raffi Kasparian—Pianist Raffi Kasparian retired from the U.S. Army where he served for 24 years as accompanist for the U.S. Army Chorus. He has performed in venues across the United States, Canada, and the Philippines.

Wednesday, April 9 —Tango Reo—Led by violinist Susan Jones, Tango Reo is a Washington, D.C. area-based Tango group. They have been delighting audiences throughout the Maryland, DC, and Northern Virginia area for years. Claudia Gargiulo provides the mesmerizing vocals, Susan Jones adds emotional intensity on the violin, Charles Kelly gives the flavor of Tango music with his bandoneon, while Victor Medina holds it together on piano, and Rita Eisenberg provides the back bone of the music with her bass.

Wednesday, April 16—Laura Baron Trio—Catch Laura Bar-



on and her dynamic trio featuring Davie Ylvisaker on piano and Jon Nazdin on bass as they weave their way through her original music and vibrant jazz classics—bringing the room to life with playful grooves and heartfelt moments. Baron’s music blends the intimacy of folk with the spontaneity of jazz, drawing listeners into a soul-satisfying experience. She transforms her performances into a journey—thought-provoking, joyful, and alive with emotion. With multiple Wammie awards and four Mid-Atlantic Song Contest Gold awards, Laura is a singer-songwriter and storyteller whose music inspires, uplifts and stays with you long after the final note.



Wednesday, April 23—Frank Cassel—Frank Cassel has been a performing musician, songwriter, and teacher in the Washington, D.C., area for many years. He plays guitar, flute and 5-string banjo professionally, specializing in folk, bluegrass and original music. He is well known in the Washington, D.C. area, as an entertaining and engaging performer. He now lives in Asheville, North Carolina. Friendship

Heights audiences will recognize his signature sound from the many years he entertained us during our July 4th celebrations.

Wednesday, April 30—James Bond Cabaret—The Bethesda Little Theatre presents “The Music of Bond...James Bond” This special presentation will include famous Bond themes that span the history of Bond. Using the patter of a cabaret the presenters will also talk about the music, the films, and the artists that brought the Bond films to life. The Music of Bond... James Bond emanates the essence of Bond—the words, the music, the style, the ambiance. Get ready to be transported into the elegant world of the secret agent.



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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, April 3, 7 p.m. —Movie—His Three Daughters—This drama-comedy starring Natasha Lyonne, Elizabeth Olsen, and Carrie Coon, features a dying father’s three, very different daughters who gather with him in his New York City apartment during his final days. Family dynamics make for sweet and sour moments, eventually the familial bonds strengthen. **Rated R. Running Time: 1 hour, 43 minutes.**

Thursday, April 10, 6:30 to 8 p.m.—No Movie—Art Reception

Thursday, April 17, 7 p.m.—Movie—Flow—The 2025 Academy Award-winner for best animated feature, in addition to numerous awards worldwide, Latvian-made “Flow” tells the story of a cat who escapes a flood by befriendng other animal species. With music as its only narration, and actual animal sounds for each character, this family-adventure film appeals to all ages. **Rated PG. Running Time: 1 hours, 24 minutes.**



Thursday, April 24, 7 p.m.—Movie—A Real Pain—The comedy-drama written, directed by and starring Jesse Eisenberg, co-starring Kieran Culkin, follows two cousins as they tour Poland in honor of their grandmother. Culkin just won an Oscar for best supporting actor; the film garnered numerous national and international awards. **Rated R. Running Time: 1 hour, 29 minutes.**

Stop by the Center to see our trophy from the regatta

The team from Friendship Heights/ Wisconsin Place showed its team spirit and creativity in its first foray into boating during the 3rd annual Montgomery County Senior Cardboard Regatta on March 12 at MLK Jr. Swim Center. In accordance with the rules, the boat, christened “Good Vibes,” was made exclusively of three materials—cardboard, trash bags, and duct tape. Although we came in fifth of nine teams in the race, our captain stayed dry, our boat stayed afloat and we brought home the trophy for Most Creative Cruiser! The trophy, along with photos of the regatta, is on display for a limited time in the hallway of the Village Center. See photos on our website too!



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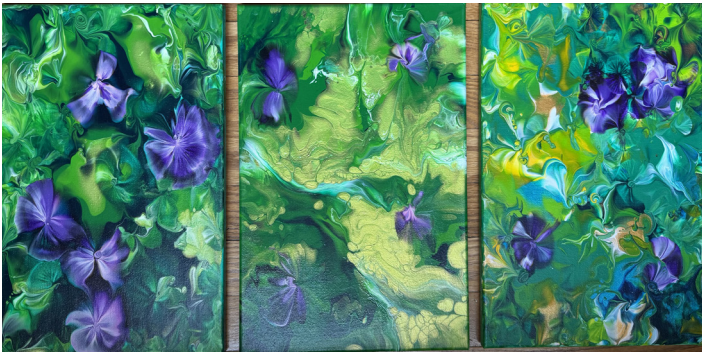
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ART AND CULTURE

Nature plays a starring role in Friendship Gallery in April



"Pansies" by Rachael Rice

In commemoration of Earth Day on April 22, the Friendship Gallery presents "Drifting with Nature," an exhibition display in artwork by six artists who are inspired by our planet's flora, fauna and natural resources.

The artists include Judy Benderson, Danielle Bensky, Ronni Jolles, Carol Porter, Rachael Rice and Jan Rowland.

In this exhibition, viewers will experience how profoundly the artists have been moved, uplifted and influenced by nature over many years of making art.

Each artist is committed to bringing art to the public through thought-provoking and challenging interpretations of the world around them.

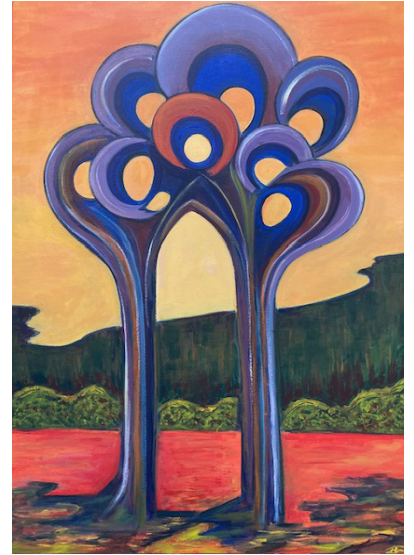
Through observing, recording and transforming nature, they create visual representations unique to each artist.

Meet the artists at an art reception on **Thursday, April 10, from 6:30 pm. 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.

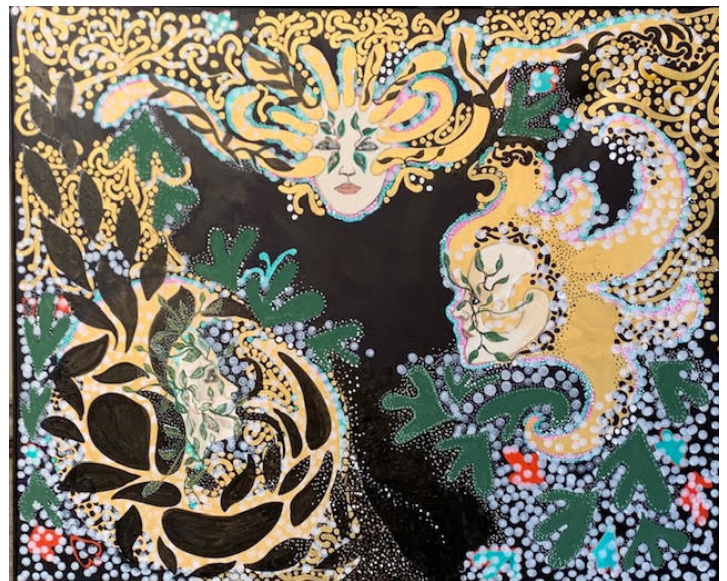
Please check with the front desk upon arrival. All sales are final.



"Family Tree" by Danielle Bensky



"Red Leaves" by Ronni Jolles



"Black Tree" by Judy Benderson

TO YOUR HEALTH

Breathe Easy

Suburban Lecture addresses respiratory health

Saj Rambob, respiratory care services manager at Sibley Memorial Hospital, will discuss strategies in management of respiratory conditions during this month's Suburban Lecture on **Wednesday, April 9, from 1 to 2 p.m.**, at the Village Center.



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



POB talk follows the path of light through the eye

Join us on **Thursday, April 17, 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 explores the path of light through the cornea, lens vitreous humor to the retina and optic nerve for vision.

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

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Friendship Heights

VILLAGE NEWS

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April 2025 events calendar