

Friendship Heights Village Center



Calendar of Events 2004

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga	2 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	4 10:15 a.m.: Yiddish 11 a.m.: Depart for Puppet Co. at Glen Echo 11 a.m.: Strength Training 7 p.m.: Drawing and Painting 7:30 p.m.: Concert: Vocal Express	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Cold Mountain	6 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Hilda Seibel and Hank Bryante	7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
8 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11 a.m.: Yoga	9 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	11 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture 1 p.m.: Health Insurance Counseling 7 p.m.: Drawing and Painting 7:30 p.m.: Concert: U.S. Navy Commodores	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Monsieur Ibrahim et les Fleurs du Coran	13 10:30 a.m.: Coffee and Current Events	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	18 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7 p.m.: Drawing and Painting 7:30 p.m.: Concert: Frank Cassel and the Mountain Fever Band	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:30 p.m.: Café Muse	20 10:30 a.m.: Coffee and Current Events	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
22 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting	24 7:30 a.m.: Depart for Atlantic City 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	25 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7 p.m.: Drawing and Painting 7:30 p.m.: Concert: Brothers Flanagan	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:15 p.m.: Movie: The Return of the King	27 10:30 a.m.: Coffee and Current Events	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 12 p.m.: Piano Recital with Samuel Oram	30 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life	31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 2 p.m.: RSVP Knitters 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	Please note that there will be no Village Council meeting in August. The next meeting will be Monday, Sept. 13. The agenda for the meeting will be sent to the manager of each building in the Village the week before the meeting with the request that it be posted.			

Shuttle bus hours 

Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH'S SPECIAL LUNCH AND CONCERT



August's special lunch, prepared by Ed Harris of Brighton Gardens, will be held on **Friday, August 6, at 12:15 p.m.** The menu will be salmon cakes, corn on the cob, carrots and celery, green salad, and apple cobbler. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, August 4.

After lunch, please stay to enjoy the music of violinist Hilda Seibel and guitarist Hank Bryante **at 1 p.m.**