



| J U L Y | | | | | | |
|--|--|--|--|--|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 2 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Resistance Training 12:45 p.m.: Flexible Stretch and Strength 1 p.m.: Bridge Group 2:30: Drawing and Painting 7:30 p.m.: Yoga 7 p.m.: Café Muse | 3 8:15 a.m.: Walking Club | 4 2 to 4 p.m.: Fourth of July Celebration  | 5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Dream-girls | 6 10:30 a.m.: Coffee and Current Events 10:30: Strength Training 1 p.m.: Bridge Group | 7 8:15 a.m.: Walking Club 9 a.m.: – 1 p.m.: Twin Springs |
| 8 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 9 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Resistance Training 12:45 p.m.: Flexible Stretch and Strength 1 p.m.: Bridge Group 2:30: Drawing and Painting 7:30 p.m.: Yoga | 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:30 a.m.: Bones for Life 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for Wolf Trap 6:30 p.m.: Spanish 2 | 11 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: What You Need to Know About Anesthesia 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: David McLaughlin | 12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Notes on a Scandal | 13 10:30 a.m.: Coffee and Current Events 10:30: Strength Training 1 p.m.: Bridge Group | 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 11:30 a.m. – 1:30 p.m.: Art Reception | 16 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Resistance Training 12:45 p.m.: Flexible Stretch and Strength 1 p.m.: Bridge Group 2:30: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Martha Raddatz | 17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:30 a.m.: Bones for Life 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Spanish 2 | 18 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Dixie Power Trio | 19 8:15 a.m.: Walking Club 9 to 11 a.m.: Skin Cancer Screening 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Breach | 20 10:30 a.m.: Coffee and Current Events 10:30: Strength Training 1 p.m.: Bridge Group | 21 8:15 a.m.: Walking Club 9 a.m.: – 1 p.m.: Twin Springs |
| 22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:15 a.m.: Depart for Charles Town | 23 9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Camp Friendship 11:30 a.m.: Resistance Training 12:45 p.m.: Flexible Stretch and Strength 1 p.m.: Bridge Group 2:30: Drawing and Painting 7:30 p.m.: Yoga | 24 8:15 a.m.: Walking Club 10:30 a.m.: Camp Friendship 11:30 a.m.: Bones for Life 11:30 a.m.: Depart for Kreeger 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Spanish 2 | 25 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 10:30 a.m.: Camp Friendship 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Manny Bobenrieth | 26 8:15 a.m.: Walking Club 10:30 a.m.: Camp Friendship 1 p.m.: Chinese Brush 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Holes | 27 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Camp Friendship 1 p.m.: Bridge Group | 28 8:15 a.m.: Walking Club 9 a.m.: – 1 p.m.: Twin Springs |
| 29 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 30 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Resistance Training 12:45 p.m.: Flexible Stretch and Strength 1 p.m.: Bridge Group 2:30: Drawing and Painting | 31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11:30 a.m.: Bones for Life 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Spanish 2 |  | | | The MVA Bus returns to the Village on Monday, July 23, from 10 a.m. to 2 p.m. Future Dates: Monday, August 20 Monday, September 24 Monday, October 29 Monday, November 26 No service in December |

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.

No Council Meeting in July

Village Council meetings are normally held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be **Monday, August 13, at 8 p.m.** The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.

Save the Date!

Taste of Friendship Heights
Saturday, Sept. 29, 2007
at the Village Center
Community Event featuring
food from area restaurants
Details to follow in August/
September issues of the
Village News