



## D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

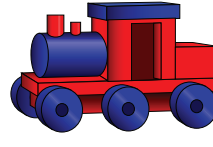
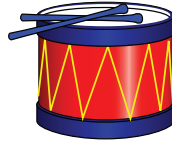
THURSDAY

FRIDAY

SATURDAY

### Mark your calendar to give to the food and toy collection

Please bring donations for Manna Food Center to the Village Center until **Tuesday, Dec. 18**. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. New toys will also be collected and delivered to children in the area. Please check expiration dates on food before bringing items to the Center.



<p><b>2</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>3</b></p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Bridge Group 1 p.m.: Strength Training with Tonya 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish <b>7 p.m.: Café Muse</b></p>	<p><b>4</b></p> <p>8:15 a.m.: Walking Club <b>1 p.m.: Suburban Lecture: Current Cardiac Guidelines</b> 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</p>	<p><b>5</b></p> <p>9:15 a.m.: Fit-4-Ever <b>9:45 a.m.: Depart for White House</b> 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya <b>7:30 p.m.: Concert: Friday Morning Music Club</b> <b>Happy Hanukkah!</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Booksinging with Tom DeFrank: Write it When I'm Gone</b></p>	<p><b>7</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>1</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>9</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>10</b></p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>11</b></p> <p><b>7:30 a.m.: Depart for Philadelphia</b> 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</p>	<p><b>12</b></p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling <b>1 p.m.: Ed Fritz: "Hamilton, Helmsman of History"</b> <b>7:30 p.m.: Concert: Flutar</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Connie Morella</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>16</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>17</b></p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Walter Isaacson: Einstein</b></p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>12:30 p.m.: Vision Support Group</b> 1 – 2:45 p.m.: Blood Pressure Screening <b>2:30 p.m.: Depart for Botanic Garden</b> 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>19</b></p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish <b>7:30 p.m.: Concert: Flory Jagoda</b></p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: The Ultimate Gift</b></p>	<p><b>21</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Bridge Group</p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>23</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>24</b></p> <p><b>Center Open 9 a.m. to 2 p.m.</b> 10 a.m.: Great Books</p>	<p><b>25</b></p> <p><b>Merry Christmas! Center Closed</b></p> 	<p><b>26</b></p> <p>10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Ashbrook and Oorts</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble <b>7 p.m.: Movie: Ratatouille</b></p>	<p><b>28</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group</p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club</p>
<p><b>30</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>31</b></p> <p><b>Center Open 9 a.m. to 5 p.m.</b> 10 a.m.: Great Books 1 p.m.: Bridge Group</p>					

### 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.

### No MVA Bus in December!

The MVA bus will return to Friendship Heights Village in January.

### 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.

Village Council meetings are held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be Monday, Dec. 10, 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.