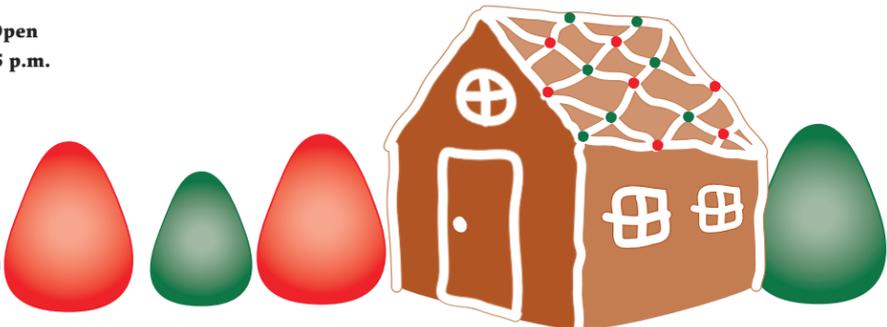




## D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 <b>7 p.m.: Café Muse</b>	<b>2</b> 8:15 a.m.: Walking Club 1 p.m.: All About Balance 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	<b>3</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Si Or - O'g Celtic Christmas</b>	<b>4</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Linda Greenhouse: Thirty Years at the Supreme Court</b>	<b>5</b> 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 pm.: Bridge Group <b>1:30 p.m.: Tea and Talk: Homage to Pavarotti</b>	<b>6</b> 8:15 a.m.: Walking Club <b>1 p.m.: Depart for Olney Theatre</b>
<b>7</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>8</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>9</b> 8:15 a.m.: Walking Club 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates	<b>10</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>1 p.m.: Suburban Lecture: The Aging Athlete</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Cathleen Kenny</b>	<b>11</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Toy Sale</b> <b>7 p.m.: Movie: Recount</b>	<b>12</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	<b>13</b> 8:15 a.m.: Walking Club
<b>14</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>15</b> <b>8 a.m.: Depart for Williamsburg</b> 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.: Spanish 2	<b>16</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 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	<b>17</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>12 p.m.: Lunch</b> <b>1 p.m.: A Christmas Carol</b> 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Friday Morning Music Club</b>	<b>18</b> 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 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Baby Mama</b>	<b>19</b> 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 pm.: Bridge Group	<b>20</b> 8:15 a.m.: Walking Club
<b>21</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>22</b> 9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 6:30 p.m.: Spanish 2	<b>23</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 7 p.m.: Mat Pilates	<b>24</b> <b>Center Open</b> <b>9 a.m. to 2 p.m.</b>	<b>25</b> <b>Merry Christmas!</b> <b>Center Closed</b> 	<b>26</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 pm.: Bridge Group	<b>27</b> 8:15 a.m.: Walking Club
<b>28</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>29</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting	<b>30</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 7 p.m.: Mat Pilates	<b>31</b> <b>Center Open</b> <b>9 a.m. to 5 p.m.</b> 			

**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.

## Food and Toy Drive on until Dec. 15

Please bring donations to the Village Center before Dec. 15 and they will be delivered to Manna Food Center before the holidays. 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. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger.

Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. Please no junk food! **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar or box that has already been opened.**

New toys will also be collected and delivered to children in the area.