



F E B R U A R Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life</p>	<p>2</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Da Vinci Code Talk 2:30 p.m.: Drawing and Painting</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p>	<p>4</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Jesse Holt</p>	<p>5</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 1 p.m.: Frederick Moyer in concert 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Secondhand Lions</p>	<p>6</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School</p>
<p>8</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11:30 a.m.: Bones for Life</p>	<p>9</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p>	<p>11</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: The ABCs of Melanoma 1 p.m.: Health Insurance Counseling 3 p.m.: Wearable Art Fashion Show and Tea 7:30 p.m.: Concert: Silver Strings</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Under the Tuscan Sun</p>	<p>13</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School</p> 
<p>15</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>16</p> <p>Presidents’ Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training</p> 	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p>	<p>18</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Diz Russell</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 11 a.m.: Depart for BMA 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 6 p.m.: Dance N’ Tone 7:30 p.m.: Café Muse</p>	<p>20</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: “The Kingfish” 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School</p>
<p>22</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>23</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Walter Shapiro</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 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>25</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 12 p.m.: African-American History Month Program 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Sounds East</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Depart for Hexagon 7:15 p.m.: Movie: Radio</p>	<p>27</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: “Ready, Set, Sing” 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 – 5 p.m.: Blind Faith School</p>
<p>29</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, February 9. 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.</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.

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.

Special lunch and program

This month’s Special Lunch, will be held on **Friday, Feb. 20, at 12:15 p.m.** Lunch will be spaghetti with meat sauce, salad, vegetable medley, garlic bread, and carrot cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Feb. 18.

After lunch, please stay to enjoy a special production of “The Kingfish,” starring Barry Abrams as Huey Long at **1 p.m.** See page 4 for details.