



F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Writing Your Life
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
5 p.m.: Intermediate Bridge
7:30 p.m.: Great Courses: "Thoreau"

2

9:15 a.m.: Fit 4-Ever
9:15 a.m.: Depart for Cryptologic Museum
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1 p.m.: Portraiture in Pencil and Pastel

3

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.: Balance and Fall Prevention
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Babies

4

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.: Water Color Painting
2 p.m.: Tea and Talk: Feng Shui

5

8:15 a.m.: Walking Club

6

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

7

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
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Café Muse
7 p.m.: Yoga

8

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Writing Your Life
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
5 p.m.: Intermediate Bridge

9

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
1 p.m.: Suburban Lecture: Diabetes Management
1 p.m.: Health Insurance Counseling
7:30 p.m.: Concert: Ming Hui School

10

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.: Balance and Fall Prevention
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Secretariat

11

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.: Water Color Painting

12

8:15 a.m.: Walking Club
10 a.m. to 1 p.m.: Children's Valentine Workshop

13

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
11:30 a.m. – 1:30 p.m.: Art Reception

14

9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Yoga
8 P.M.: Friendship Heights Council Meeting and Budget Hearing



15

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m.: Writing Your Life
11 a.m.: Village Book Club
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
5 p.m.: Intermediate Bridge
7:30 p.m.: Great Courses: "Thoreau"

16

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Black History Program
7:30 p.m.: Tales in the Village

17

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
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Salt

18

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
1 p.m.: Water Color Painting

19

8:15 a.m.: Walking Club

20

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

21

Presidents Day Center Open 9 a.m. to 2 p.m.

10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya

22

8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Balance and Fall Prevention
12:30 – 2:30 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
2:30 – 4:30 p.m.: Suburban Nurse Specialist
5 p.m.: Intermediate Bridge
7 p.m.: Pilates

23

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
1 p.m.: Health Insurance Counseling
7:30 p.m.: Concert: Eric Byrd

24

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.: Balance and Fall Prevention
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Wall Street :Money Never Sleeps

25

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
2 p.m.: Tea and Talk: The Underground Railroad

26

8:15 a.m.: Walking Club

27

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

28

9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Bus
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
2:30 p.m.: Acrylic or Oil Painting
7 p.m.: Yoga

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.

Thank you generous neighbors!

A big thank you to all the Village residents who donated 354 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provided nutritious food to 35,908 households last year. Donated new toys were given to a church program where parents "shopped" for their children's Christmas gifts.

The U.S. Parole Commission will host its Annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 16, at 12 p.m.** This year's theme is "African Americans and Civil War." All are invited to attend; registration is not necessary.

