



J A N U A R Y

SUNDAY

MONDAY

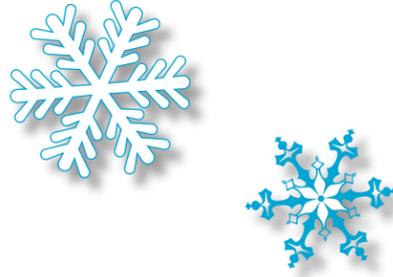
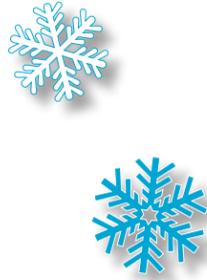
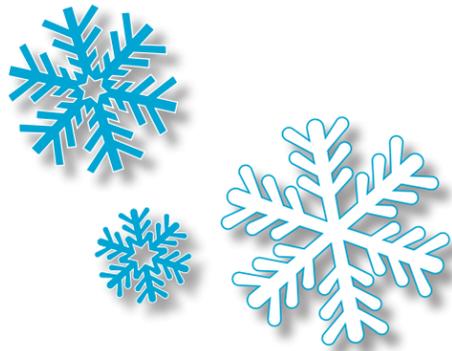
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>2</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>3</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>4</p> <p>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 7 p.m.: Pilates 7:30 p.m.: Great Courses: "Emerson Today"</p>	<p>5</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Depart for the Phillips 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel</p>	<p>6</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.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Temple Grandin</p>	<p>7</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</p>	<p>1</p> <p>8:15 a.m.: Walking Club</p> <p>New Year's Open House 2 to 3:30 p.m.</p> <p>Shuttle Bus runs 1:30 p.m. to 4 p.m.</p>
<p>9</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>10</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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: Knee Pain 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Ellen Tenenbaum</p>	<p>13</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.: Playtime 1 p.m.: Balance and Fall Prevention 4- 4:30 p.m.: Free Yoga Demonstration 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Date Night</p>	<p>14</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.: Water Color Painting 2 p.m.: Tea and Talk: Bouncing Back</p>	<p>8</p> <p>8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette</p>
<p>16</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>17</p> <p>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.</p> <p>Shuttle Bus runs on week-end schedule 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p>18</p> <p>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 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse 5 p.m.: Intermediate Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses: "Emerson Tomorrow"</p>	<p>19</p> <p>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 7:30 p.m.: Tales in the Village</p>	<p>20</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.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Eat Pray Love</p>	<p>21</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.: Water Color Painting</p>	<p>22</p> <p>8:15 a.m.: Walking Club 12:45 p.m.: Depart for Signature Theatre</p>
<p>23</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>24</p> <p>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</p>	<p>25</p> <p>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 p.m.: Pilates</p>	<p>26</p> <p>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: Barrie Goodman Jazz</p>	<p>27</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.: Balance and Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Invictus</p>	<p>28</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.: Water Color Painting</p>	<p>29</p> <p>8:15 a.m.: Walking Club</p>
<p>30</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>31</p> <p>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.: Yoga</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.

Save the date!

Tickets haven't yet gone on sale to the public for the Kennedy Center's production of *Follies*, one of Stephen Sondheim's greatest musicals, winner of seven Tonys, and starring Bernadette Peters. But we already have discounted Orchestra seats for the evening performance on **Wednesday, June 1**. Look for details in a later newsletter- and mark your calendar.



The Village Book Club will meet this month on **Tuesday, Jan. 18 at 11 a.m.** The book selection is *Blink* by Malcolm Gladwell.