



Friendship Heights

VILLAGE NEWS



Kings Contrivance

page 3

JANUARY 2011

301-656-2797

VOLUME 25, NO. 8

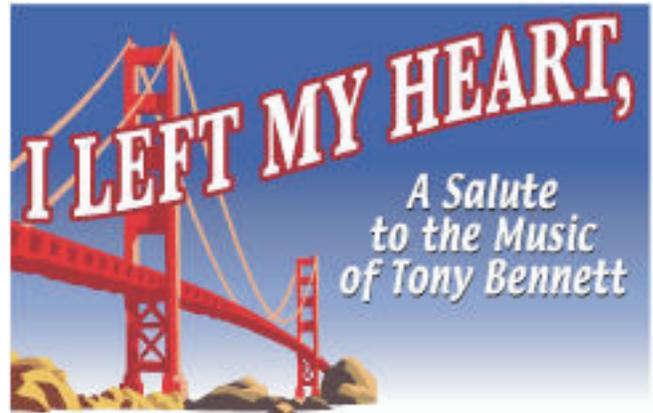
A Musical Valentine from Toby's Dinner Theatre

Celebrate the romance of the season at a lunchtime performance of *I Left My Heart – A Salute to the Music of Tony Bennett* at Toby's Dinner Theatre on **Wednesday, Feb. 16.**

This jazzy new musical revue is performed by several different vocalists and sports a thrilling score of 40 standards all recorded by Tony Bennett over four decades from his early top-40 hits to his torch songs and film scores.

Before the performance, we'll enjoy a luncheon buffet that includes steamship round, roast turkey, baked Virginia ham, steamed shrimp, stuffed chicken breast, pasta, vegetables, salad bar and yummy desserts.

We will leave the Center at 9:45 a.m. and return before



4 p.m. The cost of the trip, which includes lunch, ticket, transportation, and all gratuities is \$69. The deadline to register is Jan. 14. Residents and one guest may sign up immediately; nonresidents may sign up Jan. 7.

New Storytelling Series at the Center

It has been described as an ancient art form, a valuable form of human expression, the currency of our human contact. It is storytelling.



Ellouise Schoettler

This month the Friendship Heights Village Center inaugurates a new aspect of its Wednesday night concert series with the introduction of "Tales in the Village."

"It's hard to believe but many people think storytelling is just for children," said Ellouise Schoettler,

"Tales in the Village" producer.

"This new series is a terrific opportunity to discover that, no matter your age, a story is the shortest distance between two people."

Beginning on **Wednesday, Jan. 19**, and continuing every third Wednesday through May, the Village will welcome a host of storytellers, known nationally and internationally. The performances will begin at 7:30 p.m. and last one hour.

To kick off the series, Ms. Schoettler, a professional storyteller for more than 20 years, has invited two friends who just happen to be two of the area's most talented storytellers, Noa

Baum and Linda Fang, to join her.

Ms. Baum was raised in Jerusalem and holds a bachelors degree in fine arts from Tel Aviv University and a masters degree in educational theater from New York University. She has several artist awards from the Maryland State Arts Council and the Arts & Humanities Council of Montgomery County.

Ms. Fang's career as a storyteller began when a teacher in Shanghai, who wanted to help the 10-year old overcome her shyness, handed her a book and said, "Go and read the story, my child. Come back tomorrow and see if you can tell it to me."

Continued on page 6

CHILDREN'S PROGRAMS

Our children's art camp set for June

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 27 through Friday, July 1**. Children ages 5 to 10 will learn a variety of fine arts projects. The camp takes place from 9:30 to 12:30 daily at the Village Center. This camp is run by our curator Millie Shott. Sign up immediately at the Village Center to ensure a space — this camp will fill up quickly. Children must have completed kindergarten to qualify.

Yoga for You... and your child

Shape up and spend some quality time with your child at the same time by taking our four-week Parent/Child Yoga Course this February at the Village Center.

"Starting yoga when young gives children an excellent foundation in life," said instructor Alexandra Bauer. "With their natural flexibility and sense of balance, they usually find it easy to adopt the postures and can make rapid progress."

By recognizing that children's muscles and bones are still growing, instructor Alexandra Bauer, a Village resident, customizes the class for children, making sure they get into proper poses without forcing their bodies. The class will focus on proper breathing and physical yoga exercises as prescribed by the Sivananda Yoga Course.

Ms. Bauer also seeks to make yoga fun with postures named after animals. The hour-long class begins **Thursday, Feb. 3 and continues each Thursday through Feb. 24**. Class time is 3:30-4:30 p.m.

The class is open to children ages 6 through 12, and their parents or guardians. Children must be accompanied by a parent or guardian. This is not a drop-off course.

The cost of the class is \$80, which includes instruction for parent and child, for the four-week course. Comfortable clothes and a yoga mat for each participant is recommended. The deadline to sign up is Tuesday, Feb. 1

Ms. Bauer will conduct a **free demonstration on Thursday, Jan. 13, from 4 to 4:30 p.m.** at the Village Center.

For more information, call the Village Center at 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the February issue is January 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Do you know the code?

Take a peek at the secret world of code-making and code-breaking as we visit the National Security Agency's National Cryptologic Museum on Groundhog Day — **Wednesday, Feb. 2**. We'll get a glimpse of some of the thousands of artifacts on display.

Following our tour, we'll enjoy a three-course luncheon nearby at the beautiful Kings Contrivance restaurant near Columbia, Md. Our first course will be the soup du jour, followed by an entrée of your choice – beef tenderloin tips with pan-seared peppercorn sauce, penne pomodoro with fresh tomato sauce, basil, parmesan and eggplant, chicken piccata, or tuna sashimi. For dessert, choose English trifle, ice cream or sorbet.

We'll depart from the Village Center at 9:15 a.m. and should return by 3:15 p.m. The cost of the trip, which includes round-trip transportation, tour, lunch at Kings Contrivance, and all taxes and gratuities, is \$63.

Sign-ups begin immediately at the Village Center.

Rothko, Rubens, and Renoir: Oberlin Masterworks at the Phillips

Start the new year with a view of old masters and modern works when we visit "Side by Side: Oberlin's Masterworks at the Phillips" on **Wednesday, Jan. 5**.

The exhibit juxtaposes 25 pieces from the Allen Memorial Art Museum at Oberlin College in Ohio with about 40 works from the Phillips Collection. Among the artists featured are Cezanne, Monet, Picasso, Kirchner, Rothko, Renoir, Rubens, Cavaliere d'Arpino, and Hendrick ter Brugghen.

The Phillips is the only gallery outside Ohio on this tour. This is one of the last opportunities to see the show before it closes on Jan. 13.

We'll depart from the Village Center at 10:15 a.m.

After a docent-led tour of the exhibit, you'll have time to enjoy lunch on your own at the Phillips café. You'll

Continued on page 5

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Tea and Talk: Bouncing back from loss

Village resident Donna Marie Thompson, author, speaker, and trainer, will discuss surviving and recovering from devastating loss—whether it be financial or emotional or setbacks due to physical injury and illness- at the Village Center on **Friday, Jan. 14, at 2 p.m.**

Ms. Thompson was a successful businesswoman with advanced degrees and was well versed in the complex worlds of business and finance. But nothing prepared her for a series of personal tragedies that befell her. As a result of her experience, she has developed a successful coaching program and enjoys sharing her “lessons learned” with others.

She is host of the “Bouncing Back Now” show on Blog Talk Radio where she interviews interesting guests on the topics of self esteem, personal development, beliefs, and personal energy and is the author of *Bouncing Back From Loss: How To Learn From Your Past, Heal The Present, And Transform Your Future*.

Afterward, please stay for tea. Let us know you are coming by calling 301-656-2797.

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Rothko, Rubens, and Renoir, *continued from page 3*

also be able to explore the permanent collection and visit the gift shop before we return to the Village Center at 3:30 p.m.

THE PHILLIPS COLLECTION

The cost of the trip, which includes round-trip transportation, admission to the Phillips, docent-led tour and all taxes and gratuities, is \$40.

Sign up immediately at the Village Center—just a few spaces remain.

Tea and Talk: A Feng Shui workshop

Dr. Katherine Morris, a psychologist, certified Feng Shui practitioner, and Village resident, will discuss the ancient Chinese system of aesthetics at the Village Center on **Friday, Feb. 4, at 2 p.m.**

Feng Shui is the art of selecting and placing objects in our home and workspace so we might live in harmony with our environment. Come and learn how to get more energy using this ancient philosophy. Afterwards, please stay for tea. Let us know you are coming by calling 301-656-2797.

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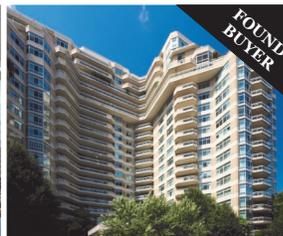
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PLAYING on the BIG SCREEN

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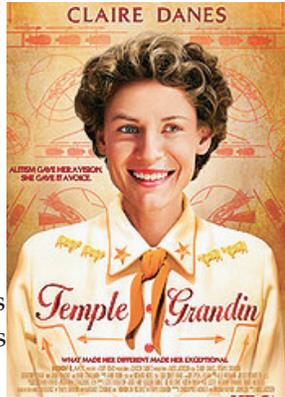
A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Jan. 6, 7 p.m. — Movie — *Temple Grandin*

—Emmy winner Claire Danes stars as Temple Grandin, a brilliant young woman coping with the stigma of autism at a time when it was misunderstood. With the support of her loving family, Temple dedicates herself to learning and becomes a famed animal behaviorist. Her passion for animals gives her a unique ability to understand them, and she fulfills her love of education by teaching about autism and the most humane ways to treat both livestock and pets. Stars Claire Danes, Catherine O'Hara, Julia Ormond, and David Strathairn. Not Rated. Running Time: 120 minutes.



Along the way, she meets a bevy of characters and, possibly, her true love. Rated PG-13. Running Time: 140 minutes.

Thursday, Jan. 27, 7 p.m. — Movie — *Invictus* —

In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. The film stars Morgan Freeman as Mandela and Matt Damon as Francois Pienaar, the captain of the scrappy South African team that makes a run for the championship. Rated PG-13. Running Time: 133 minutes.

Thursday, Jan. 13 , 7 p.m. — Movie — *Date Night*

—Dragged down by the daily grind, suburbanites Phil and Claire try to put the spark back in their marriage by visiting a trendy Manhattan bistro. They get more than they bargained for when a case of mistaken identity has them running for their lives. Stars Tina Fey, Steve Carell, Mark Wahlberg and James Franco. Rated PG- 13. Running Time: 102 minutes.



Linda Fang



Noa Baum

New Storytelling Series continued from page 1

She began telling stories, went on to win storytelling competitions and now as a professional storyteller delights hundreds of children and adults every day.

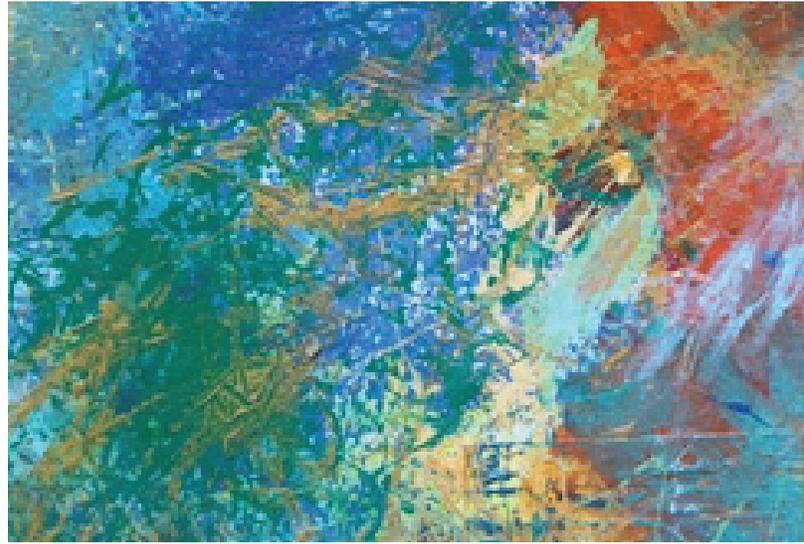
Ms. Schoettler, who grew up in North Carolina listening to aunts and uncles spin tales on her Granny's porch, now offers audiences a new kind of front porch experience.

"We will be bringing a wide variety of wonderful storytellers to open minds and hearts to this oldest of art forms," said Ms. Schoettler.

ART and CULTURE

Ross Ruot to exhibit in January

Ross Ruot, a self-taught artist, will exhibit this month in Friendship Gallery. Mr. Ruot began painting when he moved to Washington and looked for art to fill his empty walls. Frustrated by the choices of art he could afford, he purchased a canvas, a brush and paint. His first small, abstract painting awoke a passion he never knew existed. His artistic style has evolved with the exploration of incorporating mixed-media into his work. His collage work is inspired by found photos, unusual



Painting and collage by Ross Ruot



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materials, book and magazine graphics.

The exhibit runs from January 3 to 31. All are invited to a reception to meet the artist on **Sunday, Jan. 16, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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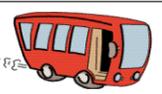


J A N U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						
2	3	4	5	6	7	1
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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	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"	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	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	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette
9	10	11	12	13	14	15
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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	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	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	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	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	8:15 a.m.: Walking Club
16	17	18	19	20	21	22
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 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	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"	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	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	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	8:15 a.m.: Walking Club 12:45 p.m.: Depart for Signature Theatre
23	24	25	26	27	28	29
9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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	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	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	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	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	8:15 a.m.: Walking Club
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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

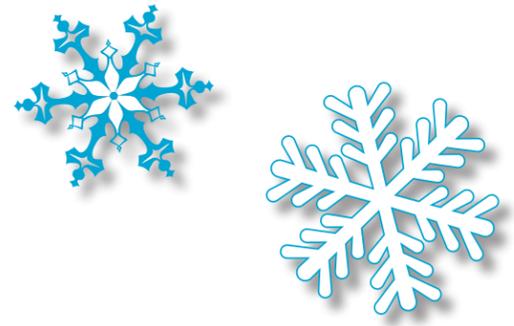
Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

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.





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Jan. 6. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends March 10. Maximum number is 16.

BASIC WATER COLOR PAINTING

A 6-week course for all skill levels, taught by Millie Shott, begins Jan. 14. Meets Fridays from 1 to 3 p.m. Covers mixing colors, washes, brush textures, landscape and florals. Students supply brushes, paper and painting board. Supply list available at sign-up. The cost is \$70. Maximum number is 10. Last class is Feb. 18.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan. 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Feb. 9.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Jan 6. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed

out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is March 10.

Bridge

INTERMEDIATE BRIDGE

This 7-week series taught by Frank Shull, a life master at bridge, begins Jan. 11. Meets Tuesdays from 5 to 7 p.m. Students will learn the following bridge challenges: counting winners and entries in no trump; counting losers and drawing trump; promotion in suits and no trump; using length in suit and no trump; planning to win the finesse; dummy points and trumping in dummy; discarding losers. Call Frank with questions at 301-520-9968. The cost is \$105. Session ends Feb. 22.

COMPOSITION

WRITING YOUR LIFE

This 8-week course begins Jan. 18. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will include writing exercises, discussions and readings. The instructor is journalist Lynne Vance, who has had 20 years experience of writing and editing. Cost is \$75. Minimum number is 6; maximum is 10. Class ends March 8.

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION (THURSDAY)

Now you can take this popular class twice a week! The 12-week session begins Jan. 6. Meets Thursdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$124 for residents; \$134 for nonresidents. Session ends

March 31 (class will not meet Feb. 17). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE AND FALL PREVENTION (TUESDAY)

This 12-week class begins Jan. 4. Meets Tuesdays, from 1 to 1:50 p.m. See description above. The cost is \$124 for residents; \$134 for nonresidents. Session ends March 29 (class will not meet Feb. 15).

CHAIR EXERCISE WITH TONYA

This 8-week class begins Jan. 5. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$82 for residents; \$89 for nonresidents. Session ends March 2 (class will not meet Feb. 16).

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Jan. 4. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance, flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat and a set of 1-, 2-, or 3 - lbs. weights. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$85 for residents and \$90 for nonresidents. Minimum number is 10- class will be cancelled if we do not have minimum by noon on Jan.

4. Sorry- no exceptions. Questions? Email Gingerrusteach@yahoo.com. Session ends Feb. 8.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 7. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$55 for residents; \$60 for nonresidents. Session ends Feb. 11.

STRENGTH TRAINING WITH TONYA

This 8-week class begins Jan. 3. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$82 for residents; \$89 for nonresidents. Session ends Feb. 28 (class will not meet Feb. 14).

YOGA (DAY)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 23. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Feb. 20. Session ends April 3. To get a preview of the class, watch "Cherryblossom Yoga with Robin Dinerman," on Cable Channel 16, Wednesdays at 8:30 p.m. and Thursdays at 7 p.m.

YOGA (EVENING)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 24. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Feb. 21. Session ends April 4.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented many Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates and subject matter.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

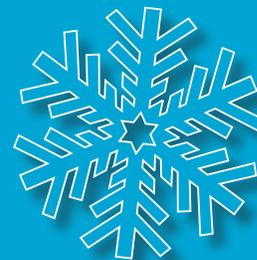
YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

CONCERTS

During the winter months, concerts are performed the second and fourth Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. The third Wednesday of the month features "Tales in the Village," a special storytelling series.

As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.



Wednesday, Jan. 12 — Ellen Tenenbaum — Ellen Tenenbaum studies piano with Leander Bien, having studied with Carolyn Lamb Booth from 2000 to 2009. Ellen performs at Strathmore Mansion, Georgetown University Hospital, embassies and local community centers and churches. She is an active member of the Adult Music Student Forum, the Friday Morning Music Club, and the Piano Society of Greater Washington. The Piano Society of Greater Washington gives five performances a year at Calvary Lutheran Church in Silver Spring. Ellen's professional career has been at Westat, a large research and evaluation firm in Rockville, Maryland. She wrote the book *The Politics of Mistrust*, with Aaron Wildavsky. Her husband Bernard is an energy consultant at the World Bank, and they have three grown children. Her program will include works by Mozart, Beethoven, Chopin and Debussy.

Wednesday, Jan. 19 — 'Tales in the Village' — Storytelling featuring Ellouise Schoettler, Linda Fang and Noa Baum. Please see page 1 for details.

Wednesday, Jan. 26 — Barrie Goodman Jazz — Jazz instrumentalist and cabaret singer and actress Patsy Grady Abrams team up for a night of nostalgic music ranging from the '20s to the '50s.

Landon Symphonette presents a program of waltzes

On **Saturday, Jan. 8, at noon**, the Landon Symphonette Chamber Ensemble will present a program of favorite vocal selections. Johannes Brahms orchestrated nine of his popular *Liebeslieder Waltzes* for quartet and orchestra. Gina Watson Powell, Suzanne Chadwick, John Day, and Bryan Jackson will bring these waltzes to life. Also on the program are opera arias from *The Abduction from the Seraglio* and *The Marriage of Figaro*; from *Il Trovatore*, and the splendid *Rigoletto Quartet*.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

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TO YOUR HEALTH

Dashing Away Knee Pain

Considering knee replacement surgery? Orthopedist Dr. William Sadlack explains how computer assisted knee replacement surgery is paving the way to a shorter hospital stay and quicker rehabilitation at this month's Suburban Health Lecture at the Village Center on **Wednesday, Jan. 12, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



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patients is tooth sensitivity, at least 40 million adults in the U.S. suffer from this. Tooth sensitivity is caused by both the loss of tooth enamel covering dentin (layer beneath the enamel that contains the inner pulp or nerve) and exposure of the root surface. Common actions such as brushing too hard, using abrasive toothpaste (tartar control), drinking too many acidic drinks (soda and citric juices) and grinding of the teeth can contribute to a loss or flaking of the enamel. Acid reflux and bulimia may also result in erosion of enamel. If a tooth is highly sensitive 3 or 4 times a day, you must visit the dentist since pain symptoms can be similar and you could have a cavity, or a fractured tooth that is not yet visible. The dentist may prescribe a fluoride gel or over the counter desensitizing toothpaste, sealants or other protective coating and fillings which blocks the transmission of sensation from the outside of the tooth to the nerve. I wish you a happy new year, full of smiles!

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Email dentist@hosakadental.com for questions or comments.

Vision Support Group: Practical Tips to Maximize your Sight

Make a New Year resolution to maximize your usable sight. Bring a bag lunch to the Village Center on **Tuesday Jan. 18, at 12:30 p.m.** and share in a lively discussion on how we all can optimize the use of our sight. Bring personal tips on what works for you and learn from others. If there is one thing this group has learned in 2010 is how much can be learned through mutual support!

Peanut butter, jelly, and bread will be supplied if you don't have time to fix a lunch. Dessert and beverage will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register. Remember you don't have to have poor sight to participate.



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Cafe Muse presents...

On **Monday, Jan. 3, at 7 p.m.**, Café Muse presents poets Alexandra van de Kamp and Charlie Jenson.

Alexandra van de Kamp is the author of three chapbooks, and the full-length collection, *The Park of Upside-Down Chairs*. She is one of the founding editors of *Terra Incognita*, an international literary/cultural journal in English and Spanish.

Charlie Jenson is the author of a full-length collection, *The First Risk*, and three chapbooks, including *Living Things*, which won the 2006 Frank O'Hara Chapbook Award. His poems appear in numerous publications including *New England Review*, *The Journal*, *Willow Springs*, and *32 Poems*.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.



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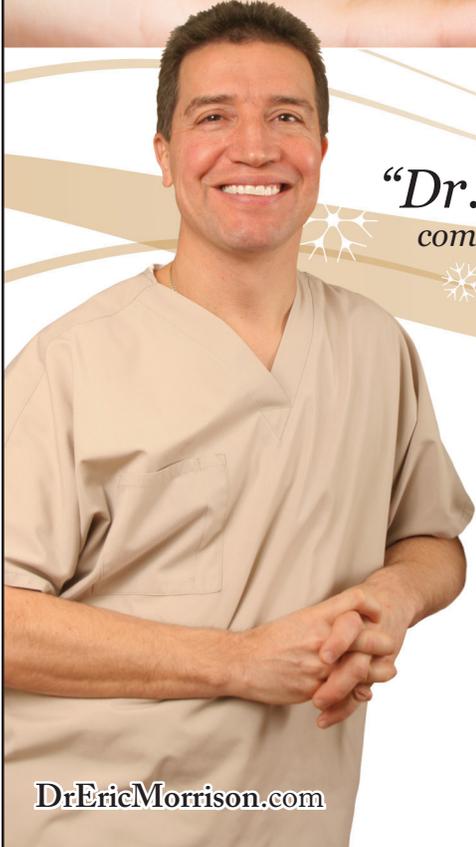


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Village Council Corner

4602 North Park work complete



Approximately 1700 square feet of space is now available in the Village owned property at 4602 North Park Avenue. 4602 is a circa 1938 brick house, converted to office space, that is one of the last single family properties left in the Village. It is about two blocks from the Washington, DC line, an easy walk to the Friendship

Heights metro, and served by our shuttle bus.

The space consists of 10 rooms and 3 bathrooms on two floors (the Police Field Office will remain on the lower level). There are interesting dormers, operable windows, and a fireplace. Renovations include re-finished hardwood floors, new carpeting, and fresh paint (see photos at right). There is designated on-street parking for two cars, plus off-street parking behind the building. For more information call the Village Center at 301-656-2797.



New Email alert system

Following a recommendation from our Community Advisory Committee, we are announcing a new email alert system that will send reminders about our newsletter and other information posted on our website. To sign up, send an email to jmansfield@friendshipheightsmd.gov. You will then receive an email every month starting at the end of January. The email will include a direct link to our website.

Council actions at the December 13 meeting:

- Appointed Margaret Downey to serve on the Community Advisory Committee.
- Approved distribution of cable television grant from Montgomery County to Montgomery Municipal Cable (pending receipt from County).



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

January 2011 events calendar