

# Friendship Heights Village Center



# Calendar of Events 2011

## J U L Y

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

The Friendship Heights Village Council's next meeting will be **Monday, July 25, at 8 p.m.** The agenda will be posted prior to the meeting. The Village Council will not meet in August.

					1 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 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
3 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	4 <b>Center open 9 to 2 to 4 p.m.: Fourth of July Celebration</b> Shuttle bus runs on weekend schedule 	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: Herman Melville	6 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Choral Ensemble <b>7 p.m.: Concert: IONA</b>	7 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 <b>7 p.m.: Movie: Despicable Me</b>	8 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 <b>1 p.m.: Breast Cancer Surgery and Reconstruction</b>	9 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
10 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	11 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 Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: One-day Bridge 7 p.m.: Pilates	13 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya <b>1 p.m.: Suburban Lecture: Your Bones' Best Defense</b> 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Choral Ensemble <b>7 p.m.: Concert: Calico Jack</b>	14 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Balance and Fall Prevention 5:30 p.m.: Art, Music and Wine 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting	15 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 <b>2 p.m.: Tea and Talk: Cuban Missile Crisis</b>	16 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
17 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	18 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books <b>10 a.m. – 2 p.m.: MVA Bus</b> 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse	19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance Class 3 – 4 p.m.: Tea 4 to 7 p.m.: Vision Screenings 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses 7:30 p.m.: Zumba Demo	20 9:15 a.m.: Fit 4-Ever 11 a.m.: Chair Exercise with Tonya <b>11 a.m.: Depart for Baltimore</b> <b>7 p.m.: Concert: Mariachis de Los Compadres</b>	21 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji <b>10 a.m. – 2 p.m.: Splash Party/Willoughby Park</b> 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Fall Prevention 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Joe Yonan: Serve Yourself</b>	22 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting	23 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
24 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	25 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 Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</b>	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12:30 – 4:30 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist	27 9:15 a.m.: Fit 4-Ever 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling <b>7 p.m.: Concert: Jeff Smith and His band of Steves</b>	28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 <b>7 p.m.: Movie: Charlie St. Cloud</b> <b>7 p.m.: Depart for Wolf Trap</b>	29 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Water Color Painting	30 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
31 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers						

**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.

### A Reminder About our Refund Policy for Trips

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc.) is not refundable at any point after registration unless the space can be filled from the waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled at least seven days ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.