



J A N U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>1</p> <p>New Year's Open House 2 to 3:30 p.m.</p> <p>Shuttle Bus runs from 1:30 to 4 p.m.</p>	<p>2</p> <p>Center Open 9 a.m. to 2 p.m.</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books</p> <p>Shuttle Bus runs on weekend schedule</p>	<p>3</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Stowe</p>	<p>4</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel</p>	<p>5</p> <p>8:15 a.m.: Walking Club 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: The Help</p>	<p>6</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>7</p> <p>8:15 a.m.: Walking Club 12 p.m.: Landon Symphonette</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</p>	<p>9</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 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.: Chair Exercise 1 p.m.: Suburban Lecture: Spinal Stenosis 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Seraphim</p>	<p>12</p> <p>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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>13</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>14</p> <p>8:15 a.m.: Walking Club</p>	
<p>15</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>16</p> <p>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya</p> <p>Shuttle Bus runs on weekend schedule</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Emily Dickinson</p>	<p>18</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 5 p.m.: Beginning Bridge class 7:30 p.m.: Tales in the Village featuring Donna Ingham</p>	<p>19</p> <p>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.: Hot Tips For Today's Job Market 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting</p>	<p>20</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>21</p> <p>8:15 a.m.: Walking Club 6:15 p.m.: Depart for Capitol Steps</p>	
<p>22</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>23</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge class 7 p.m.: Mat Pilates</p>	<p>25</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 2 p.m.: Tea and Talk: Joan Hart on Mark Rothko 5 p.m.: Beginning Bridge class 7:30 p.m.: Concert: Edita Vinnitskaya</p>	<p>26</p> <p>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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Kenneth Walsh</p>	<p>27</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>28</p> <p>8:15 a.m.: Walking Club</p>	
<p>29</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>30</p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: An Evening with Rep. Chris Van Hollen</p>	<p>31</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10:30 a.m.: Depart for Baltimore 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 5 p.m.: Bridge class 7 p.m.: Mat Pilates 7:30 p.m.: Great Courses: Dickinson</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.



Mark Rothko featured in upcoming events

- **Tea and Talk: Jan. 25**
- **Trip to Phillips Collection: Feb. 15**
- **Red at Arena Stage: March 3.**

