

Friendship Heights Village Center



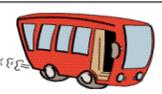
Calendar of Events 2012

M A R C H

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Tea and Talk: Vincent Van Gogh
 In preparation for our trip in Philadelphia in April to see the Van Gogh exhibit, art historian Joan Hart will lecture on the artist on Wednesday, April 11, at 3 p.m. Check the April newsletter for details.

<p>4 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>5 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.: Café Muse 7 p.m.: Yoga</p>	<p>6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Shaping Life Tales 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</p>	<p>7 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 5 p.m.: Beginning Bridge class</p>	<p>1 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.: Movie: Crazy, Stupid, Love</p>	<p>2 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>3 8:15 a.m.: Walking Club 7 p.m.: Depart for Arena Stage</p>
<p>11 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</p>	<p>12 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 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting and Budget Hearing</p>	<p>13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Shaping Life Tales 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: Dickinson's Legacy</p>	<p>14 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Suburban Lecture: Good Nutrition 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling 5 p.m.: Beginning Bridge class 7:30 p.m.: Concert: Friday Morning Music Club</p>	<p>8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11:10 a.m.: Children's music class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Tree of Life</p>	<p>9 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>10 8:15 a.m.: Walking Club</p>
<p>18 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19 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>20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Shaping Life Tales 11 a.m.: Village Book 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</p>	<p>21 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Photography class 5 p.m.: Beginning Bridge class 2 p.m.: Tea and Talk: Civil War Nurses" 7:30 p.m.: Concert: Tales in the Village- Noa Baum</p>	<p>15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11:10 a.m.: Children's music class 12:30 p.m.: Vision Support 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Ides of March</p>	<p>16 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>17 8:15 a.m.: Walking Club</p> 
<p>25 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26 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</p>	<p>27 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Shaping Life Tales 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: Tom Sawyer</p>	<p>28 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Brothers Flanagan</p>	<p>22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11:10 a.m.: Children's music class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Midnight in Paris</p>	<p>23 8:45 a.m.: Depart for Kennedy Center 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>24 8:15 a.m.: Walking Club</p>
<p>25 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26 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</p>	<p>27 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Shaping Life Tales 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: Tom Sawyer</p>	<p>28 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Photography class 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Brothers Flanagan</p>	<p>29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11:10 a.m.: Children's music class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Dolphin Tale</p>	<p>30 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>31 8:15 a.m.: Walking Club</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 dates!
Friday, June 15 Evening Nationals/Yankees game
Thursday, June 28 Evening performance of "Memphis" at the Kennedy Center

Look for details in a later newsletter and mark your calendar now!

