



# Friendship Heights

# VILLAGE NEWS

OCTOBER 2013

301-656-2797

VOLUME 28, NO. 5



Artisan Fair  
page 2

## Rare books expert to speak at Center

Allan J. Stypeck, President of Second Story Books, Inc. and an expert appraiser of printed material, will speak at the Village Center on **Thursday, Oct. 17, at 7:30 p.m.**

Mr. Stypeck's talk will focus on the value and purpose of collecting books and paper items with an emphasis on Holocaust-related materials. He has appraised thousands of books, manuscripts, stamps, photography, phonograph records, and antiques. A Senior Member of the American Society of Appraisers accredited in Books and Manuscripts, he is often called upon to conduct appraisals by the Library of Congress, the Smithsonian Institution, the National Archives, universities, and many other organizations. Mr. Stypeck will return to the Center on Wednesday, Nov. 20, at 2 p.m. to appraise printed materials brought in by Village residents (see the November News for details).

Please sign up for this interesting evening by calling 301-656-2797.

## If/Then at the historic National Theatre

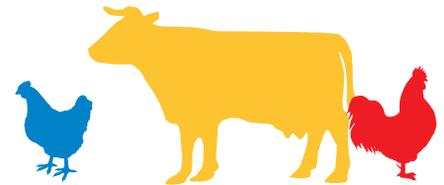
Join us for an exciting evening of theater when we travel downtown **Tuesday, Dec. 3** to see Tony Award-winner Idina Menzel starring in the pre-Broadway world premiere of *If/Then*.

Ms. Menzel was nominated for a Tony for her performance in the musical *Rent*, and in 2004 she won the Tony Award for playing Elphaba in the Broadway blockbuster *Wicked*. She has also guest starred in several episodes of the TV series, *Glee*.

*If/Then* is a new musical from composer Tom Kitt, lyricist/book writer Brian Yorkey, and director Michael Greif – the creative team behind the Pulitzer Prize and Tony Award-winning musical, *Next to Normal*. Ms. Menzel plays Elizabeth, who moves to New York City just before her 40<sup>th</sup> birthday to make a new start. The show will open on Broadway at the Richard Rogers Theater in March.

The National Theatre, known as the "Theatre of the Presidents," first rang up the curtain in 1835. It is the oldest continuously operating theater in the nation's capital and was a prime venue for shows, including *Show Boat*, *West Side Story* and *Hello, Dolly!* on their way to New York for many years. This world premiere will make Washington a Broadway tryout town once more!

We will leave the Village Center at 6:30 p.m. and return before 11 p.m. The cost of the trip, which includes a seat in Center Orchestra, transportation and driver gratuity, is \$116. After Nov. 5, the price will increase to \$124. Residents may sign up immediately at the Village Center; nonresidents may sign up Oct. 22. There are 24 spaces available.



## Children's Farm Trip

Take advantage of the Montgomery County Public School holiday on **Friday, Oct. 18** and enjoy a fun-filled autumn day with your children as we travel to Gaver Farm in nearby Mt. Airy.

This trip is designed especially for children and their parents, with a hayride to a pumpkin patch and a host of family-friendly activities. Gaver Farm's Fall Festival features a 5-acre corn maze and smaller kiddie corn maze, farm animal arena with 12 different animals, jumping pillow, pedal kart track slides, straw activities and much more.

Bring a picnic lunch to enjoy at the farm. There are plenty of picnic tables available for our use. A food grill and sweet shop will also be open for snacks.

Please dress in layers and wear old shoes, comfortable for playing.

We'll depart from the Village Center at 10 a.m. and should return by 3 p.m.

The cost, which includes transportation, admission to the farm, and all the festival activities, for children is \$5. Adults accompanying children are \$8; children 2 and under are free. All other adults are \$20.

Children must be accompanied by an adult. Sign up immediately at the Village Center. The deadline to sign up is Friday, Oct. 12. There are 35 spaces available.

## The Boom Box



We are hard at work planning interesting programs this fall and winter for the Boomers. Topics will include entrepreneurship, volunteering and staying healthy. Other issues of interest to Boomers are dealing with the predicted shortage of caregivers, modifying homes so we can age in place, dating and traveling solo, and, getting documents in order. Anyone with suggestions or an interest in planning is invited to email us at [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov).

**Please save these dates:** Artisan Fair Opening Night on Friday, Nov. 8 from 5:30 to 8 p.m. will feature shoppotunities and wine and cheese; an evening with meditation guru Tara Brach on Nov. 14; and, a theatre trip to see "If/Then" with Idina Menzel on Dec. 3. And keep your eyes open for an invitation for a night of swing dancing!

## Artisan Fair set for Nov. 8 & 9

It's an official tradition in Friendship Heights. Our annual Holiday Affair Artisan Fair is now in its 11th year. The fair offers Friendship Heights residents, friends and neighbors the opportunity to purchase unique, one-of-a-kind gifts from a range of local artisans. This year's fair will take place **Friday, Nov. 8 from 5:30 to 8 p.m. and Saturday, Nov. 9 from 10 to 3 p.m.** at the Village Center. Friday night we'll have complimentary light snacks. Adults over the age of 21 may also purchase, for a nominal fee, a glass of wine to enjoy while browsing among the treasures. Admission is free. For more details, call 301-656-2797.

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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 November issue is October 5th. 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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**Martin Kuhn**

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<b>Jennie Fogarty</b> Staff Writer	<b>Susan C. Zarriello</b> Page Design/Layout

**FRIENDSHIP HEIGHTS VILLAGE COUNCIL**

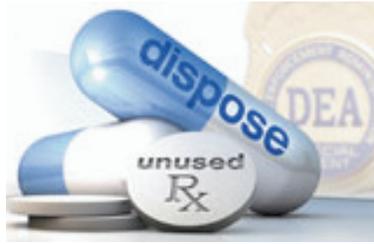
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## Prescription Drug Drop-off

The Friendship Heights Village Center will be a collection site for the National Take Back

Initiative on **Saturday, Oct. 26 from 10 a.m. to 2 p.m.**

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



## Goodwill Pick-up at GEICO

GEICO will host a Goodwill/E-cycling Day on **Saturday, Oct. 12 from 9 a.m. to 1 p.m.** in the parking lot at 5260 Western Avenue in Chevy Chase. Donations accepted include: electronics (in working condition with all parts and cords), radios, stereo systems, mp3 players, VCRs and DVD players, small appliances, computers, any condition software programs less than two years old, gaming systems, and cell phones. Other recyclables household items will also be accepted such as clothes, shoes, toys, books, furniture and lawn equipment (all fuel must be removed prior to donation. For more information, go to [www.dcgoodwill.org](http://www.dcgoodwill.org) and click on Donate.



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## Three moments in U.S. history

Ambassador William Bodde, Jr. will present "Three Crises and Three Presidents who Saved America" at the Village Center on **Thursday, Oct. 24, at 7:30 p.m.**

Presidents Lincoln, Franklin Roosevelt and Kennedy served in different times and faced very different crises. Recent materials shed new light on these remarkable men and their role in critical events in U.S. history.

Ambassador Bodde, a Village resident, was a U.S. Foreign Service Officer from 1962 to 1994. He served as an Ambassador under Presidents Carter, George H. W. Bush, and Clinton, and as Deputy Assistant Secretary of State for European and Canadian Affairs under Pres. Reagan. Island. Please call 301-656-2797 to reserve a seat.

## Meditation guru to speak at the Center

Tara Brach, a leading western teacher of Buddhist meditation, emotional healing and spiritual awakening, will discuss her book, *True Refuge: Finding Peace & Freedom in Your Own Awakened Heart*, at the Village Center on **Thursday, Nov. 14, at 7:30 p.m.**

Ms. Brach has practiced and taught meditation for over 35 years, with an emphasis on vipassana (mindfulness or insight) meditation. She is the senior teacher and founder of the Insight Meditation Community of Washington, one of the largest and most dynamic non-residential meditation centers in the United States. Copies of the book, provided by Barnes and Noble, will be available for purchase with cash or check. Please sign up by calling 301-656-2797.

## A Veterans Day tea and talk

Enjoy the musical program "Kiss Me Once Then Say Goodbye: World War II and The Home Front" at the Village Center on **Friday, Nov. 8, at 1 p.m.**

Professional actress and dancer Anna Hudson brings to life the 1920s, 30s, 40s and 50s in her performance featuring music, dance and dramatic monologues based on famous works of literature from each era. Anna Hudson danced and acted professionally in New York and Europe for 30 years, appearing with such companies as The Martha Graham Dance Troupe, and as a chorus dancer on Broadway in *Pippin*, *Chicago* and *Cats*. During The Vietnam War, Anna danced in several Bob Hope Christmas Shows.

After the performance, please stay for tea. Call 301-656-2797 to reserve a seat.



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## A Jewish woman's journey to Lithuania

Ellen Cassidy will discuss her award-winning book, *We Are Here: Memories of the Lithuanian Holocaust*, at the Village Center on **Monday, Oct. 21, at 7:30 p.m.**

Ms. Cassidy has explored the world of the Lithuanian Holocaust for ten years. She set off into the Jewish heartland of Lithuania to study Yiddish and connect with her Jewish forebears and made some shocking discoveries. What began as a personal quest expanded into a

groundbreaking exploration of how people in Lithuania – Jews and non-Jews – confront their Nazi and Soviet past in order to move forward into the future. *We Are Here* is the winner of the 2013 National Book Prize from Grub Street, the 2013 Towson Prize for Literature, the 2012 Silver Medal for History awarded by the ForeWord Reviews Book of the Year Awards, and the 2013 Prakhin International Literary Foundation Award.

Ms. Cassidy is a former columnist for the *Philadelphia Daily News* and the author of two books. Her articles have appeared in *Huffington Post*, *Ha'aretz*, *Jewish Journal*, *Hadassah*, *The Jewish Forward*, *Jewish Telegraphic Agency*, *Lilith*, *Bridges*, *Utne Reader*, *Polin*, and *Shofar: An Interdisciplinary Journal of Jewish Studies*. Her Yiddish translations appear in *Pakn Treger*.

Copies of the book will be available for purchase with cash or check. Please sign up by calling 301-656-2797.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

## 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, Oct. 3, 7 p.m.**

**— Movie — *Much Ado About Nothing***

— Shakespeare’s classic comedy is given a contemporary spin in Joss Whedon’s film, *Much Ado About Nothing*. Shot in just 12 days (and using the original text), the story of sparring lovers Beatrice and Benedick offers a dark, sexy and occasionally absurd view of the intricate game that is love. Stars Amy Acker, Fran Kranz and Clark Gregg. Rated: PG-13. Running Time: 107 minutes.



**Thursday, Oct. 10, 7 p.m. — Movie — *Iron Man 3*** — Tony Stark wrestles with inner demons while contending with

monsters of his own creation in this sequel from writer\ director Shane Black. Having previously entered another dimension in order to save New York City, Tony remains deeply haunted by the experience. Unable to sleep, he throws himself into his work with such intensity that it begins to take a heavy toll on both his mental health and his relationship with Pepper Potts. Tony has only started to appreciate the gravity of his problems when an enigmatic terrorist named the Mandarin hijacks the airwaves and threatens to bring America to its knees. Stars Robert Downey Jr. and Gwyneth Paltrow. Rated PG-13. Running Time: 130 minutes.

**Thursday, Oct. 17, 7:30 p.m. — *Allan Stypeck*** — see page 1 for details.

**Thursday, Oct. 24, 7:30 p.m. — *Bill Bodde*** — see page 4 for details.

**Thursday, Oct. 31, 7 p.m. — Movie — *Psycho*** — Alfred Hitchcock’s classic suspense horror film centers on the encounter between a secretary, Marion Crane, who ends up in a secluded motel after embezzling money from her employer, and the hotel’s disturbed owner-manager, Norman Bates. Stars Anthony Perkins, Janet Leigh, Vera Miles and John Gavin. Rated: R. Running Time: 109 minutes.



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## Linda Kenyon as Babe Zaharias

Linda Kenyon will portray famed athlete Mildred “Babe” Didrikson Zaharias in a one-woman show called *The Greatest Ever* at the Village Center on **Friday, Oct. 11, at 1 p.m.**

Babe Zaharias was named by The Associated Press in 1950 one of the top ten athletes and the top woman athlete of the 20<sup>th</sup> Century. At the 1932 Olympics, Babe won gold in the javelin throw and 80 meter hurdles, and silver in the high jump. Besides track and field, she mastered tennis, high diving, billiards, baseball, basketball, bowling, and golf, for which she is most remembered.

Linda Kenyon has worked with the Virginia Shakespeare Company, Source Theatre, the Washington Stage Guild and appeared in the movie *Head of State*. She has performed at the Center in the past as Eleanor Roosevelt and Julia Child. The play is a production of The Seniors Theatre and is directed by Ed Starr. After the program please stay for tea. Call 301-656-2797 to reserve a seat.

# ART and CULTURE

## On exhibit this month

You are invited to visit Friendship Gallery this month to see *Tango Art*, an exhibit of paintings, photography and prints that pay homage to Argentine culture and ancestry. The group of artists, Pintores Argentinos 7, includes Sara Raquel Burle, Roxy D'Elia, Felisa Federman, Marcelo Novo, Miguel Perez Lem, Fabian



Rios Rubino, Claudia Samper, and Susan Weidemann. The works express the soul of music, dance and Argentinean culture. All are invited to meet the artists at a reception on **Sunday, Oct. 13, from 11:30 a.m. to 1:30 p.m.** and to join in some tango dancing.

"En el taller" by Felisa Federman

*Tango Art* runs until Nov. 2.

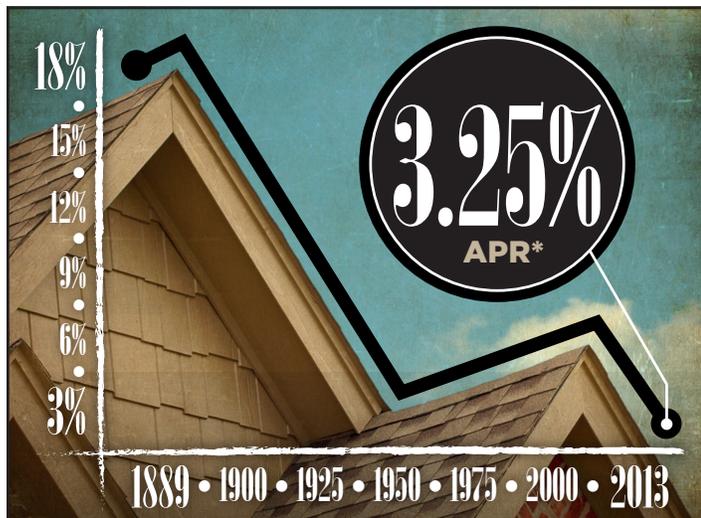
Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Tango Embrace" by Marcelo Novo

## September art show winners

The very first Cuisine Art show at Friendship Gallery exhibited 43 area artists and their interpretations of food and food preparation. The show was held in conjunction with the annual Taste of Friendship Heights. The winners, chosen by juror Millie Shott, were Joseph Ardizzone in first place for his photograph "Savor the Moment"; Frank Jakum in second place for his acrylic on canvas "Extra Fluffy;" and, Karen Norman in third place for her watercolor "Key in Red." Honorable Mention winners were Elizabeth Stecher, Gloria Tseng Fisher, Vicky Surlles, Deborah Gillham, Elizabeth Dugan, and, Karen Trimble. Congratulations to all – Cuisine Art is sure to become a yearly event!



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## O C T O B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



		<p><b>1</b></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.: Pilates</p>	<p><b>2</b></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 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Barbara Papendorp and Amy Conley</b></p>	<p><b>3</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7 p.m.: Movie: Much Ado About Nothing</b></p>	<p><b>4</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. – 1 p.m.: Flu Shots</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>5</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography <b>6:45 p.m.: Depart for Arena Stage</b></p>
<p><b>6</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>7</b></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 <b>7 p.m.: Café Muse</b></p>	<p><b>8</b></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 2 p.m.: Speech Therapy and Support Group 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p><b>9</b></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 <b>1 p.m.: Suburban Lecture: "Off on the Right Foot"</b> 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge <b>5 – 7 p.m.: Shred-It Truck</b> <b>7 p.m.: Concert: Susan Jones and Caliente</b></p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:30 p.m.: QM2 Passengers Meeting 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Iron Man 3</b></p>	<p><b>11</b></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.: Mixed Media with Millie <b>1 p.m.: Tea and Talk: Linda Kenyon in The Greatest Ever</b></p>	<p><b>12</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 1 p.m.: Goodwill Pick up at GEICO 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>13</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>14</b></p> <p><b>Columbus Day Center Open 9 a.m. to 2 p.m.</b> <b>Shuttle Bus runs on weekend schedule</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya</p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 11 a.m.: Writing Your Life by the Tale 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist <b>7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p><b>16</b></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.: American Songwriters: "The Master: The Revolutionary Songs of Jerome Kern" 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Tales in the Village</b></p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Allan Stypeck on Collecting</b></p>	<p><b>18</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m.: Children's Farm Trip</b> <b>10 a.m. – 3 p.m.: AARP Safe Driving</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Mixed Media with Millie</p>	<p><b>19</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children 10:30 a.m.: Basic Photography</p>
<p><b>20</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>21</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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 <b>7:30 p.m.: Book Signing with Ellen Cassedy</b></p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life by the Tale 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p><b>23</b></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.: American Songwriters: "The Incomparable Melodies of Richard Rodgers" 1 p.m.: Health Insurance Counseling 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Barrie Goodman</b></p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7:30 p.m.: William Bodde: "Three Crises and Three Presidents"</b></p>	<p><b>25</b></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.: Mixed Media with Millie</p>	<p><b>26</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Basic Photography for Children <b>10 a.m. – 2 p.m.: Prescription Drug Take-Back Day</b> 10:30 a.m.: Basic Photography 12-1:30 p.m.: Landon Concert</p>
<p><b>27</b></p> <p><b>7:30 a.m.: Depart for Queen Mary 2</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>28</b></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 2:30 p.m.: Acrylic or Oil Painting</p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Writing Your Life by the Tale 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</p>	<p><b>30</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: American Songwriters: "The Fascinating Odysseys of Vernon Duke and Kurt Weill" 4:30 p.m.: Intermediate Bridge 6 p.m.: Yoga with Kathryn <b>7 p.m.: Concert: Ray Apollo Allen</b></p>	<p><b>31</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10 a.m.: Basic Photography 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 <b>7 p.m.: Movie: Psycho</b></p>	<p>The Village Book Club will meet this month on <b>Tuesday, Oct. 15, at 11 a.m.</b> The book selection is <i>Charming Billy</i> by Alice McDermott. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."</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.

### Safe driving program at the Center

The AARP Driver Safety Program will be offered **Friday, Oct. 18, from 10 a.m. to 3 p.m.**, at the Village Center. Mike Walmsley will be the instructor. The one-day course costs \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP.

All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

### Off on the Right Foot

Learn about common problems that can affect your mobility and comfort from podiatrist Dr. Danielle Venegonia at this month's Suburban Lecture at the Village Center on **Wednesday, Oct. 9, at 1 p.m.** Bring your questions about bunions, hammertoes, fungus and corns. Discussion will also include the importance of foot hygiene and proper shoes.

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

# 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 AND MUSIC

### AMERICAN SONGWRITERS

Washington legend John Eaton returns to teach a brand new series on American songwriters Jerome Kern, Richard Rodgers, Vernon Duke and Kurt Weill, and George Gershwin. The 4-week course begins Oct. 16. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends Nov. 6.

### BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Llewellyn Berry, begins Nov. 16. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends Jan. 25 (class will not meet Nov. 30, Dec. 28 and Jan. 18).

### BASIC PHOTOGRAPHY (Thursday)

This 6-week course in black and white and color photography, taught by Llewellyn Berry, begins Oct. 24. Meets Thursdays, 10 a.m. to 12 p.m. The cost is \$75. See description above. Session ends Dec. 5 (no class Nov. 28).

### MIXED MEDIA WITH MILLIE

A 6-week course, for beginning as well as returning students, taught by Millie Shottt. Beginning Oct. 11, it meets Fridays, 1 to 3 p.m. Includes collage, inks and water color. The cost is \$80; supply list available at sign-up. A minimum of five students is required;

please register by Oct. 9. Last class is Nov. 22 (class will not meet Nov. 8).

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Oct. 23. Meets Wednesdays, 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 \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Dec. 4 (class will not meet Nov. 27).

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Nov. 21. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$155 for residents; \$165 for nonresidents. Last class is Feb. 6 (class will not meet Nov. 28 and Dec. 26). Maximum of 12 students.

## BRIDGE

### INTERMEDIATE BRIDGE

This 6-week series taught by Frank Shull, a life master at bridge, begins Oct. 9. Meets Wednesdays, 4:30 to 6:30 p.m. Students will review the meaning of overcalls and doubles after the player's right hand opponent has made the first bid. Bids that should be made by you and your partner will be explained. The maximum number of students is 17. This class is for people who have played bridge for at least a few years

and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends Nov. 13.

## COMPOSITION

### WRITING YOUR LIFE BY THE TALE

This 8-week memoir course begins Oct. 15. Meets Tuesdays, 11 a.m. to 12:30 p.m. The class will teach a new, simplified approach to recording highlights of your life story one experience at a time. Writing exercises, discussions and readings from notable memoirs will give you the skills to bring your unique tales to the page. The instructor is journalist Lynne Vance, who has had more than 20 years experience of writing and editing. Cost is \$90. Minimum number is 8; maximum is 10. Class ends Dec. 3.

## COMPUTER EDUCATION

### GETTING TO KNOW YOUR iPad

The two-week session will meet Tuesday, Oct. 15 and Tuesday, Oct. 22, 2 to 3 p.m. The classes, taught by Pam Holland, will cover all the basics of iPad navigation and then move into exploring the many amazing things you can do with your iPad. Class 1 will focus on the basics such as settings, troubleshooting, organizing your icons, how to buy an "app" (many are free!). Class 2 will explore some of the amazing apps out there for learning, photos, music, history, etc. (Did you know you could hold your iPad to the sky and using GPS it will identify the stars and planets you are viewing?) As each app is different, we will learn navigation techniques that apply to all. The cost is \$20. Bring your iPad if you have one. Handouts with written instructions will be provided. Maximum of 15 students.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 6-week class begins Oct. 15. Meets Tuesdays, 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Nov. 26 (class will not meet Oct. 29). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### CHAIR EXERCISE

This 7-week class begins Oct. 23. Meets Wednesdays 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, and improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends Dec. 18 (class will not meet Oct. 30 and Nov. 27).

### EVENING YOGA WITH KATHRYN

This 6-week class begins Nov. 6 and meets Wednesdays from 6 to 7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing ease and effort. Please bring a yoga mat and a towel or blanket. Questions? Call Kathryn 240-743-4294. The cost is \$65. Session ends Dec. 18 (class will not meet Nov. 27).

### MAT PILATES

The 6-week session begins Oct. 22. Meets Tuesdays, 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Taught by Ginger Russell The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Questions? Email Gingerrusteach@yahoo.com. Session ends Nov. 26.

### SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Oct. 24. Meets Thursdays from 9:30 to 10:30 a.m. and

is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Dec. 5.

### SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Oct. 22. Meets Tuesdays, 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Nov. 26.

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins Oct. 18. Meets Fridays, 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 \$65 for residents; \$70 for nonresidents. Session ends Nov. 22.

### STRENGTH TRAINING WITH TONYA

This 6-week class begins Oct. 21. 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 \$65 for residents; \$70 for nonresidents. Session ends Dec. 2 (class will not meet Oct. 28).

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

### COFFEE AND CURRENT EVENTS

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

### DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

### 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 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### 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.

### SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

### 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 BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

### VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 4 p.m. All are welcome for bridge or bridge plus (duplicate bridge); cards will be supplied. Contact Nancy White at 301-652-4119 for more information.

### VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. for their enjoyment. Children must be accompanied by a caregiver over age 13.

*Continued on page 15*

# CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

**Wednesday, Oct. 2 — *Barbara Papendorp*** — This multi-talented singer joins with pianist Amy Conley to perform “Love in the Heights,” featuring a mix of amorous tunes from George Gershwin to Cole Porter to Burt Bachrach.

**Wednesday, Oct. 9 — *Caliente with Susan Jones*** — Jazz Violinist Susan Jones and her band combine a blend of old favorites peppered with Latin American flavor.

**Wednesday, Oct. 16 — *Tales in the Village*** — Our monthly storytelling highlighting local and nationally acclaimed artists will feature Jane Dorfman and Cricket Parmalee.

**Wednesday, Oct. 23 — *Barrie Goodman Trio*** — Barrie Goodman present songs from the Great American Songbook.

**Wednesday, Oct. 30 — *Ray Apollo Allen*** — Enjoy an evening of rhythm and blues and doo wop as veteran vocalist Ray Apollo Allen returns to the Village Center.

## Landon Chamber Strings perform

Landon Symphonette Chamber series returns to Village Center on **Saturday, Oct. 26, from noon to 1:30 p.m.**, with a strings performance featuring works by Mozart, Vivaldi and Holst. The performance will feature a mandolin solo by Robert Spates. The concert is free.



Palisades Village  
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October 19, 2013  
11:00am - 4:00pm

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All proceeds benefit Palisades Village, helping neighbors stay in their homes as they age.

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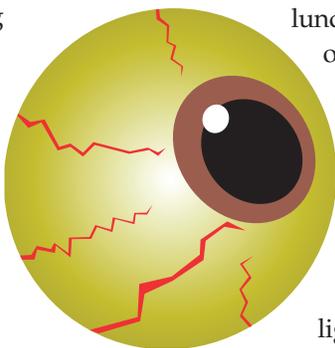
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# TO YOUR HEALTH

## Fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Friday, Oct. 4, from 10 a.m. to 1 p.m.** to anyone nine years old and older. The high-dose version for people 65 and older (Fluzone HD) will be offered again in addition to the standard flu shots. Pneumonia shots will also be available. Check with your doctor if you have questions about which vaccines you need.

- No charge for individuals with Medicare Part B (not PPO or HMO) – but you must bring your card.
  - For individuals without Medicare Part B, the cost is \$30 for the standard shots, \$55 for Fluzone HD and \$90 for the pneumonia vaccine is \$90 (cash or check payable to VNA Flu Program)
  - VNA does not accept Medicaid
- Call 301-656-2797 to register. **You must have an appointment to receive a shot.**



## Vision Support Group: What you should know before cataract surgery

According to a recent AARP survey, many people are misinformed about cataract surgery. Come to the Vision Support Lunch and Learn at the Village Center on **Thursday, Oct. 17, at 12:30 p.m.**, to meet ophthalmologist Howard Weiss and learn current facts and myths about cataract surgery while enjoying a complimentary light lunch. Dr. Weiss is a longtime advocate of educating our community about current public health vision concerns.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

# SAM'S FEATURED NEIGHBORHOOD LISTINGS!



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## Café Muse presents...

This month's Café Muse, on **Monday, Oct. 7, at 7 p.m.**, features poetry by Barbara Goldberg and Shara Lessley.

Barbara Goldberg's most recent book, *Scorched by the Sun*, contains translations of poems by the Israeli poet Moshe Dor. She has also authored four books of her own poetry, including *The Royal Baker's Daughter*, winner of the Felix Pollak Poetry Prize. Other awards include fellowships from the NEA as well as awards in translation, fiction and speechwriting. A former senior speechwriter at AARP, she is currently Visiting Writer in American University's MFA program.

Shara Lessley is author of *Two-Headed Nightingale*. A former Stegner Fellow at Stanford, her awards include an Artist Fellowship from the State of North Carolina, the Diane Middlebrook Fellowship from the Wisconsin

Institute for Creative Writing, The Gilman School's Tickner Fellowship, and a "Discovery" / *The Nation* prize. Her poems have appeared in *Ploughshares*, *The Kenyon Review*, and *The Missouri Review* among others. A recent resident of the Middle East, she is the 2014 Mary Wood Fellow at Washington College.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. 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 35 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).



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# Physical Therapy Office

### Friendship Heights Village at the Elizabeth Arcade

- Private one hour physical therapy sessions, one-on-one, no technicians
- Manual therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy (at our Tenleytown location)
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Massage therapy / personal and post-rehab training

We are a **MEDICARE PREFERRED PROVIDER** and accept co-insurance from PPO and POS health insurance plans. Call office for details.

### Locations

<b>Tenleytown</b> 4000 Wisconsin Ave., NW #P2 Washington, DC 20016 (inside Tenley Sport & Health Club, garage parking available)	<b>Friendship Heights</b> 4601 N Park Ave., #10C Chevy Chase, MD 20815 (at the Elizabeth Arcade, free garage parking!)
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phone **301-654-9355** | [fh@getwell-rehab.com](mailto:fh@getwell-rehab.com)  
[www.getwell-rehab.com](http://www.getwell-rehab.com)  **find us on facebook**

## Exploring the classics

The Village Great Books Discussion Group has a few openings this fall for anyone who enjoys reading well-loved literature. The group meets at the Village Center **Mondays from 10 to 11:45 a.m.** Reading assignments are relatively light – participants read 25 to 30 pages before each session. Leadership is shared and discussions are relaxed and collegial. For details, call Jean McNelis at 301-656-6695.

*Continued from page 11*

## VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for 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.

## YIDDISH

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



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# Village Council Corner

## Preparing for Village Centennial

The Village Council, staff and Centennial Committee are busy preparing for our Centennial in 2014. We are working on a number of projects to commemorate our



*The McAuliffe house at 4503 High Street (now North Park Avenue). James McAuliffe was a Superintendent of the Montgomery County Police from 1955-1971. Our statue on the corner of South Park Avenue and The Hills Plaza is named in his honor.*

anniversary, including: Banners to be displayed on Village streetlight poles; new custom street identification signs; a book about the history of the Village; wall displays at the Village Center featuring photos, maps and memorabilia; a series of programs during the Centennial year on different aspects of our history; and Centennial-themed special events, such as Community Day in April and our July 4 celebration. We are still looking for old photos and memorabilia for display. Please call the Center if you have any interesting items.

## Council forum on playgrounds

A number of residents expressed their views to the Council on playgrounds in Willoughby Park and Page Park at the September 9 community forum. Our landscape designer, Grace Fielder, will take these comments into account as she develops plans for Council review.

Council action at the September 9 meeting:

- Approved purchase of 48 chairs for Village Center.

