

Friendship Heights Village Center



Calendar of Events 2014

F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

IN THE EVENT OF INCLEMENT WEATHER:

When bad weather occurs, please call the Village Center (301-656-2797) to confirm the center is open and that classes are being held. We generally follow the Federal Government's decision. Most classes have a make-up date for bad weather built into the schedule, so you may not see your favorite class listed one day this month. Check with your instructor to see if your session needs a "snow day."

1

8:15 a.m.: Walking Club

2

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

3

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

4

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 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

5

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
4:30 p.m.: Bridge-Basic Conventions
6 p.m.: Yoga with Kathryn

6

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
5 p.m.: Book Signing with Kimberly Palmer and Elissa Brent Weissman
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil

7

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

8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

9

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

10

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

11

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
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

12

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Suburban Lecture: "Diagnosing Heart Disease"
1 p.m.: Health Insurance Counseling
4:30 p.m.: Bridge-Basic Conventions
6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: Mini-Musicals: West Side Story

13

8:15 a.m.: Walking Club
10 a.m.: Basic Photography
11 a.m. – 4 p.m.: Village Playtime
6:15 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil
7 p.m.: Movie: Blue Jasmine

14

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

15

8:15 a.m.: Walking Club

16

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

17

Presidents Day Center Open 9 a.m. to 2 p.m.

10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors

Shuttle bus runs on weekend schedule

18

8:15 a.m.: Walking Club
11 a.m.: Village Book Club
12 – 4 p.m.: Blood Pressure Screening
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING

19

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
12 p.m.: Chess group
6 p.m.: Yoga with Kathryn
7:30 p.m.: Tales in the Village with Jessica Piscitelli and Mary Supley Foxworth

20

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
7 p.m.: Movie: Captain Phillips

21

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

22

8:15 a.m.: Walking Club
9 a.m.: Photography for Children
10:30 a.m.: Basic Photography

23

9 a.m.: Yoga
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

24

9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Mobile Office
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

25

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
12 – 4 p.m.: Blood Pressure Screening
2 – 4 p.m.: Suburban Nurse Specialist
3 – 4 p.m.: Tea
7 p.m.: Pilates

26

9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise
12 p.m.: Chess group
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Health Insurance Counseling
6 p.m.: Yoga with Kathryn
7:30 p.m.: Concert: James Taylor

27

8:15 a.m.: Walking Club
9:30 a.m.: Tai Ji
10 a.m.: Basic Photography
11 a.m. Depart for Chez Francois
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
7 p.m.: Movie: Fruitvale Station

28

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl

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

Monday, May 5 - The Washington National Opera presents *The Magic Flute*

Sunday, June 22 - The Washington Nationals vs. the Atlanta Braves (1:35 p.m. start)