



S E P T E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea	2 12 p.m.: Chess group 7:30 p.m.: Concert: Machaya Klezmer	3 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Café Muse	4 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	5 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
6 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books Shuttle Bus runs on weekend schedule	8 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	9 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: "Heart Health" 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 5:30 p.m.: Program Advisory Cttee. Meeting 7:30 p.m.: Concert: Jubilee Voices	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Abigail Wurf	11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	12 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children's Dance 10:30 a.m.: Basic Photography
13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	14 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	15 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 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING 7 p.m.: Pilates	16 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Dental Health Care 4 p.m.: Bridge class 7:30 p.m.: Tales in the Village: Ellouise Shoettler	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Yves Saint-Laurent	18 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 2 p.m.: Tea and Talk: Myths of Washington	19 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 11 a.m.: Children's Dance 10:30 a.m.: Basic Photography
20 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 5:30 p.m.: Depart for Nats Stadium	22 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	23 12 p.m.: Chess group 1 p.m.: Health Insurance Counseling	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 6:30 p.m.: Social Security Benefits Seminar	25 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: "Brains Don't Bounce" with Susan Wranik	26 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba 10 a.m. - 2 p.m.: Prescription Drug Take-back 11 a.m.: Children's Dance 10:30 a.m.: Basic Photography
27 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Social Security Benefits Seminar	29 8:15 a.m.: Walking Club 10:30 a.m.: Art History Program: "Female Sovereigns in Art" 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	30 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 1 to 4 p.m.: Flu Shots 4 p.m.: Bridge class 5:30 p.m.: Community Advisory Cttee. Meeting 7:30 p.m.: Concert: Jose Ramos Santana	<h3>What's new in the Village Center reading room</h3> <p>Check out our magazine holder in the Center lobby; it's brand new, but the mags are not. You are welcome to take home a magazine—they'll be replaced weekly. New magazines will still be kept at the front desk and on the shelves in the reading room.</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.

Turn in unwanted prescription drugs

The Friendship Heights Village Center will be a collection site for National Drug Take-Back Day on **Saturday, September 26, from 10 a.m. to 2 p.m.** Sponsored by the Montgomery County Sheriff's Office, National 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. Look for a Montgomery County Police officer in the Village Center lobby.

