



## D E C E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### Donate your old eyeglasses

The Leisure World Lions Club will pick up eyeglasses and frames from the Village Center each month. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

1

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

2

10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**7:30 p.m.: Concert: Vocal Express**

3

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 Nora Pouillon**

4

9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory

5

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10 a.m.-12 p.m.: Children's Dance  
10:30 a.m.: Basic Photography  
12:30 p.m.: Meditation

6

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers



**Happy Hanukkah**

7

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  
7 p.m.: Yoga with Kathryn  
**7 p.m.: Café Muse**

8

8:15 a.m.: Walking Club  
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  
3 - 4 p.m.: Tea  
**5:30 p.m.: Capital Improvements Cttee. meeting**  
7 p.m.: Pilates

9

**7:30 a.m.: Depart for Philadelphia**  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: Suburban Lecture: "Listen Up!"  
1 p.m.: All in the Eyes  
**7:30 p.m.: Concert: Thomas Pandolfi**

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  
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: The Theory of Everything**

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  
10 a.m.-12 p.m.: Children's Dance  
10:30 a.m.: Basic Photography  
12:30 p.m.: Meditation

13

9 a.m.: Yoga with Robin  
9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers  
**11:30 a.m. - 1:30 p.m.: Art Reception**

14

10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
2:30 p.m.: Acrylic or Oil Painting  
6:30 p.m.: Caregivers Support Group  
7 p.m.: Yoga with Kathryn  
**7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING**

15

8:15 a.m.: Walking Club  
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

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10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess group  
1 p.m.: All in the Eyes  
**7:30 p.m.: Concert: Tales in the Village**

17

8:15 a.m.: Walking Club  
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 p.m.: Movie: Far from the Madding Crowd**

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

19

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs (final market for the year)  
10 a.m.-12 p.m.: Children's Dance  
10:30 a.m.: Basic Photography

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

21

**10 a.m. - 2 p.m.: MVA Mobile Office**  
10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
7 p.m.: Yoga with Kathryn

22

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

23

10:15 a.m.: Yiddish  
12 p.m.: Chess group  
**7:30 p.m.: Concert: Friday Morning Music Club**

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8:15 a.m.: Walking Club  
**Center Open**  
**9 a.m. to 2 p.m. Shuttle Bus runs on week-end schedule**

25

**Merry Christmas**



**Center Closed**

26

8:15 a.m.: Walking Club  
9 a.m. - 1 p.m.: Twin Springs  
9:30 a.m.: Photography for Children  
10:30 a.m.: Basic Photography

27

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

28

10 a.m.: Great Books  
12:30 p.m.: Bridge Club

29

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

0

10:15 a.m.: Yiddish  
12 p.m.: Chess group  
**7:30 p.m.: Concert: Ashbrook and Oorts**

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8:15 a.m.: Walking Club  
**Center Open**  
**9 a.m. to 2 p.m. Shuttle Bus runs on week-end schedule**

### In the event of inclement weather...

Please call the Village Center at 301-656-2797 to confirm that the center is open and that classes are being held. We generally follow the Federal Government's decision and usually get an announcement on our phone by 7:30 a.m. Instructors may have their own snow policies.

### 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.

### Don't forget our food collection!

You can bring your donations for Manna Food Center to the Village Center until December 15. Manna is the main food bank in Montgomery County and feeds more than 3,700 families each month.

The food most needed include cereal (low sugar, please), rice, canned meats and tuna, beans, canned fruit and vegetables, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, over 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.