



J A N U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Free glaucoma screenings at the Center

January is National Glaucoma Awareness Month. Nearly three million people in the U. S. over age 40 have glaucoma. It is a group of eye diseases that gradually steal sight without warning or symptoms and is often referred to as "the sneaky thief of sight."

Friendship Heights Village and the Prevention of Blindness Society of Metropolitan Washington invite you to sign up for a free glaucoma screening on **Saturday, Jan. 23, from 10 a.m. to 1 p.m.** Call the Center at 301-656-2797 to make an appointment for a non-invasive visual field screening. Wear or bring your eyeglasses or contacts; a screening takes less than ten minutes. For more information about glaucoma go to www.youreyes.org.

<p>3</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse</p>	<p>5</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 / Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 5:30 p.m.: Finance Committee meeting 7 p.m.: Pilates</p>	<p>6</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Cite Meeting</p>	<p>7</p> <p>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 7:30 p.m.: Book Signing with Donald Connolly</p>	<p>1</p> <p>New Year's Open House 2 to 3:30 p.m.</p> <p>Shuttle Bus runs 1:30 to 4 p.m.</p>	<p>2</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>10</p> <p>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</p>	<p>11</p> <p>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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>12</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/Coordination 2 p.m.: Speech Therapy 2 – 4 p.m.: Suburban Nurse 3 – 4 p.m.: Tea 4 p.m.: Capital Improvements meeting 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>13</p> <p>10:15 a.m.: Yiddish 10:45 a.m.: Depart for Textile Museum 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: "Feel it in your Bones" 7:30 p.m.: Concert: Vladimir Fridman</p>	<p>14</p> <p>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 6 p.m.: Communications Committee Meeting 7 p.m.: Movie: Grace of Monaco</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>16</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors</p> <p>Shuttle Bus runs on a weekend schedule</p>	<p>19</p> <p>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 / Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>20</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes</p>	<p>21</p> <p>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 7 p.m.: Movie: Mad Max Fury Road</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m.: Cardio ballet 10 a.m. - 1 p.m.: Glaucoma Screenings 11 a.m.: Children's Dance 12:30 p.m. Meditation</p>
<p>24</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> <p>31</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 6:30 to 8:30 p.m.: Square Dance</p>	<p>25</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office</p> <p>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 6:30 p.m.: Caregivers Support Group</p>	<p>26</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 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>27</p> <p>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: Eric Byrd</p>	<p>28</p> <p>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 6:15 p.m.: Depart for Kennedy Center 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Pitch Perfect 2</p>	<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</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.

From Guam to St. Louis and back again

Don Connolly was a new college graduate with a major in English and minors in philosophy and theater when he applied for the Coast Guard during the Korean War and suddenly he was leaving the mid-West for the Pacific island of Guam. Don, a retired film-maker, Oscar nominee, and Village resident, will discuss his book, *The Blue-Eyed Ensign*, at the Village Center on **Thursday, Jan. 7, at 7:30 p.m.**

His memoir describes Don's efforts to put on a play in Guam while juggling his search and rescue duties- the true story of Don Connolly's first year in the Coast Guard. Please sign up by calling 301-656-2797. Copies of the book will be available for sale for \$10, cash or check only please.

