



F E B R U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>The Village Book Club meets this month on Tuesday, Feb. 16, at 11 a.m. to discuss <i>A God in Ruins</i> by Kate Atkinson.</p>	<p>1</p> <p>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</p>	<p>2</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 5 p.m.: Capital Improvements Committee mtg 7 p.m.: Pilates</p>	<p>3</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 4 p.m.: Bidding at Bridge</p>	<p>4</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 David O. Stewart</p>	<p>5</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Movement</p>	<p>6</p> <p>8:15 a.m.: Walking Club 10 a.m.: Cardio Ballet 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</p>	
<p>7</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>8</p> <p>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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING & BUDGET HEARING</p>	<p>9</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 6 p.m.: Music Appreciation 7 p.m.: Pilates</p>	<p>10</p> <p>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.: Suburban Lecture: "Breaking the Ice" 7:30 p.m.: Concert: Jody Marshall and Ellen James</p>	<p>11</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: Bridge of Spies</p>	<p>12</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</p>	<p>13</p> <p>8:15 a.m.: Walking Club</p>	
<p>14</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> <div style="text-align: center; margin-top: 20px;"> </div>	<p>15</p> <p style="text-align: center;">Presidents Day Center Open 9 a.m. to 2 p.m.</p> <p style="text-align: center;">Shuttle Bus runs on weekend schedule</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training</p>	<p>16</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 and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation</p>	<p>17</p> <p>10:15 a.m.: Yiddish 12 p.m.: Chess group</p>	<p>18</p> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Lunch and Learn 6:15 p.m.: Scrabble 7:30 p.m.: Book Signing with Anne Barton</p>	<p>19</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>20</p> <p>8:15 a.m.: Walking Club 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</p>	
<p>21</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>22</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 7 p.m.: Yoga with Kathryn</p>	<p>23</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>24</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: String of Pearls</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 9:30 a.m.: Depart for Renwick 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Martian</p>	<p>26</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</p>	<p>27</p> <p>8:15 a.m.: Walking Club 10 a.m.: Cardio ballet 10:30 a.m.: Basic Photography 11 a.m.: Children's Dance 12:30 p.m.: Meditation</p>	
<p>28</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>29</p> <p>10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga with Kathryn</p>	<p>SAVE THE DATE</p> <p>Low Vision Town Hall 2016</p> <p>Saturday, March 19, 10 a.m. to 12 p.m.</p> <p>Keynotes: Suleiman Alibhai, O.D., Director, POB Low Vision Learning Center Tiffany Chan, O.D., Assistant Professor of Ophthalmology, Johns Hopkins Wilmer Eye Institute</p> <p>Enjoy tech exhibits, resource info, coffee, bagels, and more.</p> <p>A Partnership of the Village of Friendship Heights, Prevention of Blindness Society's Macular Degeneration Network and Sibley Senior Association.</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.

Cafe Muse presents...

This month's Café Muse, on **Monday, Feb. 1**, will feature poets Carlos Parada Ayala and Kim Roberts. Carlos Parada Ayala the author of the poetry book, *La luz de la tormenta/The Light of the Storm* and coeditor of the anthology *Al pie de la Casa Blanca: Poetas hispanos de Washington, DC*. This anthology was selected by the Library of Congress to celebrate 400 years of poetry written in Spanish in the United States. Parada Ayala is a recipient of the Commission on the Arts Larry Neal Poetry Award and has received the Commission's individual artist's fellowship. In 2013, the Embassy of El Salvador awarded him with the "Independence 2013" distinction for his contribution to Salvadoran letters.

Kim Roberts is the author of four books of poems: *Fortune's Favor Pole*, a connected series of blank verse sonnets in the voice of Antarctic explorer Robert Falcon Scott, *Animal Magnetism*, *The Kimmama*, and *The Wishbone Galaxy*. She also edited the anthology *Full Moon On K Street: Poems About Washington DC* and wrote the nonfiction chapbook *Lip Smack: A History of Spoken Word in DC*. 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. *Coming up on March 21: Anders Carlson-Wee and Richard Peabody.*