



**J A N U A R Y**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be <b>Monday, January 12</b>. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.</p>				<p>1</p>  <p>New Year's Open House 2 to 4 p.m.</p>	<p>2</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga demo <b>12 p.m.: Landon Symphonette</b> 1 - 5 p.m.: Blind Faith School</p>
<p>4</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life</p>	<p>5</p> <p>9:15 a.m.: Fit-4-Ever <b>9:45 a.m.: Depart for Corcoran</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training <b>7:30 p.m.: Concert: Harp and Piano with Silvio Solis</b></p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble <b>7:15 p.m.: Movie: Seabiscuit</b></p>	<p>9</p> <p>10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 - 5 p.m.: Blind Faith School</p>
<p>11</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. - 1:30 p.m.: Art Reception</b> 11:30 a.m.: Bones for Life</p>	<p>12</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training <b>1 p.m.: "Survival in the Symphony Orchestra"</b> 2:30 p.m.: Drawing and Painting <b>8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling <b>1 p.m.: Suburban Lecture: Respiratory Ailments</b> <b>7:30 p.m.: Concert: Machaya Klezmer</b></p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6:30 p.m.: Scrabble 6 p.m.: Dance N' Tone <b>7:30 p.m.: Café Muse</b></p>	<p>16</p> <p>10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 - 5 p.m.: Blind Faith School</p>
<p>18</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life</p>	<p>19</p> <p><b>Martin Luther King's Birthday Center Open</b> <b>9 a.m. - 2 p.m.</b> 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training <b>7:30 p.m.: Concert: Sarabande</b></p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble <b>7:30 p.m.: Book Signing with Sarah Erdman</b></p>	<p>23</p> <p>10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 - 5 p.m.: Blind Faith School</p>
<p>25</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers <b>10:30 a.m.: Depart for Charles Town</b></p>	<p>26</p> <p>9:15 a.m.: Fit-4-Ever <b>10 a.m. - 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 1 - 2:45 p.m.: Blood Pressure Screening 2 p.m.: RSVP Knitters 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Li-Ly Chang</b></p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble <b>7:30 p.m.: Book Signing with Walter Mears</b></p>	<p>30</p> <p>10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch</b> <b>1 p.m.: Special Program</b></p>	<p>31</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 1 - 5 p.m.: Blind Faith School</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.

**Special lunch features pot roast and folk songs**

This month's Special Lunch, will be held on **Friday, Jan. 30, at 12:15 p.m.** Lunch will be pot roast with gravy, red-skinned potatoes, green beans, salad, and pound cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Jan. 28.

After lunch, please stay to enjoy a special program entitled "Preserving Our Traditions: Folksong Treasures at the Library of Congress," **1 p.m.** See page 5 for details.