



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



1
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1 p.m.: Portraiture in Pencil and Pastel
7 p.m.: Concert: Machaya Klezmer

2
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Depart for Wolf Trap
7 p.m.: Movie: Confessions of a Shopaholic

3
Federal Holiday
Center Open
9 a.m. to 2 p.m.
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events

4
Center open 9 to 4
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs
2 to 4 p.m.: Fourth of July Celebration



5
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

6
9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting
7 p.m.: Café Muse

7
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Nurse Specialist

8
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
1 p.m.: Portraiture in Pencil and Pastel
1 p.m.: Suburban Lecture: Knee Replacement
7 p.m.: Concert: Robert Redd Combo

9
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7:30 p.m.: Richard Wolfe: Renegade: The Making of a President

10
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
1 p.m.: Bridge Group
1:30 p.m.: Tea and Talk: First Love

11
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

12
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers
10:30 a.m.: Depart for Charles Town
11:30 a.m. – 1:30 p.m.: Art Reception

13
9:15 a.m.: Fit 4-Ever
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting
8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING

14
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Fall Prevention
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Nurse Specialist

15
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1 p.m.: Portraiture in Pencil and Pastel
7 p.m.: Concert: Mariachis de Los Compadres

16
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Revolutionary Road

17
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
1 p.m.: Bridge Group

18
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

19
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

20
9:30 a.m. – 2 p.m.: Children's Art Camp

21
8:15 a.m.: Walking Club
9:30 a.m. – 2 p.m.: Children's Art Camp
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist

22
9:30 a.m. – 2 p.m.: Children's Art Camp
1 p.m.: Health Insurance Counseling
7 p.m.: Concert: Timothy Roberts

23
8:15 a.m.: Walking Club
9:30 a.m. – 2 p.m.: Children's Art Camp
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Gran Torino

24
9:30 a.m. – 2 p.m.: Children's Art Camp

25
8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin Springs

26
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

27
9:15 a.m.: Fit 4-Ever
10 a.m. – 2 p.m.: MVA Bus
10 a.m.: Great Books
10:30 a.m.: Resistance Training For Seniors
1 p.m.: Strength Training with Tonya
1 p.m.: Bridge Group
2:30 p.m.: Drawing and Painting

28
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
1 p.m.: Fall Prevention
1 – 2:45 p.m.: Blood Pressure Screening
3 – 4 p.m.: Tea
3 – 5 p.m.: Suburban Nurse Specialist
6:15 p.m.: Depart for Tragara

29
9:15 a.m.: Fit 4-Ever
10:15 a.m.: Yiddish
11 a.m.: Chair Exercise with Tonya
1 p.m.: Portraiture in Pencil and Pastel
7 p.m.: Concert: Silver Strings Quartet

30
8:15 a.m.: Walking Club
9:30 a.m.: Tai Chi
11 a.m. – 4 p.m.: Village Playtime
6 p.m.: Scrabble
6:45 p.m.: Acrylic or Oil Painting
7 p.m.: Movie: Doubt

31
9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and Current Events
10:30 a.m.: Strength Training with Cheryl
1 p.m.: Bridge Group

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.

Fresh Produce in Friendship Heights

Twin Springs Fruit Farm sets up its market on **Saturdays, from 9 a.m. to 1 p.m.** on the portico of the Friendship Heights Village Center until mid-November.

