

Friendship Heights Village Center



Calendar of Events 2004

J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>Don't miss Thomas Hargrave Jr., who will discuss his book, <i>Twenty Years from Yesterday: The Saga of Anthony Bowen</i>, at the Village Center on Thursday, June 3, at 7:30 p.m. Mr. Hargrave's book is about the founding of the YMCA of Metropolitan Washington.</p>		<p>1</p> <p>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.: Suburban Nurse 6 p.m.: Dance N' Tone 6:30 p.m.: Introduction to Pastel 7 p.m.: Mat Pilates</p>	<p>2</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Minter and Minter</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 9:45 a.m.: Depart for Glen Echo 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:30 p.m.: Book Signing with Thomas Hargrave</p>	<p>4</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>5</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>6</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-in Yoga</p>	<p>8</p> <p>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.: Suburban Nurse 6 p.m.: Dance N' Tone 6:30 p.m.: Introduction to Pastel 7 p.m.: Mat Pilates</p>	<p>9</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: "Osteoarthritis and Your Joints" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Mariachis de Los Compadres</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 11 a.m.: Drop-in Bones for Life 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Drop-in Bones for Life 7:30 p.m.: Sam Solovey</p>	<p>11</p> <p>10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert with Sheila Grimes</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>13</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 1:30 p.m.: Depart for "Cat on a Hot Tin Roof"</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>15</p> <p>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.: Suburban Nurse 6 p.m.: Dance N' Tone 6:30 p.m.: Introduction to Pastel 7 p.m.: Mat Pilates</p>	<p>16</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: The Orioles</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6:30 p.m.: Scrabble 6 p.m.: Dance N' Tone 7 p.m.: Bones for Life 7:30 p.m.: Café Muse</p>	<p>18</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>20</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Drop-in Yoga</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Long Term Care Seminar 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates 7:30 p.m.: Financial Solutions Seminar</p>	<p>23</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 11:30 a.m.: Depart for "Crazy for You" 1 p.m.: Health Insurance Counseling 1 p.m. Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Alexandria Klezmet</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Book Signing with Joel Achenbach</p>	<p>25</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>26</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:15 a.m.: YMCA Yoga 12 p.m.: Landon Symphonette</p>	
<p>27</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting</p>	<p>29</p> <p>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.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates</p>	<p>30</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7 p.m.: Drawing and Painting 7:30 p.m.: Concert: The Dixie Power Trio</p>	<p>Please note that this month's Village Council meeting will be held on Monday, June 14. The agenda for the meeting will be sent to the manager of each building in the Village the week before the meeting with the request that it be posted.</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.

THIS MONTH'S SPECIAL LUNCH AND PROGRAM

June's special lunch, prepared by Ed Harris of Brighton Gardens, will be held on **Friday, June 11, at 12:15 p.m.** The menu will be beef stir fry, wild rice, green beans, salad, and homemade apple pie for dessert. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, June 9.

Following lunch, please stay for a piano concert performed by Sheila Grimes **at 1 p.m.** Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at the Royal Conservatory of Music in Brussels. She is the pianist and director of Les Amis de Mozart. There is no charge for the concert, but please call the Center at 301-656-2797 if you plan to attend.