



M A R C H						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</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 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga</p>	<p>2</p> <p>8:15 a.m.: Walking Club Primary Election Day No classes today 1 – 2:45 p.m.: Blood Pressure Screening 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p>3</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Jerry Allen Trio</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 12:30 p.m.: Depart for Ballet Rehearsal 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Waking Ned Devine</p>	<p>5</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga</p>
<p>7</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>8</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 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>9</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>10</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: "What's the Latest on Infectious Disease?" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Barbara Papendorp and James Fitzgerald</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: "Estate Planning – an Overview" 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Lost in Translation</p>	<p>12</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 11:30 a.m.: Bones for Life 1 – 5 p.m.: Blind Faith School</p>
<p>14</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>15</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 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Tai Chi Extra 12 p.m.: Depart for Air and Space Museum Annex 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>17</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: First Aid 7:30 p.m.: Concert: Frank Cassel</p>	<p>18</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 7:30 p.m.: Café Muse</p>	<p>19</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m.: "Ready, Set, Sing" 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 11:30 a.m.: Bones for Life 1 – 5 p.m.: Blind Faith School</p>
<p>21</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>22</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 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 4:30 p.m.: Great American Poets and Poems 7:30 p.m.: Yoga 7:30 p.m.: Medicare Forum</p>	<p>23</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>24</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 1 p.m.: Discount Drug Cards 7:30 p.m.: Concert: Friday Morning Music Club</p>	<p>25</p> <p>8:15 a.m.: Walking Club 9 a.m.: Depart for the NSO Rehearsal 9:15 a.m.: Depart for the Circus 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Whalerider</p>	<p>26</p> <p>9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Toast and Strawberries Fashion Show 1 p.m. to 4 p.m.: AARP Tax Assistance</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:15 a.m.: YMCA Yoga 11:30 a.m.: Bones for Life 1 – 5 p.m.: Blind Faith School</p>
<p>28</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Yoga</p>	<p>29</p> <p>9:15 a.m.: Fit-4-Ever 9:20 a.m. to 4 p.m.: Mammovan 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 4:30 p.m.: Great American Poets and Poems 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Abigail Trafford</p>	<p>30</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>31</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Emery Davis</p>	<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 Monday, March 8. 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>		



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 and program
This month's Special Lunch, will be held on **Friday, March 26, at 12:15 p.m.** Lunch will be sautéed chicken breast, mashed potatoes, green bean casserole, salad, and apple cobbler for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, March 24.
After lunch, please stay to enjoy an informal fashion show presented by Toast and Strawberries at **1 p.m.** See page 5 for details.