



M A R C H
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



	1 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 7 p.m.: Yoga 7 p.m.: Café Muse	2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist	3 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 3 p.m.: Chair Yoga	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Coco Before Chanel	5 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	6 8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone
7 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	8 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	10 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: Knee and Hip Replacements 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Sior-Og	11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Robert D. Reischauer: The Future of Medicare and the Federal Budget	12 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	13 8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone
14 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception	15 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30: Book Signing with Sarah Pekkanen: The Opposite of Me	16 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	17 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 3 p.m.: Chair Yoga	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Depart for Hexagon 7 p.m.: Movie: Bright Star	19 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	20 8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone 10:30 a.m.: Galileo Children's Program
21 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	22 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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: William Bodde: "President Obama's Foreign Policy"	23 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	24 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 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Barbara Martin	25 8:15 a.m.: Walking Club 8:45 a.m.: Depart for NSO Rehearsal 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Chris Farrell	26 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	27 8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone
28 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	29 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 2:30 p.m.: Acrylic or Oil Painting	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	31 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 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Ellen Tenenbaum			



Cafe Muse presents...

This month's Café Muse, on **Monday, March 1, at 7 p.m.**, presents a reading by poets Ned Balbo and Kristi Maxwell.

Ned Balbo is the author of *Lives of the Sleepers*, winner of the Ernest Sandeen Prize and a *ForeWord* Book of the Year Award; *Galileo's Banquet*, winner of the Towson University Prize; and, *Something Must Happen*. His work appears in *Antioch Review*, *Shenandoah*, *River Styx*, and numerous other publications.

Kristi Maxwell is the author of *Realm Sixty-four, Elsewhere & Wise*, and *Hush Sessions*. Her poems appear widely in *Denver Quarterly*, *Phoebe*, *Tarpaulin Sky*, and other journals.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. 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.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.

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.

Last chance for Hexagon

A few tickets remain for our trip to see Hexagon on **Thursday, March 18**, at the Takoma Park/Silver Spring Performing Arts Center.

This year's "Dancing with the Czars" promises all the hilarity and highjinks for which Hexagon is known. All proceeds go to charity.

We'll depart from the Village Center at 7 p.m. and should return by 11 p.m.

The cost is \$40 and includes transportation, driver gratuity and ticket to the performance.

Transportation will be in a 24-passenger motorcoach.