



**M A Y**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

## Looking for a tasty way to get involved in the community?

The Friendship Heights Urban Network (FHUN) is looking for volunteers to help plan and execute the 4th annual **Taste of Friendship Heights on Saturday, Sept. 25, 2010**. It's the culinary event of the year in the Village and a great opportunity to learn about the community, meet your neighbors, and get to know the local restaurants and businesses. For information, contact Rachel Schacherer at [raschacherer@gmail.com](mailto:raschacherer@gmail.com) or [www.tasteoffriendshipheights.com](http://www.tasteoffriendshipheights.com).



<p><b>2</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>3</b></p> <p>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 <b>7 p.m.: Café Muse</b> 7 p.m.: Yoga</p>	<p><b>4</b></p> <p>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 <b>6:30 p.m.: Depart for Kennedy Center</b></p>	<p><b>5</b></p> <p>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 <b>7:30 p.m.: Concert: Kinor Dance Company</b></p>	<p><b>6</b></p> <p>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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Crazy Heart</b></p>	<p><b>7</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>8</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>9</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>10</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>11</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p><b>12</b></p> <p>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 <b>1 p.m.: Suburban Lecture: Preventing a Brain Attack</b> <b>1:30 p.m.: Caring For Your Family Treasures</b> 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series <b>7:30 p.m.: Concert: Minter and Minter</b></p>	<p><b>13</b></p> <p>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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Chris Farrell</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>15</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p><b>16</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>17</b></p> <p>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 1:30 p.m.: Intermediate Spanish 2:30 p.m.: Acrylic or Oil Painting <b>5 to 7 p.m.: Shred-it</b> 7 p.m.: Yoga</p>	<p><b>18</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>12:30 p.m.: Vision Support Group</b> 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 5:30 p.m.: Beginning Spanish 7 p.m.: Mat Pilates</p>	<p><b>19</b></p> <p>9:15 a.m.: Fit 4-Ever <b>9:30 to 11:30 a.m.: Skin Cancer Screenings</b> 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 <b>7:30 p.m.: Concert: Guity Adjoonani</b></p>	<p><b>20</b></p> <p>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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: An Education</b></p>	<p><b>21</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>12 p.m.: Landon Symphonette</b></p>
<p><b>23</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>10:30 a.m.: Depart for Charles Town</b> <b>1:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>24</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1:30 p.m.: Intermediate Spanish 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>7:30 p.m.: Book Signing with Judith Martin (Miss Manners) and Jacobina Martin</b></p>	<p><b>25</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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 5:30 p.m.: Beginning Spanish 7 p.m.: Mat Pilates</p>	<p><b>26</b></p> <p>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.: Great Music series <b>7:30 p.m.: Concert: Good Time Trio</b></p>	<p><b>27</b></p> <p>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 6:15 p.m.: Scrabble <b>7 p.m.: Movie: The Blind Side</b></p>	<p><b>28</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p><b>29</b></p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>

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

**31**  
**Memorial Day Center open**  
**9 a.m. to 2 p.m.**  
10 a.m.: Great Books



## Protecting Family Treasures

Join paper and photograph conservator Valeria Orlandini when she discusses how to care for your family treasures on **Wednesday, May 12, at 1:30 p.m.**

This 40-minute talk will provide basic information on protecting paper-based materials, photographs, books and paintings. The audience is encouraged to bring examples of specific problems for examination.

Stay and enjoy tea and refreshments following the talk. This event is free. Please call the Center at 301-656-2797 if you plan to attend.

## 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.