

Friendship Heights Village Center



Calendar of Events 2007

N O V E M B E R

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

A few tickets remain for the Saturday matinee of "Spelling Bee" on November 3. The winner of two Tony awards, this hilarious musical features lively, upbeat songs as six-overachieving adolescents vie for the spelling championship of a lifetime. Tickets are \$99, which includes front orchestra seats, transportation and driver's tip. Call the Village Center at 301-656-2797 for details.

<p>4</p> <p>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</p>	<p>5</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>6</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 6:30 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Emery Davis</p>	<p>8</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 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Sicko</p>	<p>9</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 1 p.m.: Bridge Group 2 p.m.: Fearless Presence: The Story of Lt. Col Nola Forrest</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m. – 3 p.m.: A Holiday Affair 1 p.m.: Depart for National Theatre</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>Veterans Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya</p>	<p>13</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 6:30 p.m.: Spanish 2 7 p.m.: Mat Pilates 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Health Information 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Spice of Life</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Depart for Madame Tussauds 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Home for the Holidays</p>	<p>16</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 1 p.m.: Bridge Group</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.-1 p.m.: Shred It Truck</p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>19</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 7 p.m.: Yoga 7:00 p.m.: Betty Bigombe and the Ugandan Peace Process</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Spanish 2</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Barry Goodman</p>	<p>22</p> <p>Happy Thanksgiving! Center Closed</p> 	<p>23</p> <p>Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>24</p> <p>8:15 a.m.: Walking Club</p>
<p>25</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 10:30 a.m.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Strength Training 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Beginning Spanish 6:30 p.m.: Lee Hamilton</p>	<p>27</p> <p>8 a.m.: Depart for New York 8:15 a.m.: Walking Club 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Spanish 2 7 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Vocal Express</p>	<p>29</p> <p>8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Namesake</p>	<p>30</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 1 p.m.: Bridge Group 1 p.m.: Joan Hart on Renoir</p>	<p>Due to the Veteran's Day holiday, the next Village Council meeting will be Tuesday, Nov. 13, at 8 p.m.</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.

Shredding Truck at Center

On **Saturday, Nov. 17, from 9 a.m. to 1 p.m.**, a truck from Shred-it will provide community shredding service in the Village. The truck will park on Friendship Boulevard adjacent to the Village Center (the same space where the MVA bus stops every month). Village residents are invited to bring your materials for shredding. The shredding company representative will provide a Certificate of Destruction after every shred. *This service is available for Village residents only.* Special thanks to Council member Maurice Trebach for suggesting this idea.

