

Friendship Heights Village Center



Calendar of Events 2007

O C T O B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Due to the holiday, the next Village Council meeting will be Tuesday, Oct. 16, at 8 p.m.</p>	<p>1</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 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>2</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 7 p.m.: Mat Pilates</p>	<p>3</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training with Tonya 1 p.m.: CPR course 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: It Takes Two</p>	<p>4</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 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 7:30 p.m.: David Ignatius: Body of Lies</p>	<p>5</p> <p>9 a.m.: CPR course 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.: CPR course 7:15 p.m.: Depart for Patti LuPone Concert at Strathmore</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>	
<p>7</p> <p>9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p>8</p> <p>Columbus 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</p>	<p>9</p> <p>7:30 a.m.: Depart for Newport 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 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 with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Breast Cancer ... 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Playtime 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Away from Her</p>	<p>12</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>13</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>	
<p>14</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11 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.: Resistance Training For Seniors 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: CPR course 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 7:30 p.m.: Forum on Genetics: Your Family's Health History</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m.: CPR course 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 7 p.m.: CPR course 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>17</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: Richard Miller</p>	<p>18</p> <p>8:15 a.m.: Walking Club 9 a.m.: CPR course 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: CPR course 1 p.m.: Chinese Brush Painting 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Sanford Horwitt: Feingold: A New Democratic Party</p>	<p>19</p> <p>10 a.m. to 2 p.m.: Flu shots 10:30 a.m.: Coffee and Current Events</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 9 a.m.: CPR course</p>	
<p>21</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 12:30 p.m.: Depart for Olney Theatre</p>	<p>22</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 7 p.m.: Yoga</p>	<p>23</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 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 with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Myriam Alvolos</p>	<p>25</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 to 8:30 p.m.: Fall Festival</p>	<p>26</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>27</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>	
<p>28</p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 12- 1:30 p.m.: Children's Halloween Party</p>	<p>29</p> <p>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 11:30 a.m.: Flexible Stretch And Strength 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Yoga 7:30 p.m.: David Brooks</p>	<p>30</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>31</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: Halloween Stories with Ellouise Schoettler</p>	<p>Tickets remain for the Patti LuPone concert at Strathmore Music Center on Friday, Oct. 5. Call us at 301-656-2797 for details.</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.

Fight the flu!

Friendship Heights has scheduled two flu shot clinics this fall. The MedStar Health Visiting Nurses Association will administer the vaccine at the Village Center on **Friday, Oct. 19** to high risk groups (defined below) only, from **10 a.m. to 2 p.m.** On **Friday, Nov. 2** from **10 a.m. to 2 p.m.** shots will be offered to anyone over the age of nine. A total of 600 shots will be given. **Registration is a must.**

*A high risk group includes anyone 65 and older (bring a photo i.d.); anyone 9 to 64 with chronic medical conditions (bring a note from your doctor); health care workers involved in direct patient care; out-of-home caregivers of

children over 6 months; pregnant women past their third month of pregnancy (must have note from primary physician).

*Cost is \$35 (cash or check payable to Visiting Nurses Assoc. only).

*Individuals with Medicare Part B (non-HMO) or Medicaid will not be charged (you must bring your card).

Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up after Oct. 10. **You must have an appointment to receive a shot.**

The 2007-2008 trivalent vaccine virus strains are A/Solomon Islands/3/2006, A/Wisconsin/67/2005, and B/Malaysia/2506/2004