

# Friendship Heights Village Center



# Calendar of Events 2019

## N O V E M B E R

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



**1**  
9:15 a.m.: Drop-In Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Balance, Movement and Memory  
1 p.m.: Abstract Painting  
**5:30-8 p.m.: Artisan Fair & Reception**

**2**  
8:15 a.m.: Walking Club  
**9 a.m.-1 p.m.: Twin Springs Farm Market**  
**10 a.m.-4 p.m.: Artisan Fair**

**3**  
9:10 a.m.: Yoga  
9:30 a.m.-1 p.m.: Coffee and Sunday Papers

**4**  
9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
**7 p.m.: Booksigning with Maulik Pancholy**  
6:30 p.m.: Monday Night Bridge Club

**5**  
8:15 a.m.: Walking Club  
10 a.m.-12 p.m.: Village Playtime  
12-4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
1 p.m.: Painting for Everyone  
2-4 p.m.: Nurse Specialist  
3-4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**6**  
**9:30-11:30 a.m.: Senior Forum**  
10:15 a.m.-1 p.m.: County Mobile Commuter Store  
10:15 a.m.: Yiddish  
12 p.m.: Chess  
1 p.m.: All in the Eyes  
**5:30 p.m.: Community Advisory Committee Meeting**  
**7 p.m.: Concert: Eddie Sanders**

**7**  
8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga and Meditation  
11 a.m.: Still Life and Beyond  
4-5:30 p.m.: Spanish Conversation  
**7 p.m.: Movie: Men in Black: International**

**8**  
9:15 a.m.: Drop-In Tai Chi  
10:30 a.m.: Balance, Movement and Memory  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Abstract Painting

**9**  
8:15 a.m.: Walking Club  
**9 a.m.-1 p.m.: Twin Springs Farm Market**  
**10 a.m.: Natural Health Talk**  
**10 a.m.-2 p.m.: Pottery Workshop**

**10**  
9:30 a.m.-1 p.m.: Coffee and Sunday Papers  
**11:30 a.m.-1 p.m.: Art Reception**

**11**  
9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
1 p.m.: Strength Training  
**Center Open 9 a.m.-2 p.m.**

**12**  
8:15 a.m.: Walking Club  
**10 a.m.: Music with Marsha Goodman-Wood**  
12-4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
2-4 p.m.: Nurse Specialist  
3-4 p.m.: Speech Therapy  
3-4 p.m.: Tea  
6:30 p.m.: Mat Pilates  
**7:30 p.m.: Friendship Heights Village Council Meeting**

**13**  
9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.-1 p.m.: County Mobile Commuter Store  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess  
**1 p.m.: Suburban Lecture: Pain Management**  
**7 p.m.: Concert: World Jam Club**

**14**  
8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga and Meditation  
11 a.m.: Still Life and Beyond  
4-5:30 p.m.: Spanish Conversation  
**7 p.m.: Movie: American Woman**

**15**  
9:15 a.m.: Drop-In Tai Chi  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Abstract Painting

**16**  
8:15 a.m.: Walking Club  
**9 a.m.-1 p.m.: Twin Springs Farm Market**  
**12-1 p.m.: Lunchtime Lessons: Great Courses DVD: The Library of Congress, and The State, Treasury and Justice Departments**

**17**  
9:10 a.m.: Yoga  
9:30 a.m.-1 p.m.: Coffee and Sunday Papers

**18**  
9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
**10 a.m.-2 p.m.: MVA Mobile Office**  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
6:30 p.m.: Monday Night Bridge Club

**19**  
8:15 a.m.: Walking Club  
**10:30 a.m.: Tonya's Tots and Seniors**  
11 a.m.: Village Book Club  
12-4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
1 p.m.: Painting for Everyone  
2-4 p.m.: Nurse Specialist  
3-4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**20**  
9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.-1 p.m.: County Mobile Commuter Store  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess  
1 p.m.: All in the Eyes  
**5:30 p.m.: Program Advisory Committee Meeting**  
**7 p.m.: Concert: Jenny Wilson and Candace Mowbray**

**21**  
8:15 a.m.: Walking Club  
10:30 a.m.: Chair Yoga and Meditation  
11 a.m.: Still Life and Beyond  
4-5:30 p.m.: Spanish Conversation  
**7 p.m.: Movie: Toy Story 4**

**22**  
**8:45 a.m.: Depart for Hopper Exhibit**  
9:15 a.m.: Drop-In Tai Chi  
10:30 a.m.: Balance, Movement and Memory  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Abstract Painting

**23**  
8:15 a.m.: Walking Club  
**9 a.m.-1 p.m.: Twin Springs Farm Market**  
**10 a.m.: Talking Politics and Keeping the Peace**

**24**  
9:10 a.m.: Yoga  
9:30 a.m.-1 p.m.: Coffee and Sunday Papers

**25**  
9:30 a.m.: Tai Chi Intro.  
10 a.m.: Great Books  
12:30 p.m.: Bridge Club  
1 p.m.: Strength Training  
**6:30-8:30 p.m.: Monday Mountain Music Jam**  
6:30 p.m.: Monday Night Bridge Club


**26**  
8:15 a.m.: Walking Club  
**10 a.m.: Music with Marsha Goodman-Wood**  
12-4 p.m.: Blood Pressure Screening  
1 p.m.: Balance and Fall Prevention  
1 p.m.: Painting for Everyone  
2-4 p.m.: Nurse Specialist  
3-4 p.m.: Tea  
6:30 p.m.: Mat Pilates

**27**  
9:30 a.m.: Tai Chi Ongoing  
10:15 a.m.-1 p.m.: County Mobile Commuter Store  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
12 p.m.: Chess

**28**  
**Happy Thanksgiving Center Closed**

**29**  
9:15 a.m.: Drop-In Tai Chi  
10:30 a.m.: Coffee and Current Events  
**Center Open 9 a.m.-2 p.m.**

**30**  
8:15 a.m.: Walking Club  
**9 a.m.-1 p.m.: Twin Springs Farm Market**

**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 season to share: Collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The foods most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.