




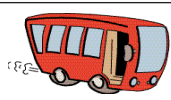
Friendship Heights Village Center



Calendar of Events 2019

D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	2 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 p.m.: Monday Night Bridge Club	3 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 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Mat Pilates	4 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.: Community Advisory Committee Meeting 7 p.m.: Concert: Vocal Express	5 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: The Farewell	6 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	7 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market 10 a.m.-11 a.m.: Wreath Workshop
8 8 a.m.: Depart for New York 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	9 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training 7:30 p.m.: Friendship Heights Village Council Meeting	10 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	11 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: Heart Healthy Holidays 7 p.m.: Concert: Clarke Maylone Quartet	12 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4-5:30 p.m.: Spanish Conversation 7 p.m.: Movie: The Peanut Butter Falcon	13 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	14 8:15 a.m.: Walking Club 9 a.m.-1 p.m.: Twin Springs Farm Market
15 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers 12 p.m.: Depart for Christmas Revels 11:30 a.m.-1 p.m.: Art Reception	16 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	17 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 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea	18 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 11 a.m.: Merry Meditation: Holiday De-Stress Session 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Friday Morning Music Club	19 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Driven	20 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events	21 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: Mt. Vernon and Lincoln's Washington
22 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers  <i>Happy Hanukkah</i>	23 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 6:30 p.m.: Monday Night Bridge Club	24 8:15 a.m.: Walking Club Center Open 9 a.m. to 2 p.m.	25 Center Closed  MERRY CHRISTMAS	26 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Art of Racing in the Rain	27 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	28 8:15 a.m.: Walking Club
29 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	30 10 a.m.: Great Books 12:30 p.m.: Bridge Club 6:30 p.m.: Monday Night Bridge Club	31 8:15 a.m.: Walking Club Center Open 9 a.m. to 2 p.m.	 <h3 style="font-size: 2em; margin: 0;">Holiday Food Drive</h3>			

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.

Remember our less fortunate neighbors this holiday season

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 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.