



J A N U A R Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Reminder: New day for MVA Bus

The MVA Bus Service will switch to Tuesdays beginning this month. The bus will be in Friendship Heights on **Tuesday, Jan. 28, from 10 a.m. to 2 p.m.**

<p>1</p> <p>2-3:30 p.m.: New Year's Day Open House</p> <p>Shuttle runs from 1:30 to 4 p.m.</p>	<p>2</p> <p>8:15 a.m.: Walking Club 7 p.m.: Movie: Abominable</p>	<p>3</p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>4</p> <p>8:15 a.m.: Walking Club</p>	<p>5</p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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 1:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength</p>	<p>8</p> <p>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 1 p.m. Suburban Lecture: Diets 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee meeting 7 p.m.: Concert: Amelia Ensemble</p>	<p>9</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 1-4 p.m.: Canasta 7 p.m.-8:30 p.m.: Writing Your Lifestory 7 p.m.: Movie: Judy</p>	<p>10</p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Natural Health</p>	<p>11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Downton Abbey Tea and Movie</p>
<p>12</p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers 11:30 a.m.-1 p.m.: Art Reception</p>	<p>13</p> <p>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 7:30 p.m.: Friendship Heights Village Council Meeting</p>	<p>14</p> <p>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 1:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Express Yourself 3-4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength</p>	<p>15</p> <p>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 1 p.m.: All in the Eyes</p>	<p>16</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 1-4 p.m.: Canasta 7 p.m.-8:30 p.m.: Writing Your Lifestory 7 p.m.: Movie: Ad Astra</p>	<p>17</p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Natural Health</p>	<p>18</p> <p>8:15 a.m.: Walking Club 12-1 p.m.: Lunchtime Lessons: Great Courses DVD: The Museums on the Mall and Washington Scandals</p>				
<p>19</p> <p>9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p>20</p> <p>10 a.m.: Great Books Martin Luther King, Jr. Day Center Closes at 2 p.m. Shuttle bus runs on weekend schedule</p>	<p>21</p> <p>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 1:30 p.m.: Painting for Everyone 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength</p>	<p>22</p> <p>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 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee meeting 7 p.m.: Concert: Ellen James and Jody Marshall</p>	<p>23</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 1-4 p.m.: Canasta 7 p.m.-8:30 p.m.: Writing Your Lifestory 7 p.m.: Movie: Ophelia</p>	<p>24</p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Natural Health 1 p.m.: Abstract Painting</p>	<p>25</p> <p>8:15 a.m.: Walking Club 10 a.m.: Glaucoma Talk 11:30 a.m.: Glaucoma Screenings</p>				
<p>26</p> <p>9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers</p>	<p>27</p> <p>9 a.m.: Depart for National Aquarium in Baltimore 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 6:30-8:30 p.m.: Mountain Music Jam and Sing-Along</p>	<p>28</p> <p>8:15 a.m.: Walking Club 10 a.m.-2 p.m.: MVA Mobile Office 10 a.m.-12 p.m.: Village Playtime 11 a.m.: Village Book Club 1 p.m.: Balance and Fall Prevention 1:30 p.m.: Painting for Everyone 12-4 p.m.: Blood Pressure Screening 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength</p>	<p>29</p> <p>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 1 p.m.: All in the Eyes 7 p.m.: Concert: KIVA</p>	<p>30</p> <p>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 1-4 p.m.: Canasta 7 p.m.-8:30 p.m.: Writing Your Lifestory 7 p.m.: Nick Glakas : FDR and Churchill</p>	<p>31</p> <p>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 11 a.m.: Natural Health 1 p.m.: Abstract Painting 1-2:30 p.m.: Friday Fiber Friends</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 mall museums and a scandalous tour highlight this month's Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Jan. 18, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "Museums on the Mall: Smithsonian and Beyond" and "Washington, D.C.: City of Scandal."

We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.