


Friendship Heights Village Center



Calendar of Events 2020

MARCH

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 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: 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 Group 1 p.m.: All in the Eyes 1 p.m.: Book Signing with Willard Berry 5:30 p.m.: Community Advisory Committee meeting	5 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30p.m.: Spanish Conversation 7 p.m.-8:30 p.m.: Writing Your Life Stories 7 p.m.:Movie: Zombieland	6 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 1-2:30 p.m.: Friday Fiber Friends	7 8:15 a.m.: Walking Club
8 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	9 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	10 8:15 a.m.: Walking Club 10 a.m.: Music with Marsha Goodman-Wood 12-4 p.m.: Blood Pressure Screening 1p.m.: Balance and Fall Prevention 2-4 p.m.: Nurse Specialist 3-4 p.m.: Express Yourself 3-4 p.m.: Tea 6:30 p.m.: Pilates	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 Group 1 p.m. Suburban Lecture: Managing Back Pain 1 p.m.: All in the Eyes 7 p.m.: Concert: Brothers Flanagan	12 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4-5:30p.m.: Spanish Conversation 7 p.m.-8:30 p.m.: Writing Your Life Stories 7 p.m.: Lecture: Regenerative Medicine	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 1-2:30 p.m.: Friday Fiber Friends	14 8:15 a.m.: Walking Club 10 a.m.: Community Conversations: Concerns and Aspirations for 2020 Election
15 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	16 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	17 8:15 a.m.: Walking Club 10:30 a.m.: Tonya's Tots 11 a.m.: Village Book Club 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.: Pilates 	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 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Making Memories Brain Game	19 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4-5:30p.m.: Spanish Conversation 7 p.m.: Movie: Ford v. Ferrari	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 1 p.m.: Abstract Painting 1-2:30 p.m.: Friday Fiber Friends 5:45 p.m.: Depart for Capitol Steps	21 8:15 a.m.: Walking Club 12-1 p.m.: Lunchtime Lessons: Great Courses DVD: The Kennedy Center and Northwest D.C. neighborhoods
22 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	23 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	24 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 12-4 p.m.: Blood Pressure Screening 2-4 p.m.: Nurse Specialist 3-4 p.m.: Tea 6:30 p.m.: Pilates	25 10:15 a.m.-1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Chess Group 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee Meeting 7 p.m.: Concert: Friday Morning Music Club	26 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 12 p.m.: Vision Resources Lunch and Learn 7 p.m.: Book Signing: Heroes of The Underground Railroad in D.C. area	27 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 1-2:30 p.m.: Friday Fiber Friends	28 8:15 a.m.: Walking Club
29 9:10 a.m.: Yoga 9:30 a.m.-1 p.m.: Coffee and Sunday Papers	30 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	31 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.: Pilates	<div data-bbox="933 2194 1764 2449" data-label="Complex-Block"> <p>Save the date:</p>  <p>Saturday, April 25: Spring Container Garden Workshop Saturday, May 2: Trip to the Maryland Sheep and Wool Festival</p> </div>			

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.

Highlighting D.C.'s Art Scene and Northwest Washington Neighborhoods during Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, March 21, at 12 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 "The Kennedy Center and the DC Arts Scene" and "Neighborhoods of Northwest D.C."

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