

January Program Highlights

Lecture: Jesse Palidofsky – Peter, Paul, & Mary
Wednesday, January 5 – 3 p.m.

Demonstration for Exercise for the Mature Athlete
Thursday, January 6 – 6 p.m.

Village Council Meeting
Monday, January 10 – 7:30 p.m.

Normandie Farms trip departs from the Village Center
Tuesday, January 11 11:30 a.m.

Concert: Robert Redd and Sue Matthews
Wednesday, January 12 – 7:00 p.m.

Art Reception
Sunday, January 16 – 11:30 a.m.-1:00 p.m.

Village Book Club via Zoom
Tuesday, January 18 – 11:00 a.m.

Lightening up the winter blues with Julie Potter
Tuesday, January 19 – 10:00 a.m.
Wednesday, January 19 – 7:00 p.m.

Lecture: How music affects your brain
Friday, January 21 – 1:00 p.m.

Glaucoma Lecture and Screenings
Saturday, January 22 – 10:00 a.m.

Concert: The Owen Duo
Wednesday, January 26 – 7:00 p.m.

Martial Arts Demonstration
Wednesday, February 2 – 7:00 p.m.

Weekly events:

Blood pressure screenings: Tuesdays, 1 to 3 p.m.

Movies: Thursdays at 7 p.m. Check the newsletter for details.

Twin Springs Fruit Farm Market: Saturdays, 9 a.m. to 1 p.m.,
Village Center portico.

*Please contact the Village Center at 301-656-2797 for
additional information regarding programs and events. You
may also view these programs and events in our monthly
newsletter and at www.friendshipheightsmd.gov.*