



APRIL 2024

### Register Online

[www.fhneighbors.org/calendar](http://www.fhneighbors.org/calendar)

or email [information.fhnn@gmail.com](mailto:information.fhnn@gmail.com)  
with the noted subject line to register.

**Dream Guidance.** Tuesday, April 9, 3:00-4:15 pm, via Zoom. Author Machiel Klerk will give an online presentation on "dream incubation," an ancient practice that helps unlock the wisdom of the subconscious. Open to all. Email subject line: Dream.

### April Lunch at Meiwah Restaurant.

Wednesday, April 10, 12:30-2:00 pm, in-person, 4457 Willard Avenue. Limited to 8 people. Dutch treat. For FHNN members and volunteers. Email subject line: Lunch.

### SPACE IS LIMITED! Introduction to Mindfulness Meditation, Four-Part Series.

Tuesdays: April 16, 23, 30, and May 7, 1:00-2:30 pm, via Zoom. Learn to bring calm into your life through the healing practice of meditation. Popular meditation teacher Andy Streich will lead the series. Open to all. Email subject line: Meditation Series.

### FHNN Volunteer Appreciation Lunch.

Wednesday, April 17, noon-1:30 pm, in-person, The Elizabeth, 4601 N Park. FHNN volunteers are invited to enjoy a fun lunch, with awards and door prizes. For FHNN volunteers only. Email subject line: Volunteer Lunch.

### Maintaining Mental Health as You Age.

Wednesday, April 17, 2:00-3:00 pm, via Zoom. Learn the best ways to maintain your mental health as you age in this online program. Led by Carlos Brown, PhD, LICSW, from Sibley

Hospital. Sponsored by Suburban Hospital. Open to all. Please register online as email registration is not available.

**Coffee & Company.** Thursday, April 18, 10:00-11:00 am, Gourmet Market (across from The Carleton, 4550 N Park Avenue). Dutch treat. Open to all. Email subject line: Coffee.

**Mindful Decluttering.** Thursday, April 18, 4:30-6:00 pm, in-person, Long & Foster, 4701 Sangamore Road, Suite L-1, Bethesda. Learn from experts how to declutter your home and keep it that way. Space is limited. Open to all. Email subject line: Decluttering.

**American Secrets, a Virtual Tour of the National Cryptologic Museum.** Friday, April 26, 10:30-11:30 am, via Zoom. Learn about some of the most dramatic moments in the history of American code making and code breaking in this online presentation. For FHNN and LFV members and volunteers. Email subject line: Codes.

### RECURRING EVENTS

*Open to all unless noted. First-time attendees should register by emailing FHNN.*

**Silent Meditation.** Sundays, 8:30-9:10 pm, Zoom

**Walkers Group.** Mondays, 10:00-11:00 am, in-person

**Zoom Tech (for Apple Users).** Tuesdays and Thursdays, 10:00 am–noon, Zoom. For FHNN and LFV members and active volunteers.

**Guided Meditation.** Tuesdays. 1:00-1:45 pm, Zoom

**Men's Meetup.** April 11: Zoom discussion, 2:00-3:00 pm. April 25: In-person lunch, Gourmet Market, 12:30-2:00 pm. All men are welcome.

**Crafts & Chat.** April 25: In-person, 4701 Willard Avenue, 3:00-4:30 pm. For both newbies and experienced crafters. Bring a craft project to share.

[www.fhneighbors.org](http://www.fhneighbors.org) | Phone: 240-620-3285

COVID: FHNN encourages Covid vaccination. For our policy, go to [www.fhneighbors.org/covid](http://www.fhneighbors.org/covid).

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