



Director's Notes: Monday, March 21st, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

TOWN HALL MEETING

FBWE Village will host a Town Hall meeting on Wednesday, April 13th at 2:00 which will feature our Councilmember, Brooke Pinto. The Councilmember will speak to our members briefly and then be open for questions, comments, and concerns. Pinto has been our ward's representative for almost two years and while there is disagreement about how she is doing as a city council member, she has been open to meeting with us and the other Ward 2 villages. She has attended two of our Coffee Chats and has done similar meetings with both Dupont Circle Village and Georgetown Village. This is the first time she has been invited to speak to our whole village.



The second half of the meeting will be a planning discussion for our village as we move out of the grips of the pandemic. The March planning retreat of the board and senior staff was very useful in terms of solidifying our priorities for the next several years. We want to share some ideas and get feedback from you.

I hope to see everyone at the Town Hall on 4/13!

-Denise

More Masks and Test Kits

The Village has a refreshed supply of KN95 masks and rapid Covid test kits. Please contact the office if you would like more of either. They are free to all members and we have a large supply of both.

FUN DATES THIS WEEK!

No member birthdays this week, but there are lots of fun days coming up to celebrate. A selection is below.

- World Poetry Day- March 21st
- International Day of Forests- March 21st
- International Waffle Day - March 25th
- Maryland Day- March 25th

A BIT OF HUMOR



**How to prevent your children
from borrowing the car...**



OVERFLOW HUMOR

[Silly Jokes for Today](#)

OTHER PIECES



A Moving Orchestral Piece

Articles to Read

- [Medicare Advantage plans send 'Papa pals' to seniors' homes for companionship](#) from the Washington Post

If you are not a subscriber you will not be able to access the above articles. If the topics interest you, let the office know and we can provide you a copy.

PROGRAMS



Van Gogh Through the Lens of his Art

Monday, March 21st, at 1pm

In this month's art introspection, we will be looking at the fascinating life of Vincent van Gogh. Exploring the connections between van Gogh's life and art, we will take a dive into the

world of van Gogh! Often characterized by his experience of mental illness, van Gogh used his artmaking as a mode of expression and a way to deal with the difficulties he faced in life.

Join us on Monday, March 21st at for an inter-village discussion on the power of art and healing through the perspective of van Gogh's life.

Village members are welcome to create artwork in response to this discussion so are asked to bring along any art materials available to them.

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

[Register for the program here](#)

Announcing March PT Shorts: Physical Therapy in only 15 minutes!

Dates: March 22nd and 29th

GWU/Physical Therapy Department graduate students will design and conduct 5 special PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. Register for any one or all 5! All sessions will be on zoom and recorded so that you can make them part of your weekly fitness routine.



March 22nd, 12:30 pm - 12:45pm: ENERGIZING FULL BODY MORNING STRETCH

Is your get-up-and-go still stuck in bed? Join Kate, Allison, Emma and Brianna for a head to toe easy routine that will leave you ready to face the day.

[To register click here](#)

March 22nd, 1:00 pm - 1:15 pm: BENEFITS OF MAINTAINING MUSCLE MASS

Remember the saying “use it or lose it?” In just 15 minutes, Rachael, Kate, Hannah, and Kristina will show you ways you can maintain your muscle mass and what effect it can have on your daily life!

[To register click here](#)

March 29th, 12:30 pm - 12:45pm: KEEPING ARTHRITIS JOINTS HEALTHY AND HAPPY

Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian and Chloe for a brief overview of arthritis and learn some do’s and don’ts. The team will show you exercises you can do at home to improve your range of motion safely.

[To register click here](#)

March 29th, 1:00 pm - 1:15 pm: EXERCISES/STRETCHES AFTER LONG SEDENTARY PERIODS

They say that “sitting” is the new smoking. If you can’t break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much needed stretch break. Warning: the exercises may be habit forming.

[To register click here](#)

If you have any questions please contact Nadia Taran,
nadiataran@mindspring.com

Picasso: Through the Lens of his Art - RERUN

Thursday, March 24th at 2:00 pm

THIS PROGRAM IS A RERUN OF THE EARLY FEBRUARY PROGRAM THAT OUR VILLAGE MISSED DUE TO A TIME MIXUP. PLEASE RE-REGISTER FOR THE NEW DATE.



As a painter, sculptor, ceramicist, stage designer and lithographer, Pablo Ruiz Picasso is considered to be one of the greatest artists of the 20th century, if not of all time. With his career spanning almost 80 years, Picasso used art as an outlet to explore and heal from many of life's obstacles put in his way. Facing the loss of friends, heartbreak, financial difficulties and mental illness, Picasso channeled his emotions and feelings through his art.

In this online program, we will take a deep dive into the life of Picasso, using the different stages of his art as markers of major life events. Join for an inter-village discussion on the power of art in healing through the perspective of Picasso's life.

“Colors, like features, follow the changes of emotions” – Pablo Picasso

[Register for the program here](#)

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

The Musical CABARET at GWU

Sunday, April 3rd, at 2:00 PM

**Dorothy Betts Marvin in the GW University
Student Center - 800 21st St NW**



Willkommen! Bienvenue! Welcome!

Join Villagers to experience a live theater performance produced by the Corcoran Programs of Music and Theatre & Dance at George Washington University.

Set in Berlin during the waning days of the Weimar Republic as Nazis ascended to power, this dazzling musical focuses on the hedonistic nightlife at the seedy Kit Kat Klub and recalls when Bohemian living yielded to fascism. The events depicted are derived from Anglo-American writer Christopher Isherwood's semi-autobiographical tales of his colorful escapades of that era. The original 1966 Kander and Ebb musical

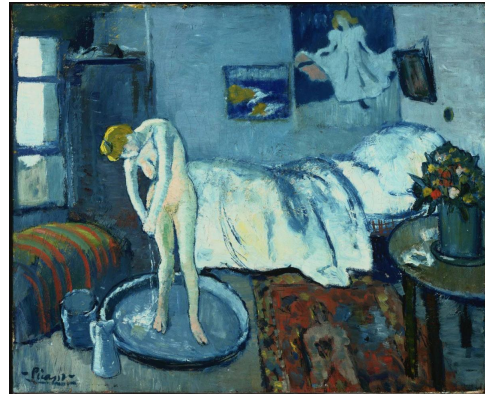
won 8 Tony awards, including Best Musical. The 1972 film version was also a commercial and critical success, receiving 8 Academy Award Oscars.

The Village has reserved a limited number of reservations for this 2 1/2 hour matinee performance. Masks are required. These nonrefundable discount tickets are \$10.00 each and must be paid to the Village in advance. (Reduced fee members may attend for free.) The theatre has open seating and is fully accessible. The registration deadline is March 31.

[Secure your ticket by registering here.](#)

Phillips Collection Tour of “Picasso: Painting the Blue Period”

Thursday, April 7th, at 1:00 p.m.
On Site Tour: Meet in the lobby on the main floor of the Goh Annex, 1600 21st Street, NW



The Foggy Bottom West End Village is very pleased to announce another private, guided tour for our Village members of a special exhibit, “Picasso: Painting the Blue Period,” at The Phillips Collection.

The Phillips notes that the exhibit Picasso: Painting the Blue Period “... is a groundbreaking exhibition that provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th century icon, just as he was beginning to define himself on the international stage.

Focusing on the years 1900–04, the exhibition tells the story of how the young Spanish artist, then a fledgling painter in his late teens and early twenties, formulated his signature Blue Period style by engaging with the subject matter and motifs in specific works he encountered—by Old Masters and his contemporaries alike—as he moved between Barcelona and Paris. The Blue Period works in the exhibition reveal Picasso’s evolving and sometimes controversial approach to issues of sex, class, poverty, despair, charity, and female incarceration.”

Accessibility: The entire site is accessible.

Cost:

- If you are a member of The Phillips you will receive free admission. (Please have your proof of membership available at entry to the museum.)
- If you are not a member of the Phillips the cost to you will be \$5.00. (The Village will underwrite the remaining cost of the ticket for its members. Please note that the \$5.00 fee is not refundable if you cancel at any time.) When you register you will find instructions on how to make your own payment.

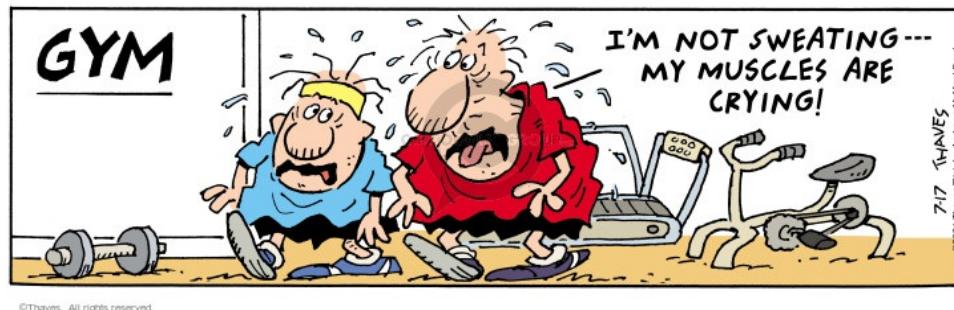
COVID 19 protocols:

- **Facemask:** Phillips Collection encourages all visitors to wear N95, KN95, or KF94 masks during their visit.
- **Proof of vaccination:** The Phillips Collection requires that museum visitors show proof of vaccination or a same-day negative COVID-19 test from a health care provider upon entry, along with a government-issued photo ID. However, please note that the Village requires that all members attending on-site programs be fully vaccinated (including a booster shot) and proof of vaccination must be on record at the Village office. (If you have not yet registered with the office, you can do so by (1) emailing a picture of your vaccination card to the office, (2) arranging a time to go to the office to show your card to Jonas in person, or (3) requesting that Jonas or an intern, stop by your home to check your card.)

The Phillips Collection staff will review and verify vaccination documentation upon entry but will not retain the information.

Registration Required: Please click below to register. The tour will have a limited number of participants so register early. You must be logged onto your member account on the website to register. When you register you will have to select either Phillips member or non-Phillips member.

[Click here to register](#)



Dr. Janson is back! - New topic: Nutrition and Exercises that help maintain muscle mass in arms and legs.

Tuesday, April 12th, from 2:30-3:30 PM (via zoom)

The Bad news: we all lose muscle mass as we age. The rate of loss is increased with inactivity. The Good news: exercise slows down age related muscle mass loss and reverses strength loss due to inactivity.

Dr. Janson will cover nutrition and demonstrate specific exercises that prevent age-related muscle mass loss in arms and legs. The session will use therabands and/or light weights. The village has therabands available if you would like to collect one before the class.

Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and

understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments and falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.

[Registration required. To register, click here](#)



1000 YEARS OF INDIAN TEXTILES: Textile Museum Curator Tour just for FBWEV.

Thursday, April 14th, at 10 am

Meet at the George Washington University Museum and the Textile Museum. 701 21st St NW (21st & G)

India is known for its vibrant textiles and its long and rich textile tradition. This show brings together 150 of the best works from the collections of the Textile Museum and of Karun Thakar, one of the world's great textile collectors. The pieces come from all over India and were created from the 9th to the early 20th century. They include costumes and decorative textiles and range from court weavings to folk embroideries. Their designs also provide a window into the wide range of religious beliefs across South Asia.

Our tour will be led by a Village favorite, Curator Lee Talbot. He has guided a number of our visits to the Textile Museum including the opening show and most recently textiles and costumes of minorities in Southwest China.

Accessibility: The venue and exhibits are accessible.

Members Only. Limited to 20 participants. Registration required. [Please click here to register.](#)

COVID policies of FBWEV and of the Museum at the time will apply. We will inform attendees closer to the date.

AFFINITY GROUPS

New Book Discussion Affinity Group Starting April 4th



The FBWE Village is pleased to announce that a planning meeting will take place to discuss the new Book Discussion Group commencing this spring. Affinity groups are groups of village members, sharing a common interest, self-directed by members, and under the auspices of the Program Committee.

All interested members are invited to attend the first meeting on April 4th in the West End Library to talk about when the group will meet, how often, where, book selection and any other ideas as we move forward.

All village members who love reading are invited to participate. Barbara Reck will take participants through the initial process of formation, however there will be no formal leader for the group as there has been in previous village books clubs. It's informal - so come one, come all to our meeting on Monday, April 4th at 2:00 pm at the West End Library.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)
Meets at Bread and Chocolate at 2301 M St NW (contact for more information)
Contact: jfrumkin@fbwevillage.org

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm
Online via Zoom (contact for more information)
Contact: pfkramer38@gmail.com

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm
Various locations (contact for more information)
Contact: tlneve@rcn.com

IN THE COMMUNITY

The George Washington University
Religion Department Presents
The 2022 Ziffern Endowed Lecture

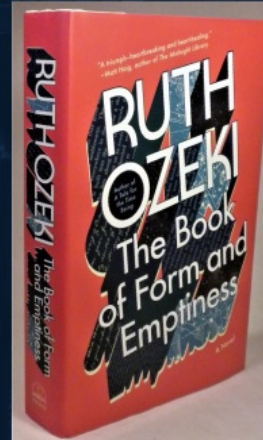
***Form and Emptiness:
Zen and the Art of Fiction***

**Monday, March 21st
5-6:30pm
Student Center
Room 309**



Ruth Ozeki is a novelist, filmmaker, and Zen Buddhist priest. She is the author of four novels, *The Book of Form and Emptiness*, *My Year of Meats*, *All Over Creation*, and *A Tale for the Time Being*. A longtime Buddhist practitioner, Ruth was ordained in 2010 and is affiliated with the Brooklyn Zen Center and the Everyday Zen Foundation. She teaches creative writing at Smith College, where she is the Grace Jarcho Ross 1933 Professor of Humanities.

Co-sponsored by the following departments and programs: GARNET, Creative Writing, East Asian Languages and Literatures, English, Philosophy, and Women's, Gender, and Sexuality Studies



GEORGETOWN UNIVERSITY
McCourt School of Public Policy

CENTER FOR
PUBLIC & NONPROFIT
LEADERSHIP

2021-2022 | Democracy at Risk

Philanthropy and America's Racial Reckoning

**Join us for Georgetown University President
John J. DeGioia's conversation with
Darren Walker, President of the Ford Foundation**

March 22nd, 4:00-5:00pm EDT

**Philanthropy and America's Racial Reckoning
Tuesday, March 22nd, from 4:00 - 5:00 PM**

**Join for Georgetown University President John J. DeGioia's conversation
with Darren Walker, President of the Ford Foundation**

The challenges facing our country require philanthropists to reimagine

their goals and responsibilities in today's America. DeGioia and Walker will discuss the role philanthropy can and must play in disrupting the status quo, shifting power dynamics, centering those historically marginalized, and delivering racial and social justice. Philanthropy and America's Racial Reckoning is part of Georgetown's year-long "Democracy at Risk" series of conversations, which we are hosting in celebration of the 25th Anniversary of the Center for Public and Nonprofit Leadership. These discussions will inform the next 25 years of the Center's work with nonprofit, philanthropic and public sector leaders to strengthen our communities, nation and world.

[Register and find more info here](#)

Free Play Reading from Rose Theater

Hello Friends & Theatre-lovers, join this March for a staged reading and audience discussion of a new play inspired by the Bard's infamous trio.



O SISTERS WEIRD (Formerly THE WITCHES), a New Stage Play written by Stephanie M. House

Tuesday, Mar. 22*

Arts Club of Washington

Doors open 7pm, Performance begins 7:30pm

Free Admission!

&

Wednesday, Mar. 23*

1st Stage

Doors open 7pm, Performance begins 7:30pm

Free Admission!

[RSVP for the performances here](#)



Maintaining Brain Health: Do's and Don'ts

Wednesday, March 23rd, at 7:00 PM

Speaker: Jesse G. Brand, Ph.D., ABPP, Board Certified in Clinical Neuropsychology

How do thinking abilities change as we age, and what can we do about it? Gain insight into research-supported lifestyle changes that can build

resilience against dementia. Learn more about which brain health products are falsely advertised and what the evidence really suggests about optimizing memory.

[Register and find more upcoming speakers on the NWN site here](#)

Other future talks in the next two weeks:

Childless Older Americans

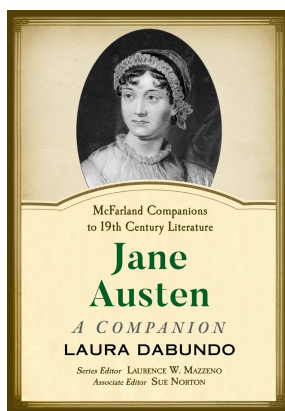
Thursday, March 24th, at 11:00 AM

More than 15 million adults, or nearly one in six Americans aged 55 and older, are childless, and the levels of childlessness among adults are expected to increase. Using data from the U.S. Census Bureau's 2018 Survey of Income and Program Participation (SIPP), Dr. Tayelor Valerio will provide an overview of the childless older American population and compare their demographic, economic, health, and household characteristics to those of biological parents of the same age group. Dr. Tayelor Valerio, Ph.D., is a survey statistician at the U.S. Census Bureau. She is an analyst for the Survey of Income and Program Participation (SIPP), the American Community Survey (ACS), and the June Fertility Supplement of the Current Population Survey (CPS), where she focuses on topics related to fertility and family.

Warhol's Women

Thursday, March 31st, at 2:00 PM

Some people may have heard about Andy Warhol's close, lifelong relationship with his mother, but that relationship was about more than just love and blood. New research shows that Julia Warhola played an important role in her son's artmaking, as did several female colleagues who influenced him. Blake Gopnik is the author of *Warhol*, the first comprehensive biography of the Pop artist. He has been the staff art critic at the *Washington Post* and *Newsweek* and is now a regular contributor to the *New York Times*. He has a PhD in art history from the University of Oxford.



On The Life And Works Of Jane Austen: Female Friendships

Thursday, March 24th, 3:30-5 pm by Zoom

Dr. Laura Dabundo is a distinguished scholar from Kennesaw State University and an expert on the author Jane Austen. For almost 30 years she taught the work of Austen and other topics (British Romanticism, the Gothic, Detective and Murder Fiction, and the Bible as Literature). She has

published papers and given talks on Austen talks in the US and abroad. She will discuss Austen's work and impact based on her new book, *Jane Austen: A Companion*, with a focus on female friendships in Austen's life and writings.

SPONSOR: Silver Spring Village

ACCESS: ZOOM : <https://us02web.zoom.us/j/87227772896?pwd=WmlwTlg0Q3RxeWJrTXVacEJWYXpVZz09>

MEETING ID : 872 2777 2896

PASSCODE : 879155

PHONE : +1-301-715-8592

Chevy Chase at Home Speaker: Political Comedy Writer Eric Schnure

Friday, March 25th, from 1 to 2 pm



In politics, getting laughs is serious business. Former White House speechwriter and co-author of *The Political Speechwriter's Companion*, Eric Schnure would know. For more than 25 years, and at prestigious events like the Gridiron Dinner and the Alfalfa Club, he has helped politicians, pundits and power players make their speeches funny (intentionally funny, that is!). Join Eric for a lively discussion on why it's important for elected officials to come across as witty, how to take the risk out of a roast, and whether or not humor is dying in a country divided. Part of the Chevy Chase At Home Guest Speakers Series. [Register for the talk here.](#)



UPCOMING ZOOM AROUND TOWN DC PROGRAMS

Cooking with Chef Susan Barocas

Wednesday, March 23rd, from 3:00 pm - 4:15 pm

It's in the can! Join Chef Susan to explore tasty and healthy ways to use canned salmon and tuna, economical, easy and versatile sources of good protein. Chef Susan Barocas is a writer, cook, teacher and speaker with a passion for healthy cooking and Mediterranean, Middle Eastern and Jewish cuisines. Founding director of the innovative Jewish Food Experience, she served as guest chef for three of President Obama's White House Seders. [Register for the class here.](#)

WEBSITE FOR PUBLIC WAVE EVENTS

The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating



programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you

How to Register for Village Programs

Village programs and events will generally be announced only in the weekly Director's Notes, published on Monday morning.

- To register, first make sure you are logged into your account on the Village website. From the listing at the end of each program invite, click on the link.
- Then simply click the **REGISTER NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration page).
- **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
- **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
- If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.

All FBWE programs take place on Zoom unless otherwise indicated.

Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

www.fbwevillage.org