

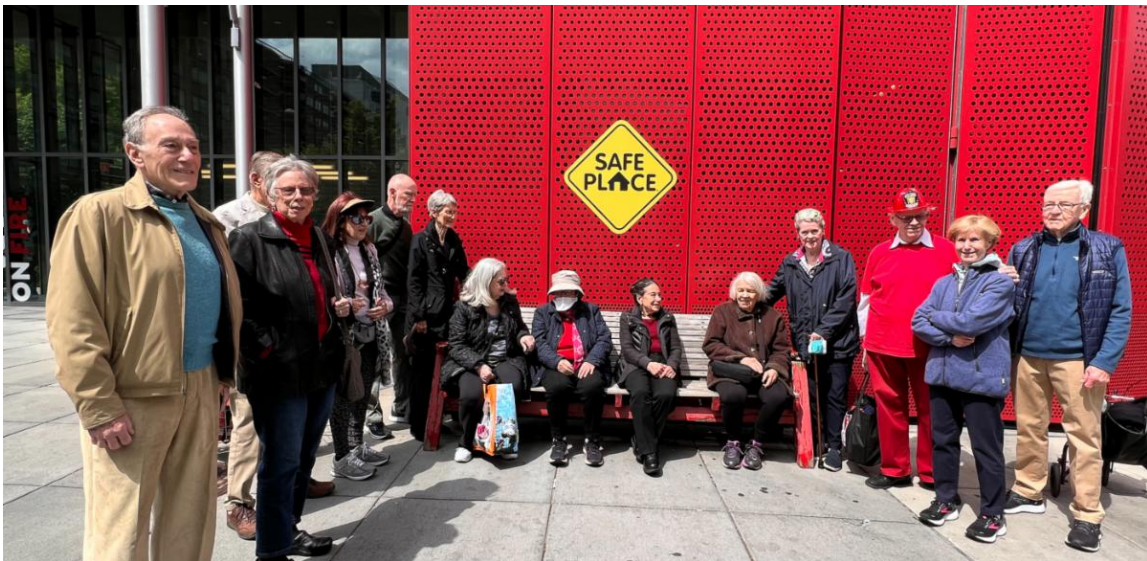


Director's Notes: Monday, May 1st, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder



West End Firehouse Tour

The Village wants to thank the firefighters stationed at our West End Firehouse for a fascinating and action packed tour of the firehouse last week. Thank you to Lynn Cates for the packed group shot of Villagers at the firehouse! Featuring from left to right: Morris Chalick, Trev Neve, Harriet Madan, Rozanne Weissman, Bob Haas, Anne Roger, Yolanda Buran, Janet Farbstein, Jackie Lemire, Betsy Carter, Kate Clinton, CB Wooldridge, Binney Levine, and Paul O'Leary.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to four amazing people!

- Bill Kincaid - May 1st
- Colburn Aker - May 2nd
- Dava Berkman - May 4th
- Morris Chalick - May 7th



PROGRAMS

U.S. SUPREME COURT TOUR

Friday, May 5th, at 11:00 AM

Meet at U.S. Supreme Court, 1 1st St NE



Sometimes referred to as the “Marble Palace”, the US Supreme Court holds a unique place in our country’s society. The tour will include information about the Court’s history, how cases are reviewed, and the design and decor of the building, as well as a chance to view non-public spaces (as available). After the tour, all are welcome to stay for lunch in the Court’s cafeteria. Lorna Grenadier, a Villager and Supreme Court docent, will lead the tour. Villagers should meet at the John Marshall statue on the ground floor.

This tour is now full. If you registered and can no longer attend the tour please cancel by emailing Jonas, jfrumkin@fbwevillage.org, by 5pm today. [Click here to join the waitlist](#) You will be notified if a spot opens up.



AN INSIDER’S GUIDE TO EXPERIENCING THE VIETNAM MEMORIAL

Thursday, May 18th, at 2:00 PM

Vietnam Memorial, 5 Henry Bacon Dr NW

The Vietnam Veterans Memorial is the most-visited memorial on the National Mall attracting more than 5 million people each year. The most prominent feature of the memorial is a massive Wall that lists the names of the more than 58,000 servicemen and women who lost their lives during the Vietnam War.

The Vietnam Veterans Memorial provides a unique opportunity for volunteering and Village member Annmarie Emmet will attest to that as she has been doing so on a weekly basis for more than 30 years.

Annmarie is inviting Village members to join her on-site where she will discuss the types of questions visitors ask, how she assists them in looking up names, the process used in rubbing names, how she helps visitors with name rubbings, etc.

Join Annmarie to learn about all aspects of this unique, daily, on-site volunteer activity in which not only US citizens but visitors from around the world are provided assistance.

MEET Annmarie at the Vietnam Women's Memorial which is associated with the Wall. (It is opposite the center of the Wall, in the trees.)

Cost: None.

Registration Required: [Please click here to register.](#)



CALLING ALL VILLAGE WOMEN - IT'S TIME FOR US TO MEET AGAIN LET'S "DO" LUNCH!

**Wednesday, May 24th, at 1:00 pm note the later start time
North Italia, 2112 Pennsylvania Ave NW**

IT'S FOOD, CONVERSATION, AND LAUGHTER.

Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided. The reservation is under the name FBWE Village. A Village member will be there to greet you.

Accessibility: The venue is fully accessible.

Registration required. [Please register here](#) by Monday, May 22.

GWU Older Adult Exercise Program

Tuesdays and Thursdays from 12:00 PM - 12:50 PM ending May 18th
Room B112A or B112B, Milken School of Public Health, 950 New Hampshire Ave NW



Exciting update! The summer schedule for the classes starts June 6th and runs through August 3rd! Stay tuned for more details.

Who: Angela Ingram and Cynthia Pavell, Instructor, Department of Exercise and Nutrition Sciences

Mask Policy: "Strongly recommended" but not required.

Prior to starting, participants need to:

1. **Obtain or renew their GWorld Card**
2. **Complete a waiver form**
3. **Complete the Participant Health and Exercise Profile form**
4. **Register with the village by clicking here**

For details and forms click here. If you would like printed copies of the forms please let the office know and they can be provided.

Cost: Free to members

Village liaison: Nadia Taran. For questions/information: nadiataran@mindspring.com

AFFINITY GROUPS

Coffee & Company

It's a Tuesday at 10:00 A.M. and that means it's coffee & company time!

Come on over to Bread & Chocolate (2301 M St. NW) and join us for an informal get together where conversations flow and the coffee and breakfast are terrific.

We're an ongoing coffee klatch group that welcomes everyone to join in. Whether you are new to the village or a long time member who hasn't been with us recently, come on out. We promise you a morning of feeling good about being part of our village!

We're here every Tuesday. See you tomorrow!



JOIN THE FBWEV BOOK GROUP

We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm in the West End Library. Upcoming books are listed below.

- May 3rd: 'Of Boys and Men' by Richard Reeves
- June 7th: 'Still Life' by Sarah Winman
- July 5th: 'Visual Thinking' by Temple Grandin

New Meditation Group

Fridays at 3:00 pm

**Undercroft Room, St. Paul's Church,
2430 K St NW**



A new affinity group for meditation will be meeting every Friday at 3 pm in the Undercroft Room at St Paul's. The group will use phone apps for guided meditations. Participants are welcome to share their favorite apps.

The group will primarily meditate while seated in chairs and an ability to get up from the floor is not required.

All are welcome to join - whether you already meditate regularly or want to give it a try for the first time. Some people report that meditating with others enhances their experience.

For more information, please contact Lucia Pollock at 202-716-7401 or luciapollock@yahoo.com.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: Jonas at jfrumkin@fbwevillage.org

CAREGIVER'S SUPPORT GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: Phyllis Kramer at pfkramer38@gmail.com

WEDNESDAYS

VILLAGE YOGA GROUP (weekly) at 11:00 am

Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Denise at dsnyder@fbwevillage.org

Women's Lunch Group (4th Wed) at 1:00 pm

Various locations (contact for more information)

Contact: Binney Levine at binney.levine@gmail.com

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: Barbara Reck at barbarareck@gmail.com or Adele Gottfried at agphd2@gmail.com

FRENCH CONVERSATION GROUP (changing Weds) at 5:00 pm

Location Changes (contact for more information)

Contact: Sally Willis at sally.willis@yahoo.com

THURSDAYS

WALKIE TALKIES at 9:00 am (weekly)

Meets in Washington Circle at the Statue (contact for more information)

Contact: Lorna Grenadier at lgrenadier@gmail.com

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 1:00 pm

Various locations (contact for more information)

Contact: Trev Neve at tneve@rcn.com

FRIDAYS

FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am

Meets in the Dining Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: CB Wooldridge at cbwould2003@yahoo.com

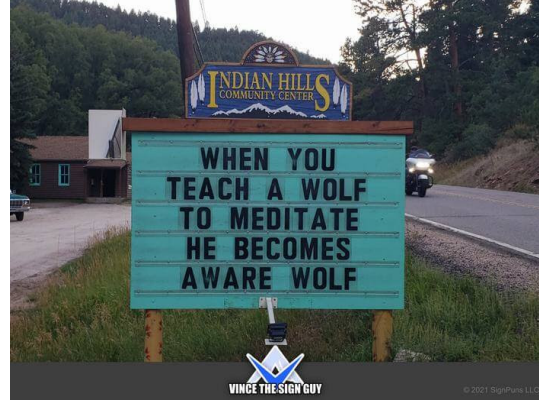
MEDITATION GROUP (weekly) at 3:00 pm

Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Lucia Pollock at 202-716-7401 or luciapollock@yahoo.com.

A BIT OF HUMOR





OTHER PIECES

LIFELONG LEARNING COURSES at AMERICAN UNIVERSITY – SUMMER COURSES



The Osher Lifelong Learning Institute (OLLI) at AU offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy, and more. Designed for people “50 and better,” nearly 1,600 members are active participants who join for the joy of learning with no tests and no grades. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. June Minis run from June 5–30 with classes held once a week for four weeks. July Shorts run from July 10–14 with classes held two to five times during the one week. The cost for June Minis and July Shorts is \$100/session for up to four classes each session. View and select classes starting April 21. Additionally, there are free weekly lectures during the month of May and membership social events.

Be a part of a community where curiosity never retires! Go to their website: olli-dc.org or call 202-895-4860 for further information and to register for classes.



New Village YouTube Video Alert!

This past week we hosted Dr. Janson for another of her fabulous exercise classes. This class was entitled, 'oh my aching back' and it focused on common back pain problems and exercises to remedy them. Click on the video preview above to watch her class. Our full YouTube channel [can be found here](#).

IN THE COMMUNITY

ANNUAL FLOWER MART

The 84th annual Flower Mart will be held at the Washington National Cathedral on Friday, May 5th (10:00 - 6:00) and Saturday, May 6th (10: - 5:00). This free activity includes not only the obvious plants (flowers, herbs, etc.), but there is an antique carousel, scores of booths selling crafts and food, a book tent, live entertainment, and floral displays created by the city's embassies to showcase their national cultures.



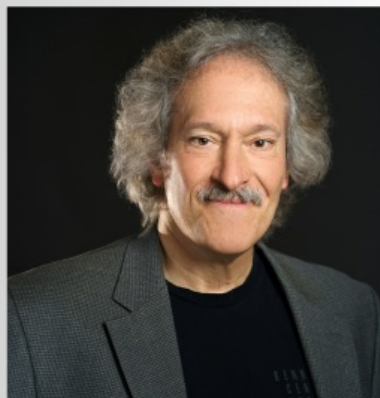
For those looking for a physical challenge, one can also buy a ticket to climb to the top of the Cathedral's towers for a picturesque view of the city. Limited paid parking is available in the Cathedral's underground garage, but visitors are encouraged to come by bus. [For more information on the Flower Mart click here](#).

A repeat visitor to the Flower Mart, Janet Farbstein, suggests that you ask the bus driver to let you off at the stop immediately before the Cathedral stop. This will lead you directly into the area where the Flower Mart is being held, whereas the Cathedral stop requires a long, steep walk to the show. She also suggests timing your arrival for 11:00 since not all booths are set up by 10:00. Bringing your own water (and even food) is a good idea to avoid long lines. Janet's final thought is that when you're ready for a rest, the Bishop's Garden awaits you!

WE INVITE YOU TO THE WEST END NEIGHBORHOOD LIBRARY FOR AN EXCITING NEW LECTURE SERIES!

From death and devastation to glory and enduring poetry, the Trojan War has held the Western imagination in its thrall for over three millennia.

In this four-part, in-person lecture series, renowned Georgetown professor **Ori Soltes, PhD** will lead participants on an unforgettably illuminating journey. Join him as he traces how—and why—the Trojan War cycle has managed to fire the Western imagination and seep into a startlingly diverse array of media—from ancient Greek tragedy to James Joyce's *Ulysses*, and all the way to contemporary Hollywood's own Iliad-based film, *Troy*.



LECTURE DATES

Session One: The Iliad. (Monday, April 10)

A fragment of the Great War and its engagement of men, gods, and fate. The tragic, noble, and irony-filled quest by mortals for immortal glory.

Session Two: The Odyssey. (Monday, May 1)

The delayed homecoming of Odysseus—and the yearning for home—in shaping the great adventure. The weaving of tales within the weaving of a tale of monsters and goddesses—and the wonder of the hero's future articulated at the edge of the Underworld.

Session Three: Preludes and Aftermaths to Homer. (Tuesday, May 30)

From Aeschylus' *Agamemnon* to Euripides' *Iphigenia Among the Colchians*: What happened to others after the taking of Troy and why? What happened before the War to make it happen?

Session Four: Echoes of Troy and Its Meanings in Modern Media (Monday, June 26)

From James Joyce's epic novel, *Ulysses* (1922); to Nikos Kazantzakis' epic poem, *Odyssey: A Sequel* (1938); to Joseph Strick's 1967 film, *Ulysses* and Wolfgang Peterson's 2004 film, *Troy*—how and why have key aspects of the dramatic story been re-shaped and re-directed with verve, passion, and poignancy?

*All lectures will meet in the
Large Meeting Room at
West End Neighborhood
Library from 7:00-9:00 PM.*

Click on the flyer to enlarge it



Bird Brother: A Falconer's Journey and the Healing Power of Wildlife

Tuesday, May 2nd, at 11:00 AM

To escape the tough streets of Southeast Washington, D.C. in the late 1980s, young Rodney Stotts would ride the metro to the Smithsonian National Zoo. There, the bald eagles and other birds of prey captured his imagination for the first time. Rodney grew up during the crack epidemic,

with guns, drugs, and the threat of incarceration an accepted part of daily life for nearly everyone he knew. To rent his own apartment, he needed a paycheck—something the money from dealing drugs didn't provide. For that, he took a position in 1992 with a new nonprofit, the Earth Conservation Corps. Gradually, Rodney fell in love with the work to restore and conserve the polluted Anacostia River that flows through D.C. As conditions along the river improved, he helped to reintroduce bald eagles to the region and befriended an injured Eurasian Eagle Owl named Mr. Hoots, the first of many birds whose respect he would work hard to earn.

Join Rodney Stotts, author of *Bird Brother*, as he shares his unlikely journey to becoming a conservationist and one of America's few Black master falconers. Rodney creates interactive and educational programming, to share the healing power of nature for anyone in need through his organization, Rodney's Raptors.

EU Open House 2023

Saturday, May 13th, from 10 AM to 4 PM

EU Open House is back! On Saturday, May 13th the European Union and its Embassies open their doors to the public for a day of culture, food, music, and more. No registration, tickets, or passport required!



The closest embassy to the Village is the Swedish embassy, House of Sweden at 2900 K Street NW. "At House of Sweden, guests will learn about Sweden's current Presidency of the Council of the European Union, enjoy a Swedish Fika overlooking the Potomac River, visit the rooftop lounge, a photo booth, and climate action station, learn what a "Tunbjörkare" is, and how Sweden plans to be carbon neutral by 2045. Välkommen!"

All the embassies are open to the public and a plethora of fun free events are on offer! [Click here to see the full list of events and to see the helpful map of EU embassies.](#)

Guest Speaker Donna Gayles, Capital Caring Hospice

Wednesday, May 17th, at 1:00 pm on Zoom

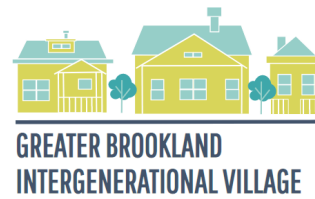
Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. Her talk is titled, "Two Weeks is Too Short and Tragic".



[Click here for more info and to register](#)

Care Planning & Care Giving

Wednesday, May 17th, from 7 -
8:15pm on Zoom



Chrisanna Waldrop studied geriatric care at the University of Florida

Geriatric Care Management program. She will present a blueprint of the overall topics that every family should consider before a crisis occurs. This talk is designed for families & individuals who are aware of the pressures of aging but tend to avoid thinking about it.

We'll talk about demographic realities, societal and familial reluctance, various forms decline can take, legal authority, practical thinking, boundaries for both the care receiver & care giver, ambiguous & anticipatory grief, as well as initial questions for both parties to ask themselves in order to start seriously considering a plan.

[Click here to register](#) (do not login) or call (202) 658-5958

MAYOR MURIEL BOWSER PRESENTS

SENIOR FEST
BELIEVE THE HYPE

WEDNESDAY, MAY 31, 2023
10:00 AM - 3:00 PM
Gateway DC Pavilion
2700 Martin Luther King, Jr. Ave SE

Get ready for a high-energy reunion at DPR's annual Senior Fest!

LINE DANCING • FITNESS DEMOS
LIVE ENTERTAINMENT • FOOD
HEALTH RESOURCES • MUCH MORE!

VISIT [DPR.EVENTS](#) FOR MORE INFORMATION

@DCDPR

Logos for DBH, DACL (LIVE BOLDLY), DPR (GOVERNMENT OF THE DISTRICT OF COLUMBIA), and MURIEL BOWSER, MAYOR.

DACL and DPR are again collaborating for this popular celebration, and this year they expect it will be bigger and better than ever and bring together thousands of DC Seniors from around the city for a day of fellowship, food, information, and live speakers and entertainment. This event will be DACL's premier event during Older Americans Month

Like last year, DACL will provide transportation for this event. Please contact the Village office if you would like a ride to this event. The deadline to request a ride is Friday, May 12th.

This year in addition to standard picnic fare, DACL will offer a vegetarian, a Halaal, and a Kosher option.

WAVE Shared Calendar of Village Events



The Washington Area Villages Exchange shared calendar contains a number of interesting upcoming community programs. They are all free and open to the wider village community. The Shared Calendar is available at wavevillages.org/sharedevents.

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#). Please contact the office if you would like to register for any VtoV event.

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 FOR THIS EVENT** button and follow the prompts.
- Finally, click **REGISTER FOR THIS EVENT AGAIN ON THE NEXT 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.

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

fbwe.helpfulvillage.com

FBWE Village | 2430 K Street NW, Washington, DC 20037

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