



Director's Notes: Monday, May 15th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder



Women's Lunch Photos

The Village wants to thank everyone that came to our successful women's lunch a couple of weeks ago. We hope you can join us for the next lunch on May 24th. See below for more details. Thank you to Lynn Cates for these fabulous pictures!

Above from left to right: Madelyn Evans, Kate Clinton, Dee Prins, Lynnette Asselin

Below from left to right (not including those in first pic): Arlene Halfon,



Office Help Needed Today

The Village office is looking for help today with a couple of small office tasks. We need help organizing the name tags for this afternoon's happy hour and compiling the mailed copies of this week's director's notes. Please email info@fbwevillage.org or call 202-333-1327 if you can spare a little bit of time today. We greatly appreciate your help!

-Jonas

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to one amazing person!

- Alan Ingber - May 15th



PROGRAMS

— JOIN US —
FOR HAPPY HOUR



HAPPY HOUR IS BACK!!

Monday, May 15th, from 5:00 PM to 6:30 PM

Ris, 2275 L St NW

Join us on Monday, May 15th at Ris for the return of our popular Village happy hours! In a new village initiative, members who have a birthday in May get one free drink at our happy hour! We hope to see you if your birthday is close or many months away!

MAY GUYS ONLY AT LUNCH (GOAL)

Thursday, May 18th, at 1:00 PM

Ris, 2275 L St NW



We'll be at Ris, our go-to venue, for May's GOAL. You probably have the menu memorized, but just in case it's here: www.risdc.com/dailymenu. Attendance has been on an upswing. Bring a friend if you want, especially a prospective member.

Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

Accessibility: The venue is fully accessible. Open to all male members and their guests.

Registration is required. Please e-mail Trev Neve at tneve@rcn.com by Wednesday, May 17th, if you plan to attend, so he can get a final headcount for the table reservation.



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.



NATIONAL GALLERY OF ART – EAST BUILDING ARCHITECTURAL TOUR

Thursday, May, 25th, at 1:30 PM

National Gallery of Art East Building, 150 4th St NW

Opened in 1978, the I.M. Pei-designed East Building houses the National Gallery of Art's collection of modern and contemporary art. Pei's masterpiece has provided an eloquent setting for the display of great works of modern art from the permanent collection, over 300 temporary exhibitions, a library and rare book collection, administrative offices, and the Center for Advanced Study in the Visual Arts. While harmonizing with architect John Russell Pope's neoclassical West Building, the award-winning East Building was designed in the modern idiom of its time and has taken its place as one of the great public structures in the nation's capital.

We are most fortunate to have West End resident and NGA docent Sheridan Strickland volunteer to host an architectural tour of the East Building solely for FBWE Village members. The tour will highlight key design aspects and several major renovations of the iconic building and address such questions as: "What is the recurring architectural motif? How much does the skylight weigh? How many lights in the lighted walkway?" Join us on the tour and all will be revealed!

Meet in the seating area by the East Building entrance at 4th Street. (Sheridan will be there to meet attendees – she will be wearing a hanging badge.)

Cost: None

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

ON THE ROAD AGAIN!

Tuesday, June 13th, at 2:00 PM

**West End Library Large Conference
Room, 2301 L St NW**

Village member Lynn Cates invites you to

join her for a photographic presentation about her road trips across America. After she retired, Lynn began exploring this beautiful country by taking cross-country road trips. A couple of years later she became passionate about photography and that has made her road trips even more special. Come and share in her fun, adventures, and the beautiful scenery our country has to offer.

Cost: None

[Click here to register for this delightful presentation](#)



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](#)

FBWEV French Group

Bonjour à tout le monde.



The French club will meet on Wednesday, May 17th at 5:00 pm at the Westbridge Condominium, 2555 Pennsylvania Ave NW. They will meet at the pool deck on the 2nd floor if the weather is nice or at apartment 410 if the weather is bad. Kindly let Sally Willis, sally.willis@yahoo.com, know if you will attend so she can leave a guest list at the front desk.

The French club was conceived for all Village members who would enjoy speaking or practicing their French while socializing over a glass of wine. We are looking for a volunteer to serve as the new coordinator of the group. The coordinator will be responsible for arranging the meetings and will be free to change the day, time, and frequency as best suits the participants.

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!

Contact: Marianne Taylor at taylmarianne@yahoo.com



FBWE BOOK CLUB: CALL FOR BOOK SELECTIONS

Hi FBWE Book Club Members and Prospective Members. There are two books scheduled for the forthcoming June and July meetings, listed below, and we need to select books for future meetings. As we discussed at the April meeting, Adele will be collecting suggestions from the book club members, and prospective members, and will then submit them to the book club to choose. Please submit your book suggestions

to Adele Gottfried at agphd2@gmail.com.

At the April meeting, the book club discussed and agreed to the following procedure. Members and prospective members, please suggest a book and include one sentence about the reason for your selection. Also, please include no more than 1 short paragraph which is a brief description or review of the book. Adele will forward these book suggestions and supporting info to book club members for discussion at the upcoming June meeting, which is June 7th. Additionally, if you have not been a book club member, but would like to be, please feel free to attend. Book club meets the first Wednesday of each month at the West End Library at 2:00. Book discussions have been interesting and stimulating, and here is a chance to interact with FBWE book lovers!!

- June 7th: 'Still Life' by Sarah Winman
- July 5th: 'Visual Thinking' by Temple Grandin

NEW YOGA SESSION

Our next 6 week session of yoga classes starts up on Wednesday, May 31st. The more members that sign up the lower the cost per member and per class. The session is open to members whether or not they have attended previous yoga classes. If you have questions about the class or if you want to sign up please contact: Sue Headlee at headlee@american.edu. Sign up soon to save your spot in these excellent classes!

Meditation Group

Fridays at 3:00 pm

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



An affinity group for meditation is 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: Marianne Taylor at taylmarianne@yahoo.com

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: Sue Headlee at headlee@american.edu

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

Meets at North Italia, 2112 Pennsylvania Ave NW

Contact: Binney Levine at bslvillage7@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

Politics

If God wanted us to vote, he would have given us candidates.

~Jay Leno~

The problem with political jokes is they get elected.

~Henry Cate, VII~

We hang the petty thieves and appoint the great ones to public office

~Aesop~

Politicians are the same all over. They promise to build a bridge even where there is no river.

~Nikita Khrushchev~

Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel.

~John Quinton~

Why pay money to have your family tree traced; go into politics and your opponents will do it for you.

~Author unknown~

Politics is supposed to be the second-oldest profession. I have come to realize that it bears a very close resemblance to the first.

~Ronald Reagan~

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other.

~Oscar Ameringer~

A politician is a fellow who will lay down your life for his country.

~Tex Guinan~

Instead of giving a politician the keys to the city, it might be better to change the locks.

~Doug Larson~

Sadly this last one:

We'd all like to vote for the best man, but he's never a candidate.

~Kin Hubbard~

OTHER PIECES



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

P R E S S R E L E A S E

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Foggy Bottom West End Village is looking for volunteers to help provide this program by becoming a coach.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

A Matter of Balance classes will be held at the GWU Physical Therapy Dept or at a location accessible to metro.

If you would like to attend or want more information, please contact **Nadia Taran** at nadiataran@mindspring.com

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright© 1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Tune In: DC Public Library Podcasts



dc public **library**

If you're looking for a way to expand your knowledge and dive deeper into fascinating topics, look no further than DC Public Library's podcasts! With a variety of engaging and informative shows, you can learn about everything from local history to current events, literature, and more. Whether you're commuting, working out, or simply relaxing at home, DC Public Library's podcasts are a great way to stay informed and entertained. Tune in and discover all that the library has to offer!

[You can find the podcasts here](#)



New Village YouTube Video Reminder

A couple of weeks ago 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 thumbnail above to watch her class. Our full YouTube channel [can be found here](#).

IN THE COMMUNITY

Searching for Peace in Challenging Times: Arts in Foggy Bottom 2023 Exhibition

The outdoor biennial exhibition returns with 13 original sculptures curated by Jarvis DuBois

With Sites for Centering and Reflection, DuBois gathered a group of artists influenced by acts of rest, healing, self care, and meditation. Covering topics such as sun worship, memorials to family and friends, the power of poetic words, indigenous energy, and the calming nature of water, and made from materials including LED lights, wood, stainless steel, bottles, shells, and tempered glass, audiences will have the chance to view works by

Jarvis has over 20 years combined registrarial and curatorial experience, currently at the Smithsonian Institution's National Museum of American History since 2002 as a Museum Specialist.

Tour the exhibit all summer. [Click here for the Arts in FB website](#)



The exhibition will be on display between 24th and 26th Streets NW and H and K Streets NW in Washington, D.C. until October 21, 2023. In addition to touring Sites for Centering and Reflection on their own with QR codes placed at each installation, audiences are also invited to participate in monthly guided tours. The self-guided QR code tour allows visitors to view the artworks at their own pace. The QR code at each art installation will launch 2 videos of each artist. The first video will be a bio video and in the second video each artist will talk about their sculpture.



The Real Work: Accomplishment, Achievement, and Their Discontents

Thursday, May 11th, at 2:00 PM

How do masters learn their miraculous skill, whether producing a museum-quality painting or baking a perfect sourdough loaf? How could anyone become so good at anything? In his new book, *The Real Work: On the Mystery of Mastery*, best-selling author and *The New Yorker* writer Adam Gopnik investigates how we learn - and master - a new skill. To unravel this fundamental mystery, Adam became a dedicated student of several masters of their craft: a classical painter, a boxer, a dancing instructor, a driving instructor, and others. Join us to hear what Adam discovered in his search for the answer to mastery and how mastery can happen in your own life - and, significantly, why each of us relentlessly seeks to better ourselves in the first place.

Adam Gopnik, staff writer and contributor to *The New Yorker* since 1986, has written fiction, humor, book reviews, personal essays, profiles, and reported pieces from abroad.

[Register and find more upcoming speakers here](#)

LGBTQ SOCIAL HOUR

OPEN TO LGBTQ INDIVIDUALS OF ALL AGES! JOIN US FOR AN HOUR OR SO OF FUN.



3RD TUESDAY FROM 6PM TO 7:15PM

CONNECT WITH OTHERS, COMBAT ISOLATION, AND FOSTER RELATIONSHIPS. RSVP REQUIRED



Contact sross@capitolhillvillage.org or 202-543-1778

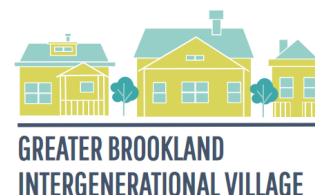


May 16th from 6:00pm to 7:15pm on Zoom

LGBTQ folks of all ages are invited to Capitol Hill Village's LGBTQ Social Hour! Join us to connect with LGBTQ folks of different ages. Participants will come together to connect, combat isolation, and foster relationships.

To get more information contact Sophia

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

Old and New American Songs: Fusion, Inclusion, and Social Progress



**Thursday, May 18th, at 6:30 pm
West End Library**

West End Library is hosting an esteemed lineup of music experts who have ideas to share:

Erin Freeman, conductor and artistic director of City Choir of Washington

Andrew M. Lee, artistic director and conductor of DC Strings

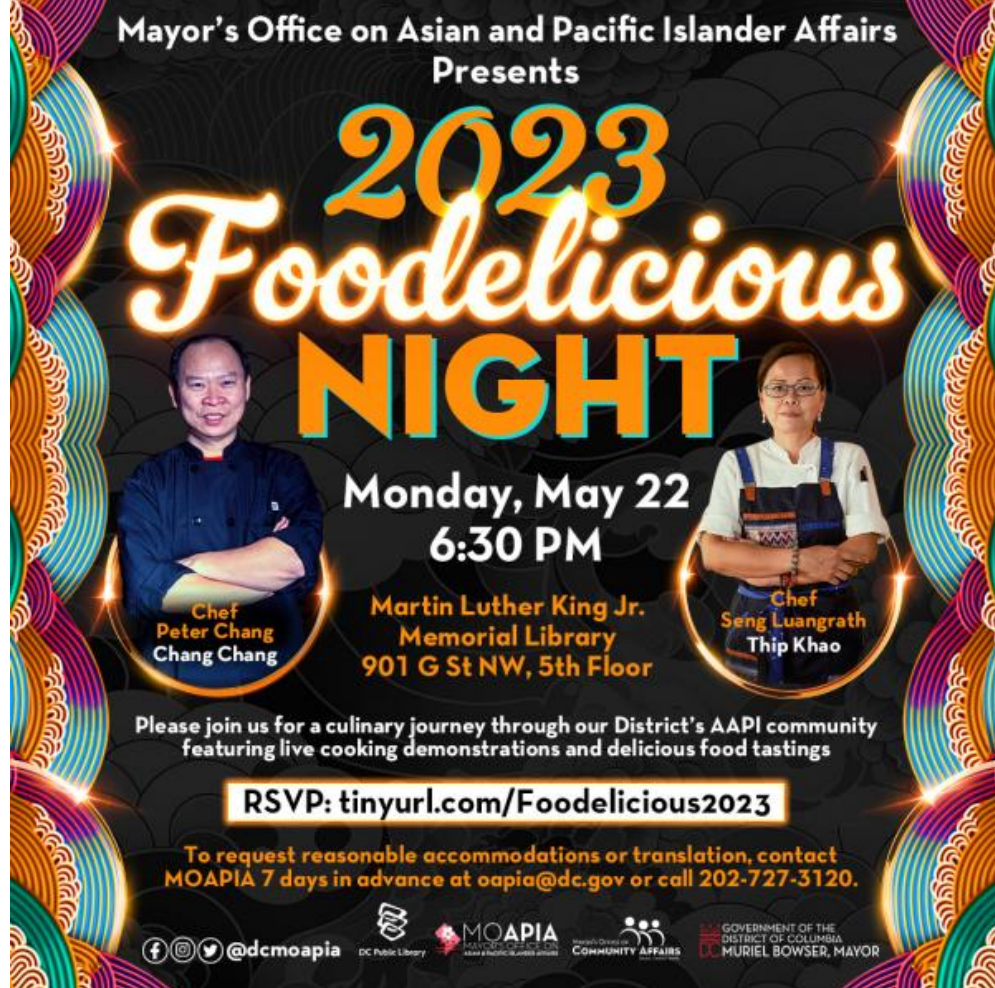
Michael C. Kimmage, professor and history department chair at The Catholic University of America

Jeffrey Gedmin, editor-in-chief of American Purpose

The library's ongoing salon series is designed for community conversation, and allows attendees to learn from and engage with these distinguished experts throughout the evening.

Don't miss out on this unique opportunity to celebrate Old and New American Music in our community along with their outstanding program partner, American Purpose.

[Click here to register](#)



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

CPAC Meeting

Monday, May 22 at 6:30 pm, Hybrid

The George Washington University invites neighbors to join on campus for the Second Quarter Campus Plan Advisory Committee meeting scheduled for Monday, May 22, at 6:30 pm in the Ric and Dawn Duquès Hall Room 361 (2201 G St NW). This meeting will be hybrid, with a virtual option via ZOOM for community members not able to join in person.



The Campus Plan Advisory Committee Meeting will cover the following topics:

- GW Community Updates
- Foggy Bottom Campus Plan & Campus Development Updates
- Public Comment

Register prior to the meeting to receive the calendar invite. The login information will be sent 24 hours prior to the meeting and will contain information to allow community members to connect to the online meeting by computer or phone. If you have any questions, please reach out to Kevin Days (kdays@gwu.edu).

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

This semester saw the return of some of the university's community benefits. GW has restored the Friends of the GW GWorld Program and, in response to community feedback, allowed individuals with D.C.-issued IDs to apply for GWorld cards. You can use these cards to access the Gelman Library and ride the MVC shuttle. The community memberships for Lerner Health and Wellness Center are active again. The university is working on restoring its auditing program for neighbors. You will find information about the community benefits on our [Neighborhood website](#). We hope that many of you will take advantage of all the opportunities that GW offers to its neighbors.

Community Concerns Hotline: 202-994-6110

Off-Campus Student Behavior: Submit a report about off-campus student behavior to GW Office of Student Rights and Responsibilities [here](#).

**Around Town DC Walking Tour with
Jane Khoury: West Georgetown
Thursday, May 25th, from 10:00 am - 12:00
pm**

Jane Khoury, Certified Guild Guide, Washington DC, will be leading this tour. Meet by the Metrobus stop at 34th Street and Wisconsin Avenue (across Wisconsin from the "Social Safeway")



This walk will continue our exploration of Georgetown, strolling by sites on the West side of Wisconsin Avenue, including Alexander Graham Bell's home and laboratory, Holy Trinity Church, Georgetown University, the Exorcist stairs, and Prospect House.

The Tour will end at approximately noon near the Georgetown Waterfront.

Note: Tour may include walking on stairs (not the Exorcist stairs) and on the canal tow path.

[Click here to register](#)

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!



DBH
DAACL
LIVE BOLDLY
DPR
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

VISIT [DPR.EVENTS](https://dpr.events) FOR MORE INFORMATION @DCDPR     YouTube

DAACL 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 DAACL's premier event during Older Americans Month

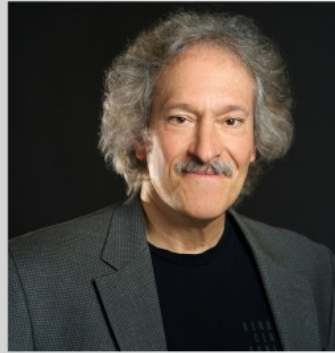
Like last year, DAACL will provide transportation for this event. Please contact the Village office if you would like a ride to this event. The deadline to request a ride is Friday, May 12th.

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

**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* (1958); 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

**CARING FOR PEOPLE WITH
MEMORY LOSS**

**Saturday, June 3rd from 9:00 AM -5:30
PM HYBRID CONFERENCE**



**SCHOOL OF
PUBLIC HEALTH**

UNIVERSITY OF MINNESOTA

ROBERT L. KANE ENDOWED CHAIR IN LONG-TERM CARE AND AGING

Choose to attend in-person or virtually via Zoom

Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help.

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

[Click here for more information on the conference, the list of speakers, and registration info.](#) The conference is free.

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

[Unsubscribe info@fbwevillage.org](mailto:info@fbwevillage.org)

[Update Profile](#) | [Constant Contact Data](#)
[Notice](#)

Sent by info@fbwevillage.org powered by



Try email marketing for free today!
