



Director's Notes: Monday, May 29th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th



National Gallery of Art Tour

We've received multiple glowing reviews of our NGA architecture tour last week. It was thoroughly enjoyed by all! The Village would like to thank West End resident and NGA docent Sheridan Strickland for giving such a fun and informative tour! Thank you as well to Sue Headlee for the picture.

Above (from left to right): Sheridan Strickland, Bob Haas, Jackie Lemire, Paul O'Leary, Melanie Aron, Jeff Reiman, Betsy Carter, Jill Ziegler, Janet Farbstein (foreground), Anne Roger (background), Nadia Taran, Sue Headlee, Lorna Grenadier.

OFFICE CLOSE FOR MEMORIAL DAY

The Village office will be closed today, May 29th in observance of memorial day.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to two special people!

- Terry Ziegler - May 22nd (this ran incorrectly last week)
- Kathy Schenck - June 1st



PROGRAMS

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](#)



Essentials of Tai Chi and Qigong: Improve health, reduce stress, create balance.

This series of 8 classes will provide participants with a fundamental knowledge of Tai Chi and Qigong, traditional Chinese health and martial disciplines. Classes will meet in the Atrium at St. Paul's. The first two classes (Friday, June 16th & Friday, June 23rd) will be free to allow folks to see if they are interested in the class.

Each class will introduce a few movements and guide students to practice them. The purpose of each movement for health and/or self defense will be presented, allowing students to identify movements that might address personal health challenges.

Class size is limited to 16 attendees, and is open to participants of all ability levels. Some portions of the class will be done seated, and those who prefer to remain seated will be accommodated.

The class will run from June 16 – August 4 (12:00 – 12:45) with the first two classes free. [Click here to register for the trial classes](#)

Beginning Friday, June 30th there will be a fee of \$70 for the following six classes. That fee is for all 6 classes. This class will be open to non-Village members in the community, so make your reservation early. [Click here to register for the six week session of paid classes.](#)

Friday Morning Music Club

Free Saturday Concert

**Saturday, June 17 at 2:00 p.m,
Saint Paul's Episcopal Church, 2430 K St NW**

Join us for a delightful summer musical afternoon (courtesy of the Friday Morning Music Club).

We welcome soprano [Shaina Martinez](#), a graduate of the of the University of Maryland and the Manhattan School of Music for a [varied program of musical selections](#) from composers such as Samuel Barber, Olivier Messiaen, Maurice Ravel, Heitor Villa-Lobos and others. The winner of a growing number of prestigious national music awards, Ms. Martinez enjoys an expanding career of recital and opera venues throughout the country. She will be accompanied by acclaimed pianist [José Cáceres](#).



Followed by refreshments in the atrium. [Click here to register for the concert.](#) It is open to the public.

Bev & Anders Gyllenhaal's New Book Talk, "A Wing and a Prayer."

**Friday, June 23rd at 1:30 pm
West End Library large conference room, 2301 L St NW**

For our newer members, Bev & Anders were very active members of the village beginning in 2013. Bev is one of our founders and worked diligently for years on membership. Anders was well known for the book club he ran, not to mention his musical talent.



Here is some information on their program! [Click here to register if you can join us for the book talk!](#)

An Untold Story: The race to save our birds

Anders and Beverly Gyllenhaal will walk through highlights of their new

book, *A Wing and a Prayer: The Race to Save Our Vanishing Birds*. This is the story of what's being done to save birds in the midst of dramatic downturns in North American populations. Their presentation draws on their 25,000 miles of travel across the hemisphere researching the book, interviews with 300 people in every station in the world of birds, complete with photos.

Anders and Beverly are veteran journalists who've worked for decades as reporters and editors. Beverly was a feature writer, then food editor, and finally syndicated columnist and cookbook author. Her *Desperation Dinners* series has a quarter million copies in print. Anders was an investigative reporter at *The Miami Herald*, then went on to lead newsrooms in Raleigh, Minneapolis, Miami and Washington. He's long been active in journalism circles, serving on the board of the Pulitzer Prizes, Society of Newspaper Editors and Journalism Funding Partners. As their work slowed down, they started following birds and photographing and writing about them for magazines and newspapers around the country. They also publish a photo-rich website, FlyingLessons.US: What We're Learning from the Birds

[Here is a link to the detailed description of their new book](#)



VILLAGE WOMEN - IT'S TIME FOR LUNCH!

Wednesday, June 28 at 1:00 pm
RIS, 2275 L St NW

DELICIOUS FOOD, CONVERSATION, LAUGHTER AND NO NOISE!

WE TRIED BUT WE LIKE TO TALK AT LUNCH AND NOW WE'RE GOING TO BE ABLE TO HEAR EACH OTHER AT OUR FAVORITE CHEF'S RESTAURANT, THE ONE AND ONLY RIS!

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.

Accessibility: The venue is fully accessible.

Registration required. Please email Chrissy Gardner at chrissy@risdc.com by Monday, June 26, if you plan to attend so she can get a final count for the table reservation.

**GWU Older Adult Exercise
Program --Summer Session!**

Stay active and cool with EARLIER SUMMER HOURS: 10:00 AM Tuesday & Thursday, from June 6 to August 3, 2023
Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



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

Tuesdays: Strength Training Thursdays: Dance Conditioning

NEW participants need to:

1. **Obtain or renew their GWorld Card**
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form

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

Parlez-vous français?

We are looking for a volunteer to serve as the new coordinator of the FBWE French club. This affinity group is for members who would enjoy speaking or practicing their French while socializing over a glass of wine. The coordinator will be responsible for arranging the meetings and will determine the day, time, and frequency as best suits the participants. If you speak French moderately well or better, please consider volunteering for this position. Contact info@fbwevillage.org or 202-333-1327 if interested.

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](mailto:Adele.Gottfried@agphd2@gmail.com) 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
-

BROOKE PINTO AT COFFEE CHAT

Council Member Brooke Pinto will be joining the village for Coffee & Conversation on Tuesday, June 13th. Please let us know if you plan to attend - just for that one date - so we can plan accordingly. [Click here to register for this special coffee chat](#). Hope you can join us to put your questions directly to your council member!

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: Chrissy Gardner at chrissy@risdc.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

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.

OTHER PIECES

Smart Moves

Introducing six short, recorded segments developed for our Village by GWU Physical Therapy graduate students. The recordings will be posted on our YouTube channel on a playlist called SMART MOVES 2023, [click here for the playlist](#).

Week 2: Warm Up and Cool Down: Do I Have to?

Our topic is: "Warm Up and Cool Down: Do I Have to?". We wanted to educate the community on the importance of warm ups and cool downs in their exercise. The objectives we came up with were:

1. By the end of this presentation, participants will be able to explain 2 reasons why warming up or cooling down is important.
2. By the end of this presentation, participants will be able to demonstrate 2 ways to warm up or cool down.
3. By the end of this presentation, participants will appreciate the power of warming up or cooling down.



DC Attorney General's Consumer Mediation Program



From Councilmember Brooke Pinto's latest newsletter:

"Do you have a complaint against a business or landlord? The Office of the Attorney General's Consumer Mediation Program may be able to help! The program is a free service that aims to help consumers resolve issues with businesses or landlords without going to court. When a consumer files a complaint with the program, OAG will reach out to the business or landlord to see if it can help resolve the dispute. Consumers interested in filing a complaint with the mediation program can do so by filing a complaint online [here](#). If you are unable to file your complaint online, or need assistance, please call OAG's Consumer Complaint Hotline at (202) 442-9828."

AAPI Heritage Month Through Film

Are you looking for some vibrant and exciting entertainment that celebrates Asian American and Pacific Islander (AAPI) actors and actresses, directors and culture?



Look no further than Kanopy, the video streaming platform that brings the best of world cinema straight to your screen - accessible (and free!) with your library card! From the heartwarming family dramas of Japan to the adrenaline-fueled action of South Korea, Kanopy has an incredible selection of films that showcase the diverse voices and perspectives of the AAPI community. [Start streaming on Kanopy today and let the adventure begin!](#)

IN THE COMMUNITY

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

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

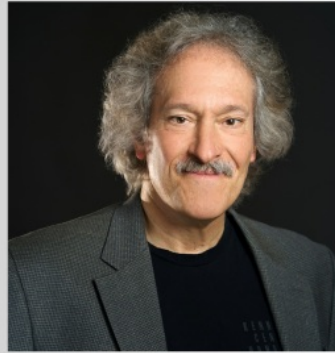
DACL and DPR are again collaborating for this popular celebration, and this year they expect it will be bigger and better than ever and bring together thousands of DC Seniors from around the city for a day of fellowship, food, information, and live speakers and entertainment. This event will be DACL's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

This year in addition to standard picnic fare, DACL 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

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