



Director's Notes: Monday, June 19th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th



In Memoriam

Village member Marilyn Kincaid died early in the morning on June 12th. She had been a member since 2018. She is survived by her husband, Bill Kincaid, the village's previous Board President. Marilyn frequently attended the Tuesday morning Coffee and Conversation at Bread & Chocolate. The photo above shows her at a recent gathering.

There has been a delay in finalizing funeral arrangements, but Bill will let me know when they are set. If you would like to know about them, please send an email to dsnyder@fbwevillage.org and I will pass on the information as soon as I have it.

Peace/Shalom be to Bill and all who loved Marilyn.

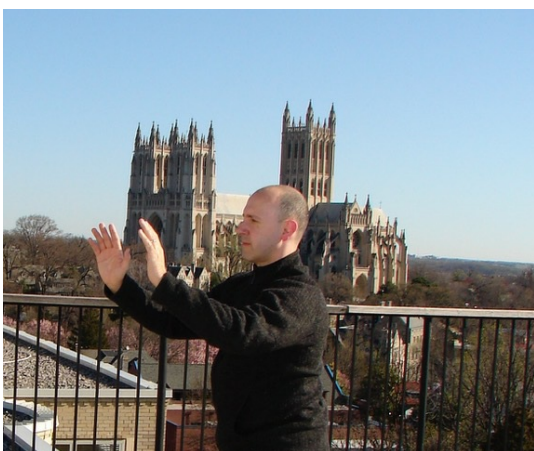
HAPPY BIRTHDAY!

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

- Robin Clarke - June 23rd



PROGRAMS



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

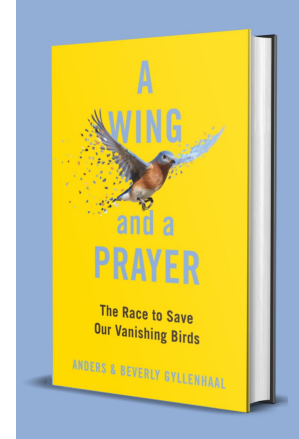
While the trial sessions are full, we had a number of no shows for the first trial session. Please contact the office if you can no longer attend this week's trial session or to be placed on the waitlist if a spot opens up. We had rave reviews for the first class and we'd love to get as many people to try the classes as possible

Classes are taught by Master Nick Gracenin. Find more information on his website here: www.dctaichi.com/about

The class will run from June 16 – August 4 (12:00 – 12:45) with the first two classes free. Beginning Friday, June 30th there will be a fee of \$70 for the following six classes. That fee is for all 6 classes. There are still 8 spots available for the paid classes. [Click here to register for the six week session of paid classes.](#)

**Bev & Anders Gyllenhaal's New Book
Talk, "A Wing and a Prayer."
Friday, June 23rd at 1:30 pm**

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!](#)

The book, featured recently on Good Morning America, will be available for sale at our program and Bev & Anders will happily sign your copy. Additionally, FBWE Village will get 10%-20% of the sales.

An Untold Story: The race to save our vanishing 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](#) [Click here to read the Washington Post's in depth review of the book.](#)

PT BOOSTERS FOR: STRENGTH, BALANCE AND BRAIN!

School of Medicine
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

Monday, June 26th and Friday, June 30th from 10:00 AM to 10:50 AM

Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW

What: Join an in-person fall prevention session designed especially for

our Village by GWU/PT graduate students. The PT Team will introduce key exercises that can improve your strength, balance and cognition in preventing falls. It's open to participants of all ability levels. Seated modifications will be offered.

Come to one or both sessions for additional practice. A short survey will be provided and your feedback is welcome. If you have any questions, please contact: Nadia Taran at nadiataran@mindspring.com

[Click here to register for Monday's class.](#) [Click here to register for Friday's class.](#) You're welcome to register for both.



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 click here to register](#) by Monday, June 26, if you plan to attend so she can get a final count for the table reservation.

JOIN US FOR HAPPY HOUR



JUNE HAPPY HOUR

Thursday, June 29th, from 5:00 PM to 6:30 PM

At Ris, 2275 L St NW

Join us for our popular Village happy hour!

In a new Village initiative, members who have a birthday in June get one free drink at this happy hour. We hope to see you whether your birthday is this month or many months away! [Click here to RSVP](#). Please register by Monday June 26th at 5:00 pm.

GWU Older Adult Exercise Program --Summer Session!

Stay active and cool with EARLIER SUMMER HOURS: 10:00 AM Tuesday & Thursday, until August 3rd

Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



www.shutterstock.com · 266077088

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



GENTLE YOGA FOR YOUR BODY AND YOUR MIND

We are fortunate to have Delores Simmons leading a group of villagers in gentle yoga each Wednesday in the air-conditioned dining room of St. Paul's Church.

We are planning four classes in July: 5, 12, 19, and 26. Depending on how many villagers join, the cost could be around \$60.00, as it has been in the past. Please let us know if you are interested in joining by June 28. Contact Sue Headlee headlee@american.edu.

This accessible chair yoga class allows you the choice of practicing entirely in your chair or practicing with optional floor poses and standing poses where the chair can be used for support. The class will include chair versions of traditional seated and standing poses, including table, low lunge, Warrior 2, tree, and forward fold. Twists, along with hip and shoulder stretches and strengtheners will be included. Additionally, you will have opportunities to improve your balance, practice breathwork and meditation. This class is perfect for those who have been cleared by medical professionals to exercise but have no yoga experience or who have practiced yoga, but need poses adjusted to account for injuries and/or limited mobility.

NATIONAL GALLERY OF ART TOUR IN FRENCH

The French conversation group's next gathering will be Friday, July 7th at 2 pm at the National Gallery of Art where they will have a French-speaking guide to tour: "French Art: Impressionism to the Early 20th Century".

Tour description: In what ways did 19th-century French artists break with tradition and transform French art? Together we will look closely and explore how artists such as Monet, Cézanne, and Cassatt challenged the art establishment through their subject matter and techniques.

The tour will last about one hour, after which the group can gather in one of the NGA eateries for conversation, coffee, and vin peut-etre?

We had done an NGA tour in French a while back that so many of us enjoyed — we thought this might be fun for all. We are also exploring other venues that offer tours en francais. If you know of any off hand, please let Lorna know (e.g. Kennedy Center, Hillwood?).

Stay tuned for more information later in June. Please mark your calendars now! Contact Lorna Grenadier at lgrenadier@gmail.com if you're interested in attending, if you have any questions about the French language tour, or if you have ideas for other French language tours!

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.

- July 5th: 'Visual Thinking' by Temple Grandin
 - August 2nd: "Dress Your Family in Corduroy and Denim" by David Sedaris
 - September 6th: "News of the World" by Paulette Jiles
 - October 4th: "Homage to Catalonia" by George Orwell
 - November 1st: "The Wind Knows My Name" by Isabel Allende
-

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 dining room 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

Check announcement for monthly location (contact for more information)

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: 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 tlneve@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

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 5: Exercise Your Way to Healthier Joints

We are Student Physical Therapists pursuing our doctorates at George Washington University, class of 2025. We are striving to be experts in our field through developing a deep

understanding of anatomy, physiology, movement science, and exercise rehabilitation. We are excited to provide information to the Village how joints change as people age and share a few exercises that support the hip and knee as those changes happen



[Click here to view the Exercise Your Way to Healthier Joints presentation.](#)

Lifestyle for Whole Health: Supporting your purpose & resilience



Why do you get up in the morning? What makes you come to work? What makes you get excited about doing X, Y, Z? That is the center of whole health and everything else around it is really designed to support your purpose. Knowing what is important to you will help guide your decision making in all aspects of your life, including your well-being. Leigh Frame, PhD, MHS, CERT `20, co-founder and associate director of the GW Resiliency & Well-being Center, walks you through each aspect of whole health to help you build a resiliency and well-being plan in five easy steps. Dr. Frame is also the executive director of the GW Office of Integrative Medicine & Health and the director of GW Integrative Medicine Programs.

[Click here to watch the video](#)



Registration for Politics & Prose's fabulous line up for summer classes and trips is now open! From architectural tours to garden strolls, from Victorian literature to the American Southwest, they're offering over 30 classes and trips this summer. [Click here to find a class that fits your fancy.](#)

REGISTRATION FOR JULY SHORTS ARE OPEN!



Take courses ranging from “Christo versus Warhol: Brilliant Art and Eccentric Personalities” to “The Pleasures and Perils of AI in Society” or from “Declaration of Independence” to “Leonard Bernstein: America’s Own

Musical Genius” – these are just four of more than 25 highly affordable lifelong learning courses being held July 10-14. [Choose your lottery selections](#) before June 26 for the best chance of getting the courses you want for the July Shorts session. Most of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to their website: olli-dc@american.org or call 202-895-4860.

D.C. Council Passes 6% Cap On New Rent Increases at Many Apartment Buildings



"The D.C. Council unanimously passed an emergency bill earlier this month capping many new rent increases at 6% starting July 1, bookmarking lawmakers' frantic volley this spring to legislate around historic increases in rent prices.

The rate cap applies to rent-stabilized apartments – most multifamily buildings constructed before 1976 – and includes a provision that also prevents property owners from raising prices by more than 12% over two years. Seniors will see more aggressive protections, with new rent increases capped at 4% this year and 8% total over the next two years."

[Click here to keep reading the report from WAMU and DCist](#) If you have questions about the cap on rent increases or if you're concerned about the cost of your own rent please contact the office for help

IN THE COMMUNITY

Courtney Tolbert's Monday Workshops

Monday, June 26, at 4:00 pm

Join Courtney Tolbert from Around Town DC as she converses a variety of interesting themes in her weekly Monday workshops. Topics have included the people and culture of India, Asia, and Africa. Once you are registered for one of Courtney's Monday talks, you will remain on the list; no need to re-register.

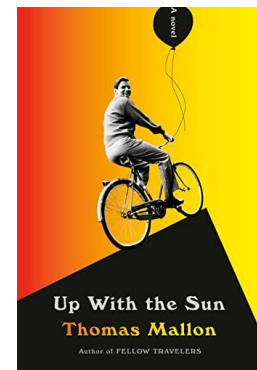


Workshops will be based on the history of the District of Columbia- Homes of other Countries- and stories from some of the 177 different international embassies and consulates.

The June 26th session will focus on Indonesia and the Indonesian embassy. [Click here to register for the session](#) if you haven't previously attended on one of Courtney's sessions.

Author Talk - Up with the Sun with Thomas Mallon

**Thursday, June 29, from 6:30pm - 9:00pm
At the West End Neighborhood, 2301 L St NW**



To wrap up Pride month, join the Library and Little District Books as they host DC's own Thomas Mallon for his new novel *Up With the Sun*. Joined by Jamie Kirchick, author of *Secret City*, Mallon will discuss his new historical fiction telling of the rise and fall of Broadway actor Dick Kallman.

About the Book:

Up With The Sun takes readers on a journey that spans more than thirty years, from the studio lots and rehearsal sets of the 1950s to the seedy streets of 1970s Manhattan. It is a busy, bustling world, peopled by a captivating cast of characters all clamoring for a sliver of the limelight. Readers will bump elbows with Sophie Tucker and gossip about Rock Hudson during intermission at Judy Garland's comeback show.

About the Author:

Thomas Mallon is a novelist, critic and director of the creative writing program at The George Washington University. Mallon is the author of the novels *Henry and Clara*, *Two Moons*, *Dewey Defeats Truman*, *Aurora 7*, *Bandbox*, and most recently *Fellow Travelers*; as well as writing four works of nonfiction.

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



DISABILITY PRIDE MONTH



SMART HOME EXHIBIT

We're showcasing the latest smart tech designed to bring ease to everyday home activities, from some well-known tech like the Alexa and the Apple iPad, to some less well-known (but just as reliable) tech like the Hero Medication dispenser and Kasa Smart light bulbs. Get a hands-on feel for what might work for your home!

Saturday, July 8th | 11 a.m. - 3 p.m.
MLK Library | 1st Floor, New Books

In Partnership with



DC ASSISTIVE TECHNOLOGY PROGRAM
MAKING INDEPENDENCE POSSIBLE

***ASL interpretation will be available throughout the event.**

*For other reasonable accommodation for this program, please contact
DCPLaccess@dc.gov or call 202-727-2142.*

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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