



## Director's Notes: Monday, June 26th, 2023

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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## 10th Anniversary Celebration - October 14th

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### BEV & ANDERS GYLLENHAAL'S NEW BOOK TALK, "A WING AND A PRAYER."

The village would like to thank Bev and Anders Gyllenhaal for their fascinating talk on their new book, 'A Wing and a Prayer.' The talk was well attended and thoroughly enjoyed by many village members.



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## HAPPY BIRTHDAY!

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

- Suzanne Legault - July 1st



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## PROGRAMS



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

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

There are still a few spots available for the paid classes which begin this week, Friday, June 30th. There is a fee of \$70 for the six week session of classes. That fee is for all 6 classes. [Click here to register for the six week session of paid classes.](#)

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**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](mailto: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.

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## 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.

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# 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



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](mailto: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](mailto: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.

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## **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?).

Contact Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) if you're interested in attending! Please register by Friday, June 30th.

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## 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
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### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:lgrenadier@gmail.com)

**GUYS ONLY AT LUNCH (GOAL)** (3rd Thu) at 12:30 pm

*Various locations (contact for more information)*

Contact: Trev Neve at [tneve@rcn.com](mailto: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](mailto: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](mailto:luciapollock@yahoo.com).

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## **A BIT OF HUMOR**

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## **OTHER PIECES**

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### **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 6: Tips For an Improved Nighttime Routine**

Our presentation will focus on nighttime habits to help promote better sleep. In this presentation, we will look at a few fun facts about sleep as well as tips to get better sleep. We will introduce light stretches, best sleeping position, ways to help make the sleeping

environment more comfortable, ways to implement a routine, and more. Our goal is to help Foggy Bottom West End Villagers understand their current pre-bedtime routine and think about ways they can improve their routine for better sleep at night and increase wakefulness during the day.

[Click here to view the Tips For an Improved Nighttime Routine presentation.](#)



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.](#)

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## Participate in Research on Neuroplasticity in the Aging Brain



Participate as a healthy volunteer in our research and help us investigate neuroplasticity in the aging brain. The studies use noninvasive, pain free methods to assess brain activity, and grip control, at MedStar National Rehabilitation Hospital (NRH) in Washington, DC.

Parking validation next door to NRH, or no-cost Ubers are available.

What will you do if you participate in the study?

- Visit NRH 3 times, 1-week apart, for 3-hrs each.
- We will ask you to perform simple grasping movements.
- We will use following to assess your brain activity:
  - Electroencephalogram (EEG, see picture), a noninvasive and pain free way to assess brain waves.
  - Transcranial magnetic stimulation (TMS), noninvasive and pain free. TMS sends a brief magnetic pulse through the scalp and lets us measure your brain activity with millisecond resolution!
- Participants will undergo 20-min of brain stimulation using a safe, noninvasive, pain free modality, called transcranial alternating current stimulation (t-ACS).
- Participants will receive \$50/visit for a maximum of \$150 for three total study visits.



To participate, you must:

- Be over 50 years of age.
- No neurological disorders, no history of seizures, Alzheimer's, Bipolar disorder, or Schizophrenia.
- No history of orthopedic injuries to the arms that affects grasping.
- No pacemakers, shunts, implants, or metal objects in head (if in doubt, call us to check).

Purpose of the study: Our research shows neuroplasticity and fine motor control declines with aging. The goal of the current study is to test if t-ACS leads to short-term changes in the brain circuits that regulate neuroplasticity and in motor learning.

Contact Us: Please call or email Research coordinator Megan Grainger at 240-543-9466, email: [megan.l.grainger@medstar.net](mailto:megan.l.grainger@medstar.net); or email the study principal investigator, Dr. Shashwati Geed at [sg1075@georgetown.edu](mailto:sg1075@georgetown.edu) to learn more.

**Study Principal Investigator**

Dr. Shashwati Geed PT, PhD  
Assistant Professor  
Center for Brain Plasticity and Recovery  
Department of Rehabilitation Medicine  
Georgetown University Medical Center  
102 Irving St., NW  
MedStar National Rehabilitation Hospital  
Washington, DC 20010

**Study Research Coordinator**

Megan L Grainger BS  
MedStar National Rehabilitation Hospital  
Washington, DC 20010  
Ph: 240-543-9466  
Email: [megan.l.grainger@medstar.net](mailto:megan.l.grainger@medstar.net)

Click on the Flyer to Enlarge it

## 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](mailto:olli-dc@american.org) or call 202-895-4860.

## IN THE COMMUNITY



## Leonardo da Vinci's Codex at DC Public Library

The DC Public Library is proud to host *Imagining the future - Leonardo da Vinci: In the mind of an Italian genius*, open now through August 20th. An extraordinary monographic exhibit featuring 12 original Leonardo da Vinci drawings from the Codex Atlanticus, this is the largest collection of original drawings and texts by Leonardo da Vinci in the world and marks the first time that such a number will be on display in the United States.

The exhibit is presented by Confindustria, the largest association representing manufacturing and service companies in Italy, in partnership with Biblioteca Ambrosiana, a true Italian treasure trove comprising a public library, an art gallery, and an academy. Supported by contributions from some of the most esteemed Italian companies, the exhibition represents an initiative of the highest artistic and symbolic value: an unconventional way to promote entrepreneurial spirit as a way of encouraging economic, social, and civic development.

Visitors will be able to gain insight into the varied interests of one of history's greatest artists and thinkers, discovering the origins of technologies we often take for granted, and marveling at the remarkable mind that anticipated them centuries ago. Visitors will uncover how Leonardo's philosophy, based on observation and experimentation, still embodies an Italian entrepreneurial approach.

[Click for more information on this unique free exhibit](#)

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## 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.

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## **Foggy Bottom Association Community Meeting Tuesday, June 27th, at 7 pm on Zoom**



You won't want to miss the June FBA Community Meeting. The featured guests will include a representative from Solar United Neighborhoods and FBA's very own History Project leaders - Frank Leone and Denise Vogt who will showcase the Foggy Bottom House Mapping Project. Two topics you won't want to miss.

[Click here to join the Zoom meeting on the 27th](#)

To dial in call: 301-715-8592, followed by Meeting ID: 579 827 5179 and Passcode: 1959

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## **Move to Music with Ruth Barnes at the West End Library Every Wednesday at 1:00 pm, next class is Wednesday, June 28th**

Move to Music is a gentle, full body movement class that offers greater mobility, balance and posture. Class incorporates smooth, rhythmic moves done to a mix of classical, jazz and contemporary music. Good for all fitness levels. A village members says, "A number of villagers go to her class. Ruth is a delight, and her class is ideal for improving balance."



This class run by Around Town DC and is intended for DC Residents age 60 plus. It is free.

A lifelong love of dance and movement therapy led Ruth Barnes to become a fitness instructor in 1999. Ruth is certified by the American Council on Exercise as a Group Fitness Instructor and is also a certified Zumba and Zumba Gold Instructor. Her philosophy is that exercise should be fun, safe and accessible to everyone. Her goal

is to welcome all participants to an enjoyable experience of movement.

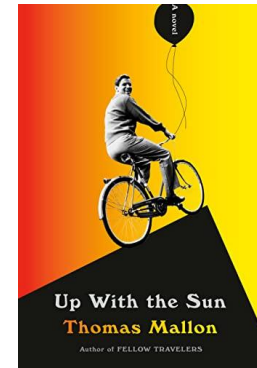
[Find more info here](#)

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## Author Talk - Up with the Sun with Thomas Mallon

Thursday, June 29, from 6:30pm - 9:00pm  
West End Library, 2301 L St NW

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.



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](#)

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THURSDAY, JUNE 29TH AT 7PM

**AMERICAN WHITELASH**




PULITZER PRIZE  
WINNER  
**WESLEY  
LOWERY**

IN CONVERSATION WITH



**EUGENE  
SCOTT**  
SENIOR POLITICS  
REPORTER, AXIOS

MARTIN LUTHER KING JR. MEMORIAL LIBRARY



Pulitzer-Prize-winning journalist Wesley Lowery joins DC Public Library on Thursday, June 29 at 7 p.m. at the Martin Luther King Jr. Memorial Library to discuss his new book "American Whitelash: A Changing Nation and the Cost of Progress" with Eugene Scott, senior political reporter at Axios.

In this thought-provoking discussion, Lowery will delve into the disturbing rise of racial violence in the aftermath of President Obama's



election, unveiling a chilling narrative that confronts the white supremacist movement's attempts to fracture and incite division among Black Americans. By placing these events within a historical context, Lowery poses a pivotal question: how can we navigate the tension between the cherished values of free speech and the imperative pursuit of equality when some manipulate the former to undermine the latter?

This program is hosted in partnership with The Washington Association of Black Journalists and the DC Public Library Foundation. Thanks to the DC Public Library Foundation, the first 50 registered attendees will receive a free copy of the book. [Please register here to reserve your seat.](#)

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## 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



**\*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.*

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## 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](http://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.



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## How to Register for Village Programs

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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.

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

**[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)**

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