



Director's Notes: Monday, July 10th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

HAPPY BIRTHDAY!

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

- Susana Mallinson - July 10th
- JoAnn Fine - July 14th
- Pat Kellogg - July 16th



PROGRAMS

Guys Only at Lunch (GOAL)

Thursday, July at 12:30 pm

At Chef Geoff's West End, 2201 M St. NW

CHEF GEOFF'S
West End

Mixing it up this month with a visit to a popular, and slightly more affordable, West End restaurant, Chef Geoff's! While it can be a bit crowded for lunch, we've requested a quieter table in the side part of the restaurant. [The menu can be found here](#). I hope to see lots of Village men out this month to continue our usual lively conversation!

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

Jonas Frumkin.

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

Registration is required. [Please register here on the village site](#) by Tuesday, July 18th, if you plan to attend, so we can get a final headcount for the table reservation. Please contact the office if you need help registering.

VILLAGE WOMEN - IT'S TIME FOR LUNCH!

Wednesday, July 26th, at 1:00 pm
RIS, 2275 L St NW

**DELICIOUS FOOD, CONVERSATION, LAUGHTER
AND NO NOISE!**



Lunch returns to our favorite chef's restaurant this month, 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, July 24th, if you plan to attend so she can get a final count for the table reservation.



TOUR OF FRANK STEWART'S NEXUS: AN AMERICAN PHOTOGRAPHER'S JOURNEY AT THE PHILLIPS COLLECTION

Tuesday, August 1st, from 2:00 PM to 3:00 PM
Phillips Collection, 1600 21st St NW, Washington, DC 20009

We hope you can join us for a tour of the exciting new exhibit at The Phillips Collection, Frank Stewart's Nexus: An American Photographer's

Journey, 1960s to the Present. This is a dynamic retrospective of Stewart's photography that centers on his sensitive and spontaneous approach to portraying world cultures and Black life in many forms—including music, art, travel, food, and dance. His work over the years captured intimate and empathetic images of lives experienced and observed across subjects, cities, and countries. This exhibit explores Stewart's avid experimentation and numerous subjects over the course of half a century, including aspects and rituals of Black culture, trips to Africa and Cuba, and music. As the senior staff photographer for Jazz at Lincoln Center Orchestra for 30 years, Stewart captured both public performances and candid, personal moments, including well-known photographs of jazz legends Miles Davis, Ahmad Jamal, and Wynton Marsalis. www.phillipscollection.org

After the tour you can explore The Phillips Collection or visit the new Bread Furst Cafe onsite.

Cost: \$12 per person (free if you are a current member of The Phillips Collection - please bring your current membership card)

[Click here to register](#). Please register by Monday July 24.

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

The yoga group is meeting on four Wednesdays of July with Delores Simmons leading us in the air-conditioned dining room of St. Paul's Church. [Click here for Delore's Bio.](#)

We are taking the month of August off, but will be organizing four Wednesdays on September 6, 13, 20 and 21. Depending on how many villagers join, the cost would be around \$60.00, as it has been in the past. 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.

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.

- August 2nd: Vacation from Book Club to accommodate summer travel and vacation schedules. Meeting Cancelled
 - September 6th: "Dress Your Family in Corduroy and Denim" by David Sedaris
 - October 4th: "News of the World" by Paulette Jiles
 - November 1st: "Homage to Catalonia" by George Orwell
 - December 6th: "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: Janet Farbstein at jgfarbstein@icloud.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 12:30 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

When you realize that
1970 and 2022 are as
far apart as 1970 and
1918 I'm just
going to need a
minute

Being popular on
Facebook is like
sitting at the cool
table in the cafeteria
of a mental hospital.

You know
you're over
40
when you
have
"upstairs
ibuprofen"
and
"downstairs
ibuprofen".

**The older I
get, the more
I understand
why roosters
just scream
to start their
day.**

OTHER PIECES

PT Strength, Balance and Brain Boosters Class Refresher

Did you miss June's PT Strength, Balance and Brain Boosters? Or would like to review the material? Then check this out:

Justin, one of the PT students has provided us with his photo, a description of his recorded video



(below), [his video here](#) and [this handout of exercises](#) that were covered in this week's Strength, Balance and Brain Boosters.

"Hi, my name is Justin Mule. I am a first year physical therapy student at The George Washington University. This video acts as a resource for learning more about what balance is, its importance in how our body moves, and its relationship to fall prevention. I hope you enjoy!"

New York Times and Washington Post Subscriptions with your Library Card



As a reader, there might not be anything more frustrating than getting a couple paragraphs into an article and having a paywall pop up keeping you from finishing your read. With your DC Public Library card, find your way around those paywalls. Access well-known newspapers like [The New York Times](#) and [The Washington Post](#) through the library's online resources and enjoy catching all the latest news without interruption. [Explore them all on the DCPL site here!](#)

Library by Mail

Library by Mail is a free service for eligible* Washington, DC residents to check out library books, DVDs and magazines through the mail. DC Public Library staff will use your library card to check out materials on your behalf, which is customizable to your interests! Receive a call from one of our staff members after your application is processed to confirm the activation of your account and review your interests, then begin receiving materials to the address provided. The service is free and postage is pre-paid under the Free Matter for the Blind designation. There are no overdue loan fees. [Click here to find more information on the program](#)



dc public **library**

*Any DC resident is eligible who is unable to visit the library due to a permanent disability (one year or more), temporary disability (up to one year or less), or underlying health conditions.

Age Friendly DC Listening Sessions



[Age-Friendly DC](#) will be hosting listening sessions across the city to understand how its efforts are working. If you would be interested in sharing from a village perspective, [please click here](#) to indicate your interest. The form does not mean you're agreeing to participate since they have not yet set specific dates/times.

If you complete the form, Age-Friendly DC will be in touch with dates and you can then decide if it works for you.

IN THE COMMUNITY

The Observational Artist with Samantha Van Heest

**First Class, Tuesday, July 11th, from 11:00
am - 12:30 pm**

At the Georgetown Library, 3260 R St NW



In this free six-week class, Participants will learn about the art of observation, applying techniques such as perspective, shading, and color theory using drawing and painting materials. Utilizing still life, landscape, and the human figure as subject matter, participants will capture the beauty of the world around them while developing their artistic skills. Participants of all skill levels are invited to join this course. Supplies are limited, they encourage participants to bring their own materials if possible. The village has many of the below supplies. If you'd like to borrow some for the class please contact the office.

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

Supply List:

- Variety of graphite artist pencils
- Erasers
- Kneaded erasers if possible
- Blending stumps / tortillons
- Drawing paper (9 x 12 or similar)
- Gouache paints
- Variety of watercolor brushes
- Paper towels or rags
- Cups for water
- Watercolor paper (9 x 12 or similar)
- Oil pastels (any type other than Artist Loft if possible)
- Painters Tape

4-week Journal Writing for Caregivers

**Second Session, Thursday, July 13th at
3:00 pm**



Some days, it's not easy to reach your inner thoughts, but once there, what do you hear? Are there thoughts you want to share? Join Around Town DC for a group, led by journalist and photographer Judy Licht, that gives you the opportunity to put on paper (or on computer) the thoughts

and self-questions that are in your mind now. Writing down your thoughts gives you a safe place to explore what is going on in your mind the worry, the anger, the fear, and it also can give you space to assess the personal strengths you are bringing to this challenging time. You will have the opportunity to read aloud to the group, keep your writing to yourself, or send it to Judy privately in this 4-week Journal Class. Each class will have a topic to write on prior to class. Joining Judy each week will be Carly B., a social worker from Iona Senior Services. [Click here to register.](#)



July 18th from 6:00pm to 7:15pm on Zoom

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

[Click here to Register](#)

Silvernest - an introduction to Home Sharing

Wednesday, July 19th, 4 - 5pm on Zoom

[Register here](#) or call (202) 658-5958

Housing prices have increased by more than 20% across the country since the start of the pandemic, and it's leaving many families struggling to afford a place to live. Those price increases are especially hurting seniors. However, a movement helping seniors afford a place to



live is growing. It's called home sharing, meaning two or more people who aren't related live together to share costs. Learn more about Silvernest, a company that matches seniors with roommates, in this Zoom presentation. They will also provide tips on how to prepare your home for a roommate and the social/emotional benefits. (Flyer attached). This program is presented by the Greater Brookland Village.

Cyber Crime Prevention & Training (Secure Together)

Thursday, July 20 11am - 12pm on Zoom



[Register here](#) or call (202) 658-5958

The Greater Brookland Intergenerational Village invites you to a virtual training on preventing cyber crime, presented by cyber security experts at Capital One and the Cyber Crime Support Network.

This training is for all DC Village members and Volunteers. Choose between one of two tracks, either learning yourself about cyber security, or learning how to train others in your Village. Cybercrime Support Network (CSN) created the #SecureTogether program to provide information, tools, and assistance to help individuals implement better security measures on accounts and devices.

Mayor's Office of The Clean City Presents

ROLL OFF DAY

NORTH MICHIGAN PARK
RECREATION CENTER
1333 EMERSON ST NE

Questions on what items are accepted?
Space is Limited

**SATURDAY
JULY 22
10:00 AM**

BRING BULK ITEMS AND USED ELECTRONICS TO OUR
DROP-OFF SITE AT NO COST AND LEARN HOW CLEAN
CITY CAN HELP ACHIEVE A **#TRASHFREEDC**.

Seniors/Disabled Registration: Please contact Carmen Roberts-Williams,
President NMPCA at 202-841-5256 by **SATURDAY, JULY 15**

202-794-2629
@CleanCityDC
Mayor's Office Of The Clean City
cleancity@dc.gov

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MURIEL BOWSER, MAYOR



Save The Date

Let's Talk LGBTQ Rights: Long-Term Care In DC

July 22nd from 10:30am- 12:00pm



Hybrid Event: Zoom & MLK Jr Library Branch

Join Capitol Hill Village and the DC Office of Human Rights to learn about DC Law 23-154: Care for LGBTQ Seniors and Seniors with HIV Amendment Act of 2020.



Email sross@capitolhillvillage.org or
call 202-543-1778 x204 for more information



During the event, you'll learn from OHR about DC Law 23-154: Care for LGBTQ Seniors and Seniors with HIV Amendment Act of 2020 and tools to file a complaint. OHR will walk through exactly how LGBTQ older adults in long-term care are protected. You also will be able to participate in a facilitated Q&A session with OHR representatives to ask any questions you may have.

This will be a great opportunity to learn about your rights, how to advocate for yourself, ask questions, and get further resources straight from the office that enforces DC Law 23-154.

Any questions about the event should be sent to sross@capitolhillvillage.org or call 202-543-1778 x204. [RSVP here](#).

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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