



## Director's Notes: Monday, July 31st, 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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### FOGGY BOTTOM WEST END VILLAGE'S ICE CREAM SOCIAL

**Thursday, August 10th, from 2:00 PM to 3:30 PM**

**In the Upstairs Dining Room at St. Paul's Church, 2430 K St NW**

Come celebrate summer with Villagers, friends, and neighbors of Foggy Bottom West End as we enjoy refreshing ice cream and delightful company!

A cup or cone of your favorite cold dessert, topped with your chosen syrup, nuts, whipped cream or strawberries. And chat with some new acquaintances or old friends in the air conditioned dining room.

Join us to beat the heat in Washington's hot, humid, and hazy August.



Please try to register by Tuesday, August 8th at 5:00 pm. [Click here to register for the ice cream social.](#)

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# HAPPY BIRTHDAY!



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

- Carl Vacketta - August 3rd

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## PROGRAMS

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### **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](http://www.phillipscollection.org)

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

Registration has closed for the tour. If you've registered previously the

village looks forward to welcoming you to the tour later today.

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## **Website Refresher Program**

**Wednesday, August 9th at 1:00pm**

**In Person at St. Paul's Church, 2430 K St NW**



Our new website has been up and running for about a year now. While many people have become experts on navigating the site, many people still struggle with its opaque features. Denise and I decided a refresher session on how to navigate the new site would be helpful for all members regardless of their familiarity with the site.

We will cover important features like: updating your contact info; adding an emergency contact; registering for an event; renewing your membership; finding past director's notes; and we will take questions from the audience on any other topic you're struggling with.

This first session will be held in person. Please bring an internet connected device if you're able to. Laptops or tablets would work best, but the website can also be accessed and navigated on a smart phone. If you don't have a portable device to bring to the session, please let us know as a limited number of spares will be available. A later session will be held on zoom for those that prefer to access the website from their home computer.

[Click here to register for the refresher session](#)

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## **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**

## **AFFINITY GROUPS**

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### **NEW TAI CHI CLASS SESSION**

A new six week session of tai chi classes will begin on Friday, August 11th. This popular class is open to the community. If you'd like more information on the classes or to sign up for the new session please contact Ann Franke at [AnnFranke@wiserresults.net](mailto:AnnFranke@wiserresults.net)

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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.

- **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
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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** will not be meeting in August, will resume 9/13  
*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: Janet Farbstein at [jgfarbstein@icloud.com](mailto: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](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 [tlneve@rcn.com](mailto: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](mailto:cbwould2003@yahoo.com)

**ESSENTIALS OF TAI CHI AND QIGONG** (weekly) at 12:00 pm

*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*

Contact: Ann Franke at [AnnFranke@wiseresults.net](mailto:AnnFranke@wiseresults.net)

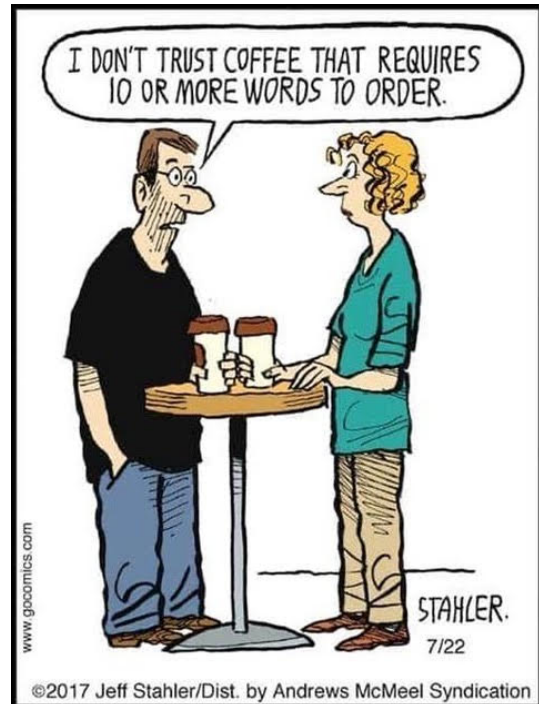
**MEDITATION GROUP** (weekly) at 3:00 pm

*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).



## A BIT OF HUMOR



## OTHER PIECES

**About Encore Creativity for Older Adults**

Inspired by the results of an NEA-funded study that investigated the health benefits of choral singing for older adults, Jeanne Kelly founded Encore Creativity for Older Adults in 2007 to provide an excellent and accessible artistic environment for all older adults across the nation, regardless of experience or ability.

No auditions are ever required for an Encore program. You don't even have to read music! All you need is a love of singing and a desire to improve your physical, mental, and emotional health.

Even if you've never sung before, you'll find a friendly environment of like-minded singers in all of Encore Creativity's programs.

*Great music never gets old!  
If you're over 55 and looking  
for a new adventure, join an  
Encore program today!*

**Encore**  
Creativity for Older Adults

**Sing Your Encore!**

6955 Willow Street NW, #223  
Washington, DC 20012

301-261-5747  
info@encorecreativity.org

Older adults who love to sing can join in song this fall with Encore Creativity for Older Adults, the nation's largest choral arts organization for adults 55 and older. The fall season of singing is open for registration

for all older adults across the nation. No auditions are required. Interested singers can register on [Encore Creativity's website here](https://www.encorecreativity.org), by emailing [info@encorecreativity.org](mailto:info@encorecreativity.org), or by calling (301) 261-5747.

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## IN THE COMMUNITY

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### **Movie Matinee with Waterfront Village Friday, August 4th, at 1:00 pm At the Miracle Theater, 535 8th St SE**

Waterfront Village invites all DC Villages' members to join us for a movie matinee of the film *The Miracle Club* at the Miracle Theater located at 535 Eighth Street SE. The cost is just \$6.00, and the refreshment stand will be open. The event is scheduled for Friday, August 4 at 1:00 p.m. (doors open at 12:45). No registration required.



The film features a star-studded cast, including Maggie Smith, Laura Linney, Kathy Bates. The women of Ballygar had just one dream: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends gets the opportunity of a lifetime.

[Check out this New York Times review of the movie](#)

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### **Today's Supreme Court with Penny Hansen Wednesday, August 9th at 5:30 pm on Zoom**

Penny Hansen leads us in exploring the important cases and decisions made by the Supreme Court recently. The presentation will focus on the major Constitutional issues being decided by a clearly activist and divided court: election reform, health care, gun control, religion and presidential power, etc. She will focus on the historical and political background of these issues and the legal philosophies of the justices along with the procedural mysteries of this, the least well-known of our three branches of government.



This Georgetown Village program is free and open to the community!

We are sure this will be an interesting and enlightening presentation and hope you will zoom in to join us from wherever you might be on August 9!

To sign up please contact the GV Office at 202-999-8988 or Email: [info@georgetown-village.org](mailto:info@georgetown-village.org)

## 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 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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