



## Director's Notes: Monday, September 18th, 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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### COVID UPDATE

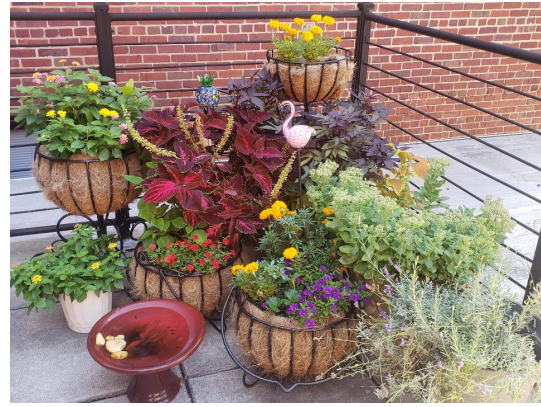
I recently contacted the DC Department of Health to get some current information on Covid in our community. There are no current risk reduction steps recommended by the DC Government. However, as of now, FBWE Village is asking all members who get rides with Village volunteers to wear masks while riding in the car. Of course, all volunteers are also asked to wear masks. At this time, we are only suggesting this precaution because cars are very small, enclosed spaces. This is out of an abundance of caution.

[The risk reduction strategies recommended by the Centers of Disease Control can be found here.](#)

Regarding current data on COVID rates, District-specific information is still available and [can be found here](#). Hold onto this link as weekly data is shown here. The community level is currently rated “low”. The case rate is 27.4, up from a low of 5.5 in June, but compared to last September (74.8) is still good.

Please remember that the Village office still has masks available as well as home test kits. If you would like either, just call us at (202) 333-1327 or email [info@fbwevillage.org](mailto:info@fbwevillage.org) and we'll get them to you.

Bill Kincaid, our resident public health expert, will be giving a program in early November with additional Covid updates, available at that time. Keep an eye out for the announcement in October.



Member update from Karen Hamrick: "I was so pleased today to find that I won first place in the DC State Fair Micro Garden competition. Thanks everyone for your support. Here is my entry and my ribbon."

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## Shanah Tovah to all who Celebrate



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## HAPPY BIRTHDAY!

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

- Ernest Pozzi - September 19th
- George Arnstein - September 20th
- Marianne Taylor - September 21st



# PROGRAMS

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## **PELVIC HEALTH WEBINAR**

**Wednesday, September 20th at 2:00 pm on Zoom**



How Physical Therapy can help maintain your pelvic health so that "those embarrassing moments" don't derail your day!

**What:** This WEBINAR session will address pelvic floor issues for both men and women. Doctors at Rose Physical Therapy will demonstrate exercises for your pelvic health and discuss how they can prevent/reduce incontinence. They will also cover pelvic pain and other related issues. You will be able to ask questions of the presenters. Questions will be private due to the webinar format. Exercises can be done on the floor/yoga mat or seated. No special equipment is required.

**Who:** Dr. Valerie Oliphant: Physical therapy is the perfect blend of my love of movement and my desire to help others heal. While I've had my fair share of injuries, what drew me to PT was the emphasis on continuous learning and growth as a practitioner combined with the ability to serve our clients....

And Dr. Will Knight: While the neurological side of PT was originally what inspired me to pursue a career in the field, my love for treating orthopedic and sport-related injuries, as well as pelvic floor dysfunctions in the Washington, DC area is what drove me to pursue a career at Rose Physical Therapy Group.....

[Click here for photos of Dr. Oliphant and Dr. Knight as well as their full bios.](#)

[To register click here.](#) You will receive the zoom link upon registration as well as in a reminder email the day before the talk.

If you have any questions, please email [nadiataran@mindspring.com](mailto:nadiataran@mindspring.com)

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## **SEPTEMBER GUYS ONLY AT LUNCH (GOAL)**

**Thursday, September 21st, at 12:30 PM**

**At The Garden Café, 2116 F ST NW**



September's GOAL will be at the Plaza Hotel's Garden Cafe, one of our regular venues, and one of the few in Foggy Bottom. [Their menu is here.](#) So far this year, we've averaged eight attendees, a record if we can keep it up for the rest of the year. Hope you can join us and enjoy the fellowship.

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

**Accessibility:** The venue is fully accessible. Open to all male members and their guests.

Registration is required. Please e-mail Trev Neve at [tneve@rcn.com](mailto:tneve@rcn.com) by Tuesday, September 19th, if you plan to attend, so he can get a final headcount for the table reservation.

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**Thursday, September 21st. from 9:30 am - 12:30 pm**  
**At St. Paul's Church, 2430 K St, NW**

Around Town DC and DACL are hosting Fall Prevention Day for Ward 2 in the dining room of St. Paul's. During this event DACL & Iona staff will be screening and educating participants on the four categories of fall risks: vision, medication, balance/strength, and environment. Registration is not required. Just show up for a personal assessment and valuable information.

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## **VILLAGE WOMEN - IT'S TIME FOR LUNCH!**

**Wednesday, September 27th, at 1:00 pm**  
**At Ris, 2275 L St NW (Location Changed)**

We'll be gathering at Ris with great food, a quiet place to talk, and very accommodating staff.



**Cost:** Each participant is responsible for the cost of her own lunch.

Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

**Accessibility:** The venue is fully accessible.

Registration required. [Please click here to register](#) by Monday, September 25th, if you plan to attend.

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## VILLAGE VACCINATION CLINIC

**Saturday September 30th, from 10:00 AM to 5:00 PM (*the hours of the clinic have been extended to provide extra vaccination opportunities*)**  
**At St. Paul's Church, 2430 K St NW**



We are holding a vaccination clinic on September 30th from 9:00am. to 5:00 pm. Giant Pharmacy will provide the vaccines and the pharmacists needed. The clinic will be held in the atrium of St. Paul's Episcopal Church (2430 K St NW). Appointments are being scheduled at 10 minute intervals. When you select your time you will also need to indicate which vaccines you would like to receive. Options will include vaccines for RSV, Covid (hopefully, the newest version), flu (both high dose for older adults and regular dose), pneumonia, and shingles. Please arrive five minutes prior to your appointment time to complete required paperwork. Light refreshments will be available.

We hope to see everyone on the 30th as we all prepare to stay as healthy as possible this fall and winter! We were able to secure two pharmacists from Giant which means two people can be vaccinated at each time slot. If the time you want is already taken at one link, please try the other.

Registration links: [calendly.com/jfrumkin/village-vaccination-clinic](https://calendly.com/jfrumkin/village-vaccination-clinic).

Or [calendly.com/dsnyder-fbwe/village-vaccination-clinic-2nd-pharmacist](https://calendly.com/dsnyder-fbwe/village-vaccination-clinic-2nd-pharmacist).

When you click on either link it will take you to a calendar. Click on "9/30", then click on an available time slot, then click on "Next" to go to the booking page. Finally, fill out the form with your contact info and click "Schedule event" to reserve your slot.

Please contact the office, 202-333-1327 or [info@fbwevillage.org](mailto:info@fbwevillage.org), if you need any help completing the form.

Disclaimer: This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities Notice of Funding Opportunity (HHS-2023-ACL-AOA-HDRC-0043) is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$50 million with 100% funding by ACL/HHS. The content is that of the author(s) and does not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. government.

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## **TOUR OF HIGHLIGHTS OF THE FREER GALLERY OF ART**

**Thursday, October 5th at 2:00 pm to 3:00 pm**

**Freer Gallery of Art, 1050 Independence Ave SW, Washington, DC 20004**

We hope you can join us for a guided tour of the Highlights of the Freer Gallery of Art's permanent collection. The Freer Gallery houses one of the premier collections of Asian art, with objects dating from Neolithic times to the early 20th century, as well as the world's most important collection of works by James McNeill Whistler. The Freer has beautiful and fascinating Chinese paintings, Indian sculpture, Islamic painting and metalware, Japanese lacquer, Korean ceramics, American Art from the late 19th-century aesthetic movement, and Whistler's Peacock Room.

The group will enter through the accessible entrance on Independence Ave and 12th Street NW, take the elevator to the first floor, and meet the docent at the elevator on the first floor at 2 p.m. The exhibits are all on one floor and gallery chairs will be available.

After the tour please feel free to explore the National Museum of Asian Art (the Freer Gallery of Art and the adjacent Arthur M. Sackler Gallery). Although the Museum is on multiple levels, they all are accessible by elevator.

Please note there are no dining facilities onsite, but there is a nice gift shop.

Open to FBWEV members only, **ONLY 8 SPOTS REMAINING.**

[Click here to register.](#) Please register by Monday, October 2, 2023

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**Fall Health Session with Dr. Janson**

**Tuesday, October 10, 2023 from 2:30-3:30 PM  
on Zoom**

**New topic: Hips—what can be done when they get cranky!**

**Join Dr. Janson for an overview of hip problems. This session will cover 2 aspects. Dr. Janson will demonstrate exercises that can reduce hip pain/discomfort and discuss how hip problems can originate from other areas, such as the low back or sacroiliac joint. There will be time for Q & A. Wear comfortable clothing, and have a chair handy if you need it.**



**Who: Dr. Sophia Janson, PT, GCS**

**Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments and Falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.**

**Cost: Free to Village members**

**Registration required. [To register, click here.](#)**

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## **10th Anniversary Celebration**

**As you know, our 10th Anniversary Celebration is rapidly approaching. Usually, we do a fundraising gala each year with the goal of raising much needed financial resources to continue our work.**

**While we certainly hope to generate some funds to support the Village, this year's event has been planned primarily to honor our visionary founders and to celebrate the Village's impact over the past decade. This is why the board of directors decided to set the ticket price at \$50 – which is half of the 2019 ticket price. We want everyone to join us for a spirited celebration on Saturday, October 14th. The ticket price only covers the basic cost of the event, because gathering together is the point of the event.**

**Please block out the second Saturday of October from 12:30 – 2:00 for a scrumptious brunch at Ris Restaurant, an opportunity to thank our founders for what their efforts have wrought, and time to enjoy the company of new and old friends.**

**To get a ticket\*, [click here](#) or send a \$50 check to the office at 2430 K St., NW; Washington DC 20037. If you'd like to lend further support, please consider a larger donation and send a message of appreciation to our founders in the Celebration program. ([Click here for donation details](#))**

**\*Please note: there will not be any physical tickets. Rather, we'll have a guest list at the door.**

## Fall GWU Older Adult Exercise Program

**Mondays and Wednesdays from 12:00 PM-12:50 PM**

**Starting September 11, 2023 and ending December 13, 2023 (no class on November 20 & 22)**

**Where: Room B112A (basement), Milken Institute School of Public Health, 950 New Hampshire Avenue, N.W.**



A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

Who: Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#).

Participants should provide the instructor with a completed class waiver form and Participant Health/Exercise Profile form on your first day. For forms, [click here](#). YOU MUST RE-FILL OUT THE FORMS EVEN IF YOU ATTENDED PREVIOUS EXERCISE CLASSES.

Cost: Free to members

Village liaison: Nadia Taran. For questions/information: [nadiataran@mindspring.com](mailto:nadiataran@mindspring.com)

[To register for the first class please click here](#)

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## AFFINITY GROUPS

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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. All are welcome to attend! Some updates from the group.

1. You are not required to read all of the book to attend but are welcome to attend if you are simply interested in its subject matter.
2. You can attend intermittently as your schedule or desire permits.
3. The group periodically votes on what books we'd all like to read in the future and all book group members are welcome to suggest book selections.

Upcoming books are listed below.

- 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

Contact: Adele Gottfried at [agphd2@gmail.com](mailto:agphd2@gmail.com) if you have questions about the book group

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### MONDAYS

Spanish Conversation Group at 5:00 pm (varies, contact for more info)  
*Meets at 1099 22nd St NW, Apartment 1007 (contact for more information)*

Contact: Anna Chisman at [achisman1@verizon.net](mailto:achisman1@verizon.net) or (202) 452-1996

### 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 (Not Meeting Currently)  
*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 [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)

**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).

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## A BIT OF HUMOR

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## OTHER PIECES

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### **DC THEATER WEEK** **September 21 - October 8**

DC Theatre Week celebrates the launch of the theatre season in the Washington, DC region with dozens of shows at low prices, a free kickoff fest, and other fun events.



What will you discover? During Theatre Week you can see a show for \$20, \$40, or \$60 (through the official ticketing partner TodayTix) in venues throughout the region. You'll be delighted with the choices and many fabulous shows to choose from. We've got musicals, plays, classics, new work, and more. Theatre Week makes it easy to go, go, go...and invite your friends to join you. The launch of the theatre season has never been more exciting!

[Click here for more info on DC Theater week and to see the list of participating productions.](#)

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### **Participate in a Brain Health and Microbiome Study**

School of Medicine  
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

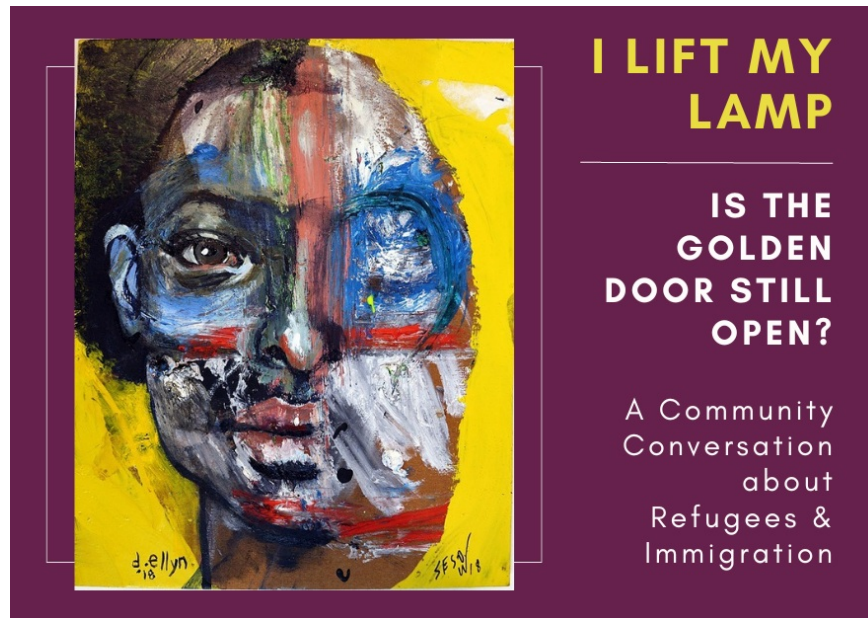
The GW School of Medicine & Health Sciences' Frame-Corr Lab invites 1) adults with early Alzheimer's disease (eAD), 2) adults with mild cognitive impairment (MCI), and 3) healthy adults to participate in a research study to examine the gut microbiomes of individuals with early Alzheimer's disease, mild cognitive impairment, and healthy controls to document how microbiomes may be altered following lifestyle changes—how diet, physical activity, and other health behaviors affect the microbes in the digestive tract. The research will hopefully improve our understanding of brain health and the gut

microbiome and, perhaps, lead to future prevention and treatment efforts. [Learn more about the study and GW's Frame-Corr Lab](#)

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## IN THE COMMUNITY

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**Tuesday, September 19th, from 6:30 - 8pm**  
**At West End Library, 2301 L Street NW or via livestream**

The United States has been called “the permanently unfinished country.” Join human rights activists Enes Kanter Freedom, Turkish-American former NBA star and Roya Hakakian, Iranian-American writer and journalist, for a discussion of immigration today with Professor Peter Skerry, Boston College.

Attend in person at the West End Neighborhood Library in Washington, D.C. or via livestream. Brought to you by DC Public Library and American Purpose.

[Click here to register](#)

Featured guests:

Roya Hakakian is a writer and journalist who writes both in Persian and English. She is the author of two books of poetry in Persian and three books of prose in English. She received a Guggenheim fellowship in nonfiction for *Assassins of the Turquoise Palace*. Her memoir, *Journey from the Land of No*, about coming of age as a Jewish girl in post-revolutionary Iran, received *Elle Magazine's* Readers Choice Award.

Enes Kanter Freedom is a human rights activist, former NBA star, and Nobel Peace Prize nominee. He has spoken out repeatedly against human rights violations in China and his native Turkey. He has been the subject of twelve arrest warrants and countless death threats in nine years. He has championed the plight of Uyghurs, Tibetans, Hongkongers,



Taiwanese, and others facing Chinese oppression, after which his NBA career came to an end. Seven years after his Turkish citizenship was revoked, he became an American citizen and changed his last name to Freedom.

Peter Skerry is professor of political science at Boston College, a Fellow at the Institute for Advanced Studies in Culture at the University of Virginia, and a contributing editor at American Purpose. He is author of the acclaimed *Mexican Americans: The Ambivalent Minority*, awarded the Los Angeles Times Book Prize, and *Counting on the Census: Race, Group Identity, and the Evasion of Politics*.

Dr. Jeffrey Gedmin is co-founder and editor-in-chief of American Purpose, the magazine and media venture. He is on temporary assignment as acting president and CEO of Radio Free Europe/Radio in Prague, where he previously served as President and CEO of RFE/RL from 2007-2011.

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## **GW Women's Well-being Lecture Series: Complete Nourishment for a Woman's Journey**

School of Medicine  
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

**Thursday, September 21st, at 12:00 PM**

The GW Resiliency & Well-being Center (R&WC) will present a Women's Well-being Lecture Series talk on "Complete Nourishment for a Women's Journey" with Julie Wendt, MS, LDN, CNS, adjunct instructor of Integrative Medicine, Department of Clinical Research and Leadership, GW School of Medicine & Health Sciences, and owner of Julie Wendt Nutrition.

Join this interactive discussion about how we should interpret dietary advice through the lens of the female journey. By taking a look at popular nutrition advice that surrounds us in the news, we will explore which aspects are helpful and which may not work given female biology. Key topics include calorie counting vs. intuitive eating for weight management, intermittent fasting, and nourishment guided by our cycles and lifespan.

[Click here to register for the lecture](#)

The Women's Well-being Lecture Series is supported by the Rosemary Bowes, PhD, Women's Mental Health Fund. [Learn more about the R&WC's women's well-being initiative.](#)

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## **Music at Midday at National City Christian Church**

**Fridays in September from 12:15 pm - 1:00 pm**

**at National City Christian Church, 5 Thomas**



Music at Midday begins a new season of concerts on Friday, September 8, and continuing through Christmas. See below for information on recitals for the month of September to be held at National City Christian Church each Friday at 12:15 p.m. This month's concerts include programs by organists from Poland, Germany, Brazil, and the United States.



September 22: Brazilian organist Sandro Silva will perform works by Iain Farrington, Paul Manz, J. S. Bach, Noel Rawsthorne, and Albert L. Travis.

September 29: Jackson Borges (Statesboro, Georgia) will perform a program of works by French composer Félix-Alexandre Guilmant.

Detailed information at [www.nationalcitycc.org](http://www.nationalcitycc.org) or contact Rev. Dr. J. Michael McMahon at [mmcmahon@nationalcitycc.org](mailto:mmcmahon@nationalcitycc.org)

## **REGISTER NOW!**


### **CHV 2023 LGBTQ INTERGENERATIONAL SYMPOSIUM**

*Join us for a day of learning, connecting, and engaging with LGBTQ folks and allies. This free virtual event will include a keynote speaker, a wellness session, a panel, and breakout sessions.*

 **SEPTEMBER 23RD ON ZOOM**

 **11:00AM TO 3:30PM**

**LEARN MORE OR REGISTER**

 **202-543-1778 x204**

 **[sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org)**



**[Click here for more information](#)** on the symposium including the list of speakers. You can also click on the link to register.



Join the Library and Politics and Prose Bookstore for a conversation with Burkhard Bilger for his new book *Fatherland* on Tuesday, Sept. 26 at 7 p.m. at the Martin Luther King Jr. Memorial Library. Joined by noted author and surgeon Atul Gawande, Bilger will discuss his new biography of his grandfather's life and experience in the Nazi party.

*Fatherland* is the story of Bilger's nearly ten-year quest to uncover the truth. It is a book of gripping suspense and moral inquiry—a tale of chance encounters and serendipitous discoveries in archives and villages across Germany and France. Long admired for his profiles in *The New Yorker*, Bilger brings the same open-hearted curiosity to his grandfather's story and the questions it raises. What do we owe the past? How can we make peace with it without perpetuating its wrongs? Intimate and far-reaching, *Fatherland* is an extraordinary odyssey through the great upheavals of the past century.

Books will be available for sale and signature and a limited number of giveaway copies will be available courtesy of the DC Public Library Foundation.

[Click here to register and find more info on the talk](#)

## If Books are Banned: Reading Between the Lines

Thursday, September 28th, at 7:00 pm  
At 6th and I, 600 I (Eye) Street NW or  
Virtual



A movement to ban books is sweeping the country and has gained increasing traction over the past few years. According to PEN America's Index of School Book Bans, which "lists instances where students' access to books in school libraries and classrooms in the United States was restricted or diminished, for either limited or indefinite periods of time," there were 1,477 such instances in the first half of the 2022-2023 school year. The majority of books being targeted are written by Black and LGBTQ+ authors, feature LGBTQ+

characters or characters of color, and tackle themes of race, gender, history, and sexuality.

[Click here to find more info on this book talk or to purchase tickets](#)

Sibley Senior Association presents

## Aging on Your Terms Conference

Saturday, Sept. 30 • Noon to 5 p.m.  
Free Zoom Webinar



Join us to learn more about important facets of aging, including:

- How to protect and improve your lung health • The correlation between social connections and health
- How to improve your well-being by downsizing and simplifying your living space • How to start thinking about your final plans



**Breathe Better and Live Longer: How to Protect and Improve Your Lung Health as You Age — Air Quality and More with Dr. Panagis Galiatsatos**

Panagis Galiatsatos, M.D., M.H.S., is an associate professor at the Johns Hopkins School of Medicine and a physician in the Division of Pulmonary and Critical Care Medicine. He is the co-director of Medicine for the Greater Good, an initiative to teach physicians the science of community engagement and train community health workers and lay health educators.



**Our Epidemic of Social Isolation: How Social Connection Impacts Our Health with Mary Louise Pomeroy, Ph.D.**

Mary Louise Pomeroy, Ph.D., is an NIH-funded research fellow at the Johns Hopkins School of Nursing. Her overarching research goal is to support aging in place for older adults with limited social connections. Currently, she is examining social isolation as a risk factor for avoidable health care use such as hospitalization and nursing home placement.



**The Stuff About Your Stuff Is Not About Your Stuff with Lisa Geraci Rigoni**

Lisa Geraci Rigoni is the owner and CDO - Chief Declutter Officer - of The Organizing Mentors (TOM) and has been helping people reclaim their space mentally and physically since 2008. She is a certified senior move manager with the National Association of Senior & Specialty Move Managers.

**The Gift of Being Prepared Panel Discussion**

Strategic estate and pre-funeral planning provides peace of mind and lightens the burden for your loved ones.



Lindsay Warnes is an estate planning attorney and co-owner of the Willow Legal Group. With over 10 years of legal experience in a variety of fields, she focuses on estate planning because she believes it is important to guide clients through this very important and ever-changing area of law.



Antonia Cummings is a licensed funeral director and preneed specialist for Dignity Memorial Funeral Homes, specifically for Joseph Gawler's Sons. It is her passion to serve families before a loss has occurred, easing the time of loss in the future.

To register, visit [smh.memberclicks.net/agingonyourterms9302023](https://smh.memberclicks.net/agingonyourterms9302023), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before Sept. 26.



To register, visit [smh.memberclicks.net/agingonyourterms9302023](https://smh.memberclicks.net/agingonyourterms9302023), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before Sept. 26. You can click on the flyer above to enlarge it.

## ROSE THEATER'S 2023/24 SEASON- Celebrating 17 Years of Developing Stageworthy Plays

Tues. Oct. 3 | The Writer's Center, Bethesda,  
Maryland

DEVOTEDLY, WITH DEAREST LOVE\*





The Love Letters of F. Scott and Zelda Fitzgerald  
Edited by Jackson R. Bryer and Cathy W. Barks, Arranged by Lorrie Kyle  
Featuring performances by award-winning actors: Allyson Currin & Christopher Lane.

\*In Partnership with the F. Scott Fitzgerald Literary Festival with special permission from the F. Scott Fitzgerald Estate.

Tues. Oct. 24 | Arts Club of Washington

**TINKER'S DAMN** By Jessie Seigel

A newly imagined second draft of this audience favorite returns to the New Play Reading Series.

Featuring performances by Raven Bonniwell, Jim Brady, Ray Ficca, Rick Foucheux, Christopher Lane, Chris Stezin and Richard C. Washer.

Tues. Nov. 14 | Arts Club of Washington

**THE SECRET LIFE** (Brought to You by Ride Detergent), a Comedy (until it's not) in Two Acts, by Allyson Currin

Featuring performances by Tonya Beckman, Jim Brady, Ricardo Frederick Evans, Ray Ficca, Melissa Flaim, Christopher Lane and Chris Stezin.

Tue. Jan. 23, 2024 | Arts Club of Washington

**GESUALDO – WHERE CHAOS SLEEPS**, By Peter Coy

The seduction of art and reality. Featuring performances by Helen Hayes award-winners Christopher Lane and Susan Marie Rhea.

**SAVE YOUR SEAT**, Reservations Strongly Encouraged. [Click here for more info on the shows and to reserve a seat.](#)

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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 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**

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