



## Director's Notes: Monday, October 2nd, 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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### Village Email Issue

The village is experiencing an issue with our email system. While we can still send out emails from our email addresses we are not currently receiving emails. We held the director's notes this morning because of this issue. We are working on getting this resolved as soon as possible. In the interim, please make urgent requests over the phone at 202-333-1327. We will let you know as soon as we're receiving emails again.

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### Get Moving!

While most resolutions are made on New Year's it's always a good time to focus on our health. Gaining flexibility, better balance, stronger muscles, and even increased aerobic capacity are all valuable goals. And, fortunately, FBWE Village offers opportunities for all of the above!

As you may know, GW offers our members free classes, twice each week. In the words of some members who have been participating in the classes:

- "I enjoy the GW classes because they get me up and out for exercise that is geared towards our age - no jumping up and down. The instructors are informed of our issues and tailor the classes to improve our range of motion, balance, and strengthen our weak points."
- "Our instructor, Angela Ingram, gets us moving and we don't even

realize we are exercising. All good.”

- “Angela makes exercise fun with dance moves on Mondays and circuit training on Wednesdays. She is attentive to posture and form to help us increase strength and stamina and avoid injuries.”

And our yoga class meets once each week. As an affinity group, the participants cover the instructor’s fee. Again, class participants in their own words:

- “I can participate sitting in a chair, while others are on their mats; it gives me permission to be quiet with others around; to LISTEN to the meditations; and with exercises that lift my spirit, relax my mind and help me with my posture.”
- “The teacher, Delores, gives very clear instructions, the pace and level of difficulty are perfect for seniors. I feel more flexible and relaxed after class, and I enjoy the social interaction of in-person classes.”
- “Delores’ teaching style is soothing and supportive, modifying poses as needed for beginners and those with physical limitations.”
- “The class is small and thus you get a lot of attention to your particular case. Socially, I enjoy working hard with the other villagers. It is also good for the soul as Delores reads us inspiring ideas to live by.”
- “I find yoga class is a calming experience and I enjoy the camaraderie with other participants. The cost is very reasonable as well.”

Clearly, with such great instructors and enthusiastic group participants, you’ve got no excuse to avoid weekly programs that keep you moving and most importantly, make you healthier and happier. So, check out the announcements for yoga and exercise class below and join in!

-Denise

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## HAPPY BIRTHDAY!

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

- Daniel Stevenel - October 2nd
- Anders Gyllenhaal - October 2nd



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## PROGRAMS

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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 4 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.**

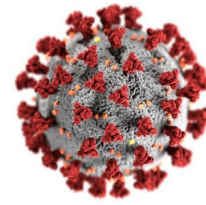
**Please block out the second Saturday of October from 12:30 – 2:00 for a scrumptious brunch at Ris Restaurant, an opportunity to thank our founders for what their efforts have wrought, and time to enjoy the company of new and old friends.**

**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.**

## **STATE OF COVID CURRENT EVENTS DISCUSSION**

**Thursday, November 2nd at 11:00 AM on  
Zoom**



As the Village enters the fall of 2023, the COVID-19 Virus is still in the news.

Join a Currents Events discussion on Thursday, November 2nd at 11:00 am by ZOOM to learn about the latest public health recommendations on how to protect yourself and your family as we enter the time of year when respiratory viruses become more frequent.

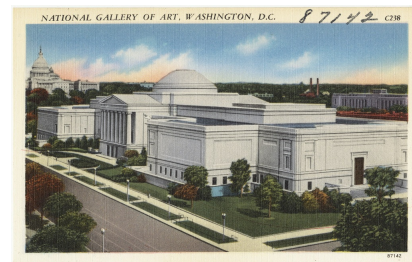
Bill Kincaid will talk about the latest in masking, shots, testing, and long Covid.

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

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## **National Gallery of Art – NGA American Collection Tour**

**Thursday, November 2nd, at 2:00 p.m.  
At National Gallery of Art – West Building,  
Main Floor Rotunda**



When the National Gallery of Art's West Building opened in 1941, the American collection was the smallest in the museum. Now, it is the largest. What happened and why?

Join NGA docent Sheridan Strickland for a private FBWE Village tour that will explain this transformation. Highlighting paintings depicting great moments in American history, the tour will start just after the American Revolution, and end in 1910. Why did most American collectors not buy works by American artists? Who was an exception to that rule? What category of American art finally convinced European art critics that, just maybe, American artists could paint masterpieces? When did the most recent painting by an American female artist join the collection---and why did it take so long? Join us for a lively discussion of the NGA's American collection.

MEET Sheridan on the Main Floor Rotunda at the tour sign. Sheridan will be there to greet you, wearing her ID badge and name tag.

Cost: None. Registration Required. [Please click here to register.](#)

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## 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.**



Monday classes focus on Movement and Wednesday is exercise Day. From Yolanda Buran, "We had a well attended class—about 15 people. We started facing the mirror and worked with weights about 3 pounds. They were very good weight exercises. Challenging but not impossible. Simple but well structured. You could feel it after.... It was a total body workout and everyone seemed to enjoy it. We were all tired afterwards as we were on Monday."

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](#).

Cost: Free to members, Village liaison: Nadia Taran. For questions/information: [nadiataran@mindspring.com](mailto:nadiataran@mindspring.com)

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## AFFINITY GROUPS

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### Standing/ Chair Yoga

This accessible standing/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, if desired. The class will provide you with opportunities to improve your balance, flexibility, and mobility, as well as practice breathwork and short meditations. This class is perfect for those who have been cleared by medical professionals to exercise but want a gentler practice, have no yoga experience, or have practiced yoga but need poses adjusted to account for injuries and/or mobility challenges. This class is taught by Delores Simmons, RYT-200, who has extensive training and experience working with persons of varying ages, abilities, sizes and experience levels.



Classes will start Wednesday, October 4th. The October series will be 4 sessions; October 4, 11, 18, and 25, at 10:30am. The cost is dependent on the number of people who sign up. If there are 10 people in the class, the cost will be \$50 per person for October. If there are fewer people, then the cost will be higher. The class will be held at St. Paul's Parish, 2430 K Street, NW.

Contact Sue Headlee at [headlee@american.edu](mailto:headlee@american.edu) or Karen Hamrick at [kshamrick@verizon.net](mailto:kshamrick@verizon.net), to sign up or for more information.



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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.

The book group is soliciting book recommendations from all Village members. Recommended books will be reviewed by the regular members of the book group, and if accepted will be added to the book list with a date for discussion. The person recommending the book will be asked to attend the meeting on which the book is scheduled as a guest book group member, and lead the group discussion of the book.

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
- Feb. 7, 2024: All the Beauty in the World by Patrick Bringley

Contact: Adele Gottfried at [agphd2@gmail.com](mailto:agphd2@gmail.com) with your book suggestions and 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**

**STANDING/ CHAIR YOGA GROUP** (Next Meeting October 4th)

*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) or Karen Hamrick at [kshamrick@verizon.net](mailto:kshamrick@verizon.net)

**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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Imagine you're traveling and opening your passport at the airport and boom!!!!....😱😱😱😱



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## OTHER PIECES

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# **Nominations for The Aston Community Advisory Team Are Now Open (Apply by October 2nd)**

During ANC 2A's regular September meeting on Wednesday, September 20th, the ANC voted to establish a process for appointing the ANC's two designated representatives to the Community Advisory Team (CAT) for The Aston. As part of that process, the ANC is inviting anyone who has interest in serving on the CAT to [submit an application here](#). The deadline to submit an application is 11:59 pm on Monday, October 2nd.

Applicants are encouraged, but not required, to submit a resume. For the purpose of this application, your resume may include any information you feel would be helpful for commissioners to know as they evaluate nominees, including your work experience, relevant topic area knowledge (if any), and/or key biographical information.

There are no formal requirements to serve on the CAT, and a lack of professional experience does not disqualify you from consideration.

Due to a technical limitation, resumes must be emailed to [2A@anc.dc.gov](mailto:2A@anc.dc.gov), separately from the application itself.

ANC 2A will call a special meeting, to be held sometime after October 1st, to discuss and vote on the applications. Every person who submits an application will automatically be added to the ballot for voting by commissioners.

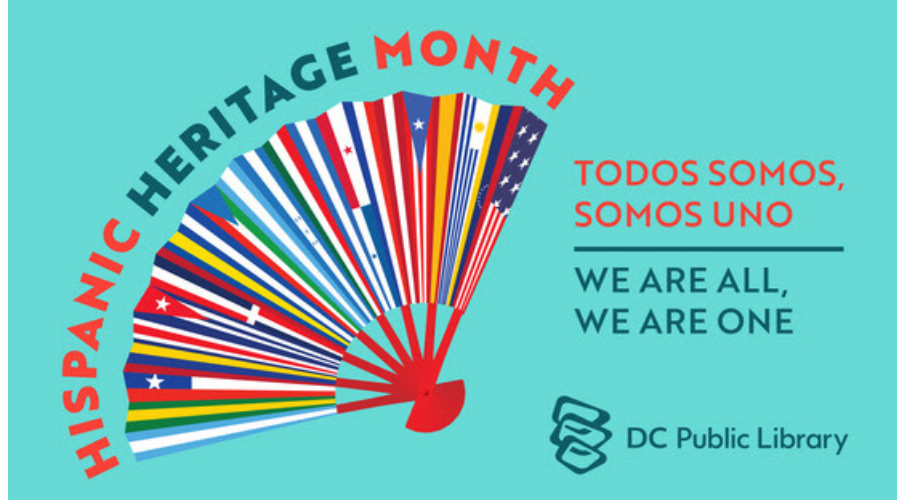
During the special meeting, applicants will be given the opportunity (but will not be required) to give statements of up to two minutes in length. Commissioners will be allocated a set amount of time to make comments and/or address questions to the nominees.

The voting process will take place via a ranked choice voting system in order to arrive at two winning candidates. According to the ANC's bylaws, the two winning candidates must still garner a majority of votes in order to be confirmed. This means there is a possibility the vote could result in only one or no winners.

[Once again, the application form can be found here](#)

If you have any questions regarding this process, please reach out to Peter Sacco, ANC 2A's Executive Director, at [2A@anc.dc.gov](mailto:2A@anc.dc.gov).

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Celebrate Hispanic Heritage Month by diving into a new read! The month's theme is "Todos Somos, Somos Uno: We Are All, We Are One" and reinforces the diversity inherent within the Hispanic community, as well as the power that comes from unity. What stories will you uncover this Hispanic Heritage Month?

[Click here to discover the recommendations](#)

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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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## **Pelvic Health Webinar on YouTube**

"How Physical Therapy can help maintain your pelvic health so that "those embarrassing moments" don't derail your day!" The webinar we hosted last week is now up on YouTube. [Click here to watch it again or watch it for the first time.](#) Please let us know if you'd like the contact information for the speakers.

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## DC Villages Collaborative Executive Director Search

The DC Villages Collaborative, a joint project of all 13 Villages in Washington DC, seeks an inaugural Executive Director who will lead and manage collaborative efforts among the Villages in DC. The ED must possess strong leadership and consensus building experience, along with the desire to build and nurture the Village movement in DC. The ability to think strategically and work well with people at all levels, from the community to the government is required. You can see the full position description and application instructions at [dragonflycentral.org/executive-search](http://dragonflycentral.org/executive-search). Please share this announcement broadly with your friends and network!

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## OLLI at AU Fall Semester Classes Still Available!

The fall semester kicked off on September 26, but registration is still open and courses are still available. Take courses ranging from "The Art and Artistry of Korean Dramas" to "Race in America: Civil War to WWI" or from "The Antecedents, and the Rise and Fall (and Maybe the Rise Again) of Disco" to "The Grey Zone of War" -- these are just four of the more than 95 highly affordable lifelong learning courses available during the fall semester. [Register for courses now!](#) Many of the in-person courses will be recorded for your convenience! To choose your courses selections or obtain a catalog, go to our website: [olli-dc.org](http://olli-dc.org) or call 202-895-4860.

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## IN THE COMMUNITY

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DC Public Library is proud to celebrate Banned Books Week starting Oct. 1 until Oct. 7 and invite you to join us for special programs and events that honor the public library's role as a space of intellectual and creative freedom. The theme of this year's Banned Books Week is Freedom is Not Guaranteed, a phrase taken from a large-scale billboard artwork by renowned artist Xaviera Simmons displayed on the 9th and G corner of the MLK Library this fall. Simmons' work pushes us to consider the true meaning of freedom and repair in a country where those freedoms

continue to be taken away.

[Click here for more info on banned book week](#)

Upcoming Banned Books Week events include:

- Banned Baldwin: A Banned Book Read-Out | Sunday, Oct. 1, 2 p.m., Georgetown Library
- I, Too - A Film and Conversation with Carol Anderson | Sunday, Oct. 1, 2 p.m., Martin Luther King Jr. Memorial Library
- Freedom is Not Guaranteed | Monday, Oct. 2, 6:30 p.m., Martin Luther King Jr. Memorial Library
- Banned Books Read-a-Thon | Wednesday, Oct. 4, 6:30 p.m., Mt. Pleasant Library
- Author Talk with Trung Le Nguyen | Wednesday, Oct. 4, 7 p.m., Martin Luther King Jr. Memorial Library

DCPL is also hosting the Uncensored Scavenger Hunt:

Starting Monday, Oct. 2, hundreds of books by banned authors will be hidden at various locations around the city. The theme for this year's scavenger hunt, sponsored by the DC Public Library Foundation is "Freedom is Not Guaranteed," featuring literature authored by some of America's leading champions in the fight to amplify diverse voices and reckon with historical injustice.

Each book will have a special edition cover and spine artwork by local designer Dian Holton featuring a quote from the author and the motif of a snake in the grass—a quiet, unseen threat that could strike at any time: a powerful metaphor for censorship, incidents of which have been rising precipitously around the nation in recent years. Hunters who collect all six books will discover a composite design on the spines.

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## **2023 Julian Clement Chase Prize Award Ceremony**

**Thursday, October 5th from 3:30pm - 5:45pm**  
**At The GW Museum and the Textile Museum, 701**  
**21st Street NW or via Zoom**



3:30 pm Opening Reception, 4:00 pm Awards Ceremony, Albert H. Small Washingtonian Collection open for viewing at 3:30pm

For the first time, three Chase Prizes are awarded, honoring distinctive modes of writing and the cultivation of diverse relationships between GW undergraduates and DC communities. Each prize winner will share some of their beautiful work. Hosted by Pulitzer Prize winning columnist Clarence Page.

JCC Prize for Creative Writing in Washington: Amira Al Amin, "Whatever's Next?" short story.

JCC Prize for Research Writing on the District of Columbia: Julia H.



Russo, "A Legacy of Disenfranchisement: Interrogating the Displacement of the Historical Black Foggy Bottom Community".

JCC Prize for Community Impact in the District of Columbia: Bailey Moore, An Expanded Curriculum for Sisters Informing Healing Living and Empowering (SIHLE)

The Julian Clement Chase Prizes are presented by the University Writing Program in collaboration with the Creative Writing program and the Nashman Center for Civic Engagement and Public Service.

[Click here for more info or to join the event on zoom](#)

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**Saturday, October 21st, at 10:00 a.m.**  
**At the Walter E. Washington Convention Center, 801 Mount Vernon Place NW, Hall D**

On Saturday, October 21st, join the Office of Disability Rights for a free event that will offer residents with disabilities access to resources and information about the latest technologies that can improve your quality of life.

The event will include exhibits by public and private organizations and opportunities to learn more about topics like employment readiness, assistive technology, workforce development, and remote support solutions.

[Register to attend here.](#) Registration is preferred by Monday, October 9. More information and reasonable accommodation can be requested through the registration link or by calling (202) 724-5055.

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## **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.

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.

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**

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

FBWE Village | 2430 K Street NW, Washington, DC 20037

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