

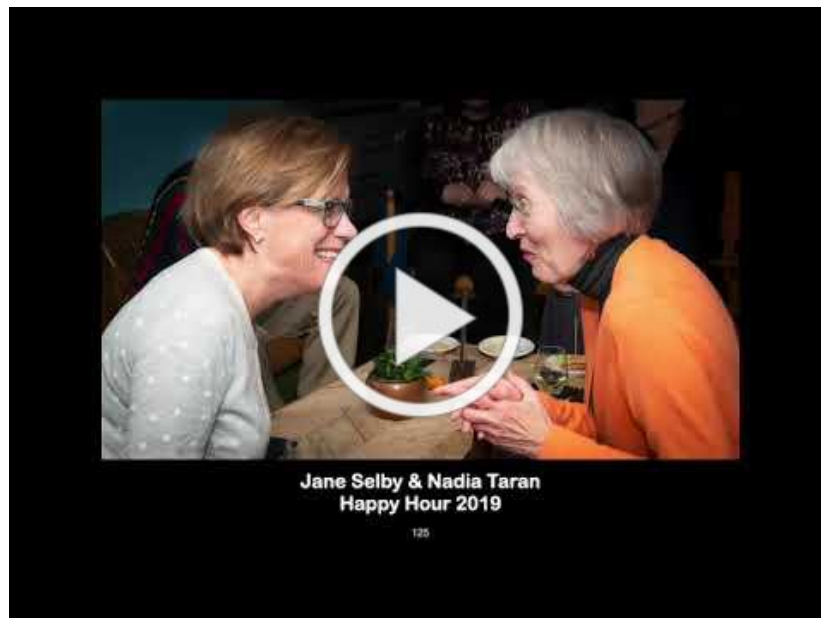


Director's Notes: Monday, October 30th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder



Anniversary Celebration Review

The review of our anniversary celebration is now up on our website. [It can be found here](#). We've also posted Lynn Cate's heartwarming slideshow from the gala that provided a visual history of the village to our YouTube. Click on the video above to watch it. [Click here to view Lynn's beautiful pictures of the anniversary celebration party](#).



Enjoy this fabulous picture from member Pat Kellogg: "Me almost crawling to get inside an early pyramid. 2550BC. Burial chamber with sarcophagus of King Unas and walls inscribed with hieroglyphics of his great deeds and starry ceiling."

Reminder, we'd love to see your pictures of Villagers out and about. Whether that's in DC or far off in Egypt, we love to advertise how active our members are in the director's notes.

HAPPY BIRTHDAY!

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

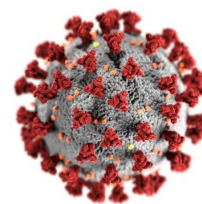
- Linda Kaplan - October 30th
- Nadia Taran - October 30th
- Janet Farbstein - October 31st
- Olive Hopkins - November 5th
- Fran Katz - November 5th



PROGRAMS

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.

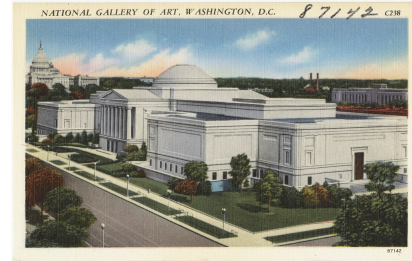
Join a Currents Events discussion on Thursday, November 2nd at 11:00 am by ZOOM to learn about the latest public health recommendations on

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](#)

**National Gallery of Art -
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.](#)



Village Happy Hour

Thursday, November 9th from 5:00-6:30 PM

At Ris Restaurant (2275 L Street NW)

RSVP by Monday, November 6th

[Click here to register.](#) Please register by Monday, November 6th at 5:00 pm.

TOUR OF THE NEW CAPITAL JEWISH MUSEUM

Friday, November 17th from 2:00 PM to 3:30 PM

At the Capital Jewish Museum, 575 Third Street NW



The museum opened on June 9, 2023. (You can learn more about the Museum here: www.capitaljewishmuseum.org)

Accessibility: Wheelchair entrance is located on F Street. All Museum spaces are wheelchair accessible.

The tour will include:

Ongoing Exhibitions: What is Jewish Washington? (History Gallery); the Historic Sanctuary which dates back to 1876 with a film about early Jewish Washington; and the Core Gallery with several different exhibition spaces and interactive opportunities)

Special Exhibition: Notorious RBG: The Life and Times of Ruth Bader Ginsburg. This exhibition offers a visually rich, entertaining, yet rigorous look at Justice Ginsburg's life and work. Through archival photographs and documents, contemporary art, media stations, and playful interactives, the exhibition tells the parallel stories of RBG's remarkable

career and the efforts she joined to expand “We the People” to include those long left out of the Constitution’s promises.

Registration required, [click here to register for the tour](#).

MEET in the lobby of the Museum at 1:45 PM. Our scheduled tour will last approximately an hour and a half.

Transportation possibilities to the Museum include:

- Metro: Red Line to Judiciary Square, National Building Museum exit, walk 1 block
- Circulator Bus: Georgetown-Union Station route to Massachusetts & New Jersey Avenues, NW, walk 5 blocks
- Parking Garage: Public paid parking garage available at 3rd & G Streets, NW

Cost: None. (Thanks to a FBWEV Board Member for underwriting the cost of this visit.)

Fall GWU Older Adult Exercise Program

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

Ends December 13th (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 Wednesdays are devoted to exercise.

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

AFFINITY GROUPS

Foggy Bottom-West End Village

Strength and Stability Yoga – November classes

This 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 strength, 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 (Registered Yoga Teacher, 200 training hours), who has extensive training and experience working with persons of varying ages, abilities, sizes and experience levels.



Classes will start Wednesday, November 1st The November series will be 4 sessions; November 1, 8, 15, and 29 (no class November 22, the day before Thanksgiving), 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 November. 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 Karen Hamrick, kshamrick@verizon.net, for more information and to sign up.

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!

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.

- November 1st: "Homage to Catalonia" by George Orwell
- December 6th: "The Wind Knows My Name" by Isabel Allende
- February 7th: All the Beauty in the World by Patrick Bringley

Contact: Adele Gottfried at agphd2@gmail.com with your book suggestions and if you have questions about the book group.

MONDAYS

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

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

STANDING/ CHAIR YOGA GROUP at 10:30 am (weekly)
Meets in the dining room of St. Paul's Church, 2430 K St NW (contact for more information)
Contact: Karen Hamrick at kshamrick@verizon.net

WOMEN'S LUNCH AT RIS (4th Wed) at 12:30 pm
Meets at At Ris Restaurant, 2275 L St NW
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 tineve@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

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

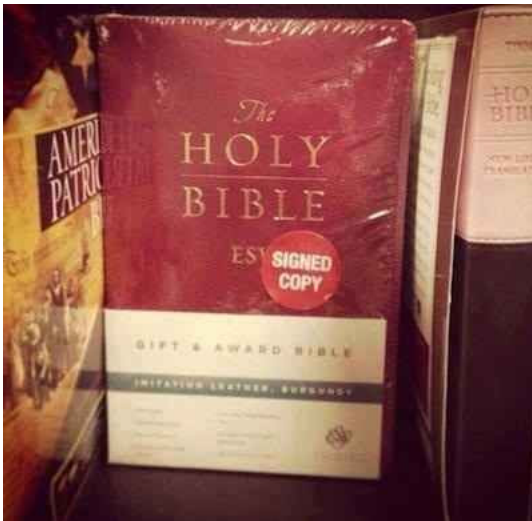
MEDITATION GROUP (weekly) at 3:00 pm

*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

Pics - You Only Had One Job To Do!



OTHER PIECES



Friends of GW

We are excited to offer our neighbors access to a variety of world-class events and cultural programs at the George Washington University.

We invite you to take advantage and explore the opportunities.

GWORLD COMMUNITY CARD PROGRAM

The Friends of GW, GWorld Community Card Program will serve as neighbors' identification card and give access to the GW campus and selected community benefits – including Gelman Library, Lerner Health and Wellness Center, Course Audit opportunities, & more!

SUBSCRIBE TO OUR NEWSLETTER

go.gwu.edu/foggybottomsignup

VISIT OUR WEBSITE TO LEARN MORE

neighborhood.gwu.edu/benefits

RULES AND RESTRICTIONS:

- Foggy Bottom neighbors who reside in **zip codes 20037 or 20006** are eligible to apply for a Friends of GW GWorld Card at the **GWorld Card Office (800 21st St NW, G05)**.
- Proof of residency is a D.C.-issued Driver's License or DC Non-Driver ID Card.
- If you do not have either, you **MUST apply online** with a recent **D.C. utility bill (electric, gas, water, cable) no older than 1 month**, displaying your name and D.C. address.
- There is an **initial card fee of \$15.00** due at the time of processing. The GWorld Office **only accepts debit and credit** payments. Card holders must be 18 or older.

Visit neighborhood.gwu.edu or contact OGCR (202-994-9132 | ogcr@gwu.edu) with any questions.

Click on the flyer above to enlarge it



The GW Compost schedule for Fall 2023 is official! The Fall 2023 schedule is as follows:

- Mondays and Tuesdays: 1pm - 4pm
- Thursdays and Fridays: 9am - 12pm
- Saturdays: 11am - 2pm

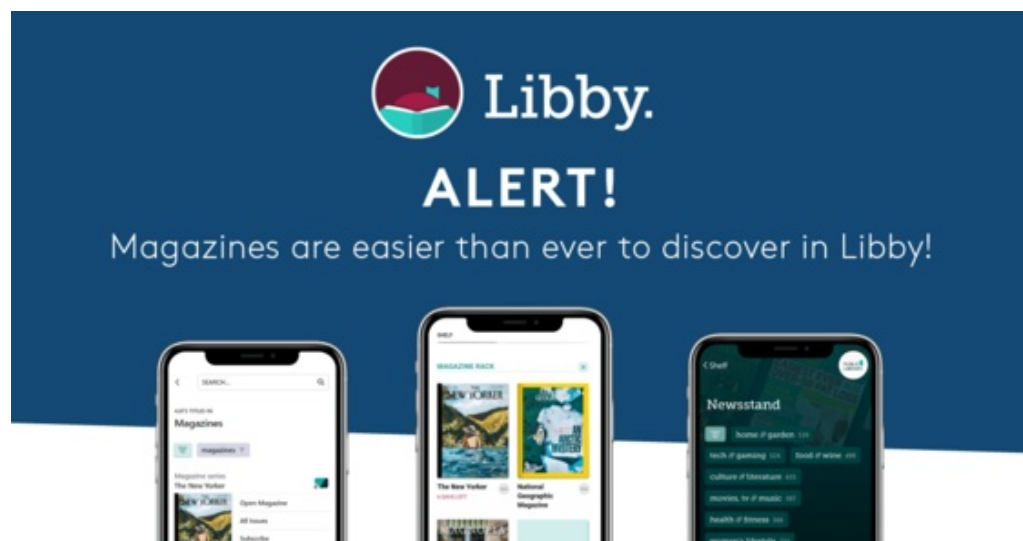
The GW compost table will be set up in Kogan Plaza at all the above times

How do you compost at GW?

- Set aside naturally and industrially compostable waste. This includes produce, animal products, bread products, coffee grounds and tea bags, paper products, and anything marked for an industrial facility, such as compostable bowls and food containers used by certain establishments.
- Remove non-compostable contaminants. Materials such as plastic, food stickers, and tea bag staples should not be composted. Don't worry if you miss something-- we will filter through all the compost received at collections to ensure only compostable materials are included.
- Store compostable waste in a freezer or air-tight container. This will minimize the amount of spoilage while you wait for the next collection.
- Bring your compost to a campus collection!

If you have any questions about what materials can or cannot be accepted at campus collections, please feel free to bring your items to a collection so staff can check in person!

[Click here for more information on the sustainable GW website](#)



New features include:

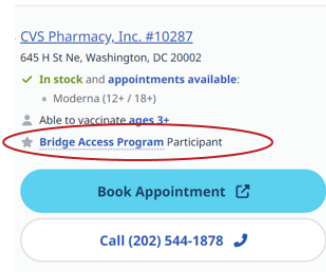
- **One tap to read:** When a user discovers a magazine in your collection, they can open it and start reading with one tap, generating a checkout for your library.
- **Streamlined access:** Instead of appearing alongside ebook and audiobook loans, magazines now appear on a new dedicated section of a user's Shelf called the Magazine Rack.
- **Improved discovery:** From their Magazine Rack, users can navigate to the library's Newsstand, a new view of a user's recently opened issues and other popular magazine titles in your collection.
- **Easier subscriptions:** Users can subscribe to magazines from your library via a new, convenient Subscribe button that appears in search results, on magazine details screens, and in the Newsstand.

CDC Bridge Access Program ensures all adults 18+ who are uninsured and underinsured can receive an updated COVID-19 vaccine at no cost through December 30, 2024. The slides explain how to find a provider that is participating in the Bridge Access Program.

Bridge Access Program

CDC's **Bridge Access Program** provides no-cost COVID-19 vaccines through December 31, 2024 to:

- adults (18+) without health insurance, and
- adults (18+) whose insurance does not cover COVID-19 costs



Visit [vaccines.gov](https://www.vaccines.gov) to find healthcare providers, federally supported health centers and pharmacies participating in the Bridge Access Program.

Independent DC Pharmacies Participating in the Bridge Access Program

Pharmacy	Address
Morton 8 th St Pharmacy, LLC	724 East Capitol Street, NE, 20003
Central Pharmacy	2202 Martin Luther King, Jr. Avenue, SE, 20020
Ramdass Pharmacy	475 Ingraham Street, NE, 20011
Apex Care Specialty Rx #4422	210 Michigan Avenue, NE, 20017
Grubb's Care Pharmacy	326 East Capitol Street, NE, 20003
Grubb's Pharmacy SE	1800 Martin Luther King, Jr. Avenue, SE, 20020
Kalorama Pharmacy	1841 Columbia Road, NW, 20009
Rodman's Discount Drugs	5100 Wisconsin Avenue, NW, 20016

DC **HEALTH**
GOVERNMENT OF THE DISTRICT OF COLUMBIA

Created/Revised 2023 — DC Health | Government of the District of Columbia



The YMCA offers free in-person and virtual classes from Monday-Saturday from of 8 am-5 pm. These classes range from high-energy aqua aerobics and tai chi to low-intensity yoga and strength resistance. Their in-person classes are located at various DC Department of Aging and Community Living and DC Department of Parks & Recreation sites, while our virtual classes are offered through Zoom.

They will also host a once-a-week virtual fitness class called Strength Over Stroke starting on Wednesday, November 1st. The Strength Over Stroke program is to help rehabilitate individuals who have received little to no rehabilitation to manage the injuries and/or impairments that followed their medical emergency.

[Click here to register for Fit & Well Senior programs.](#) Once registered, participants will be sent a “personal interactive passport” that will offer them accessibility to the Y’s virtual classes, and the opportunity to stay updated on schedules, upcoming events, and programming.

Please contact Ethiopsis.Kifle@ymcadc.org with any questions, comments, or concerns.

IN THE COMMUNITY

Dishonorable Mention: Why the fight against Native American Mascoting **Thursday, November 2nd, at 11:00 am on Zoom**



DC-native Kevin Blackistone is a longtime national sports columnist now at The Washington Post, panelist on ESPN’s “Around the Horn,” professor of journalism at the University of Maryland, and an occasional contributor to NPR and PBS. He co-produced and co-wrote *Imagining the Indian: The Fight Against Native American Mascoting*, a 2022 documentary on the history of and fight against mascoting Native Americans. He has also authored academic journal articles on diversity in sports media and hagiography in sports film documentary.

Kevin will share with us why he did the film *Imagining the Indian*, which is at the natural crossroad of sport, identity and politics.

Blackistone is a recipient of numerous awards, including recently the 2023 Sport History and Social Justice Award by the North American Society for Sport History.

[Click here to register and to find out more about this talk.](#) This talk is part of Northwest Neighbors Village's Virtual Speaker Series.



Listen and Learn: Panel on LGBT+ Inclusion in CCRCs



NOVEMBER 2ND FROM 1:00PM TO 3:00PM ON ZOOM

Join Capitol Hill Village for a panel on LGBT+ inclusion in senior living communities and CCRCs! This panel will address what communities are doing to ensure LGBT+ residents are welcomed and affirmed. Attendees will have the opportunity for Q and A.

Featuring representatives from **Riderwood**, **Ingleside**, and **Sunrise on Connecticut Avenue**.

Contact sross@capitolhillvillage.org or 202-543-1778 to register or learn more.

Click on the flyer above to enlarge it

Monday Miracle Matinee -- BARBIE: The Movie **Monday, November 6th, at 1:00 pm** **At Miracle Theatre on Barracks Road (535 8th Street SE)**



Join the DC Villages for a fun outing to see the critically-acclaimed movie based on a legendary toy but packing an intellectual punch with its simple, humorous and thought-provoking themes. Along with Oppenheimer, this movie will be dominating the Oscar nominations next spring. Come see what the fuss is all about. [To register, click here.](#) While we are requesting registration for headcount purposes, the discounted admission fee (\$6.00) for the movie will be charged at the box office. The theatre is located a few blocks from the Eastern Market Metro Station. There is limited street parking near the theatre (mostly either with meters or with 2-hour designations).

Holiday Shopping Opportunity

The World Bank is hosting it's annual arts and crafts fair on November 7, 8, and 9 (10 am – 5 pm). The market will be in the lobby of their headquarters at 1818 H St NW, [Click here for additional information](#).

Community Shred Event
At New Hampshire and I Streets NW
Saturday, November 11th from 10 am – 1 pm



A hearty thank you to the Foggy Bottom Association and Sally Charnovitz of Long and Foster for their sponsorship. If any Village member needs help getting papers to the shredder please call or email the office and we can provide transportation. We can also collect items from you and drop them off to be shredded at the event. (info@fbwevillage.org or call 202-333-1327)

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



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.](#)

Humanities DC And IN Series presents
the Shakespeare Everywhere Festival
Scholar in Residence Lecture Series
Ends November 16



Join the discussions and talks hosted by the festival's inaugural Scholar in Residence, distinguished Shakespeare critic and scholar Marjorie Garber, William R. Kenan, Jr. Research Professor of English and of Visual and Environmental Studies at Harvard University. These events are free, open to the public, and will be held at locations all across the city.

[SPACE IS LIMITED - RESERVE TICKETS HERE](#) You can also find more info on each individual lecture at the link.

- **Untimeliness: The Brief Lives—and Long Afterlives—of Romeo and Juliet, Wednesday, November 15 - STC FORUM - 7:30pm**
 - **End Times: Closure and Disclosure in King Lear, Thursday, November 16 6:00pm - Library of Congress**
-

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 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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