



Director's Notes: Monday, November 6th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

VETERAN'S DAY

I always called my dad on Veterans Day. He served in World War II with the 101st Airborne, parachuting into Normandy, France behind enemy lines on D-Day. The only story he ever told about his years in the war was the night after the war ended. He was never a drinking man, but he got so drunk that night that he blacked out and couldn't remember how he got back to his camp. From the day he was discharged until he died in 2019 he never touched another gun. The bayonet wound in his thigh, however, never let him forget the war.



He was very proud of his service, especially as he got older. A member of the "Screaming Eagles", he collected eagles of all kinds for several decades. I kept one, made of velvet-like material with magnets in the tips of its wings. He attached it to the front bar on his walker in his later years. I keep it attached to my refrigerator.

Veterans Day falls on November 11th because WWI officially ended on the "eleventh hour of the eleventh day of the eleventh month" in 1918. Originally called Armistice Day, in 1954 the name was changed to Veterans Day and it continues to honor everyone who has served in the United States military. For a few years it was moved on the calendar to fit the Monday-holiday act, but seven years later it was moved back to 11/11.

This Saturday, take a moment to remember and honor everyone who has ever served. And perhaps do that the following 364 days as well.

-Denise

OFFICE CLOSED FOR VETERAN'S DAY

Veteran's Day this year is on a Saturday, November 11th, so the federal holiday is observed on Friday, November 10th. The village will be closed on that day.

HAPPY BIRTHDAY!

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

- Laurie Landy - November 9th



PROGRAMS



[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.)

WOMEN'S LUNCH AT RIS

Wednesday, November 29th at 12:30 pm
At Ris Restaurant, 2275 L St NW

NOTE: November's lunch has been pushed back a week to avoid Thanksgiving.



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.

Registration required. Please register by Monday, November 27th if you plan to attend. [Click here to sign up for the women's lunch](#)

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.

- December 6th: "The Wind Knows My Name" by Isabel Allende
- Group will not meet in January
- 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 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

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

A GUIDE TO PUTTING YOUR CLOCKS BACK



SMARTPHONE
Leave it alone,
it does its magic



SUNDIAL
Move one house
to the left



OVEN
You'll need a
Masters in
Electronic
Engineering
or a hammer



CAR RADIO
Not worth it,
wait six months

OTHER PIECES



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.
- 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](#)

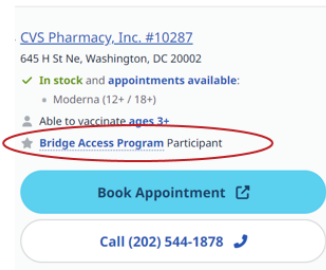
CDC Bridge Access Program

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 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

IN THE COMMUNITY

**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).

A Matter of Balance with Safe at Home DC



First class: Wednesday, November 8th from 1:00pm to 3:00pm. Then classes every Mon and Wed, 1:00pm to 3:00pm until 12/11. No class on 11/22.

Meetings held on Zoom

Does having a fear of falls limit your daily activities? If so, sign up for A Matter of Balance with Safe at Home. Beginning November 8th, DC residents over the age of 60 can participate in a four-week, virtual class that will help to build your confidence and strength. A Matter of Balance is a nationally recognized evidence-based program designed to reduce concerns about falling and encourage physical activity. This is a discussion-based program designed to facilitate problem-solving and brainstorming to reduce the risk of falling, and empowers you to find solutions that fit your lifestyle. A balance and strength exercise program is part of the workshop and begins during the third session. Please note: This is not a traditional exercise class. Your primary reason for signing up for this class should be a fear of falling. If a fear of falling is not something that impacts you, please do not sign up for this class. To enroll, please contact Jose Cepillo at jcepillo@homecarepartners.org or 202-559-9856.



Cocktails.
CONVERSATIONS,
AND COMMUNITY

Thursday, November 9th - 5:30 pm

"Are We Meeting the Climate Crisis?"



w/Albert Cheh

Join Meeting: <https://us02web.zoom.us/j/87171650623?pwd=WkdBZzNRNnlS0d6bTYzTDg3WWx6UT09>

Meeting ID: 87171650623 Passcode: 939988

Join us online on Thursday, November 9th at 5:30 pm for our upcoming Cocktails, Conversations, and Community program as Albert Cheh, Professor Emeritus of Environmental Science and of Chemistry at American University, walks us through the current state of the climate crisis. His talk will cover the following key questions:

- What is the evidence for human-driven warming and climate change?
- What might the adverse consequences be going forward this century?
- What can we do about it?
- How well are we (US, Europe, India and especially, China) doing today?

If you're interested in learning more about this vital topic shaping our world, this is a talk that you won't want to miss. Please RSVP by emailing info@georgetown-village.org or calling 202-999-8988.

We are sure this will be an interesting and informative presentation and hope you will zoom in to join us from wherever you might be on November 9th! This Georgetown Village program is free and open to the community!

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THE
PUBLIC
SQUARE

Thursday, Nov. 9, 7 p.m.

Matika Wilbur

**Changing The Way We See
Native America**

Wilbur's Project 562 is a multi-year project dedicated to photographing Native and Indigenous people in what is currently known as the United States, resulting in an unprecedented repository of imagery and oral histories of contemporary Native Americans.

Martin Luther King Jr. Memorial Library

DC Public Library THE PUBLIC LIBRARY FOUNDATION

The Public Square Returns for Native American Heritage Month

Celebrate the richness of contemporary Native American life with DC Public Library and critically acclaimed social documentarian and

photographer, Matika Wilbur on Thursday, Nov. 9 at 7 p.m. at the Martin Luther King Jr. Memorial Library. This event marks the return of our Public Square conversation series just in time to kick off Native American Heritage Month!

Created by Matika Wilbur, Project 562 is a multi-year national photography project dedicated to photographing over 562 federally recognized Tribes, urban Native communities, Tribes fighting for federal recognition and Indigenous role models in what is currently known as the United States, resulting in an unprecedented repository of imagery and oral histories that accurately portrays contemporary Native Americans.

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

Community Shred Event

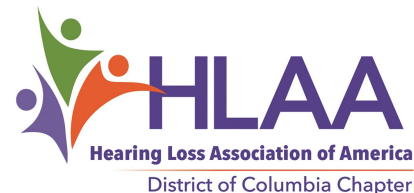
At New Hampshire and I Streets NW
Saturday, November 11th from 10 am – 1 pm



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)

Introduction to Auracast

Sunday, November 12th at 2pm via Zoom



Auracast broadcast audio will enable all types of public locations – from large venues such as airports and conference centers to smaller establishments such as gymnasiums, cinemas, auditoriums, and houses of worship – to deliver audio experiences that increase accessibility by enabling those in attendance to receive audio directly into their own hearing devices or Bluetooth earbuds. And that's just the beginning.

Come to this Northwest Neighbors Village program to hear their presenter, Linda Kozma-Spytek who serves as HLAA's technology adviser and an investigator on the Deaf/Hard of Hearing Technology RERC at Gallaudet University, tell us about this exciting new technology.

This program is open to all who would like to attend. There is no charge. Captioning will be provided. [Click here to register.](#)

Lunch, Learn, and Conversation Series **with The Villages at Mary's House for**

Older Adults

Wednesday, November 15th, at 1:00 pm
Where: Mary's House for Older Adults,
Metropolitan Community Church of Washington
DC (474 Ridge St. NW, Washington, DC 20001)



Legal Hotline Services *Sessions presented by Legal Counsel for the Elderly

A complimentary lunch will be provided. RSVP to csherrell@maryshousedc.org to receive a lunch.

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
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