



Director's Notes: Monday, November 13th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

YouTube Channel Update

We are thrilled to share with you a significant milestone in our YouTube journey - we are fast approaching 100 subscribers! While this may seem like a modest number, it represents a remarkable achievement for a small organization like the Foggy Bottom West End Village. It's a testament to the support and enthusiasm of our viewers, we couldn't have done it without you.



Subscribing is like showing your appreciation for your preferred channels. By hitting that red "Subscribe" button, you become part of our ever-growing community and ensure you never miss an update from our channel. It's the best way to stay in the loop, receive notifications, and show your support. On our channel, you can find the 10th-anniversary celebration video that was created by Lynn, ways to exercise for healthier joints, morning stretch suggestions and so much more!

When we reach 100 subscribers it will be a significant step for us. It's not just a number; it's a symbol of growth and a source of motivation. We are grateful for each and every one of you who has supported our channel, watched our videos, and interacted with us. If you haven't already subscribed, we kindly invite you to join our community and be part of our journey. It only takes a moment – click the "Subscribe" button below any of our videos or on our channel page. By doing so, you become an integral part of our YouTube family.

[Click here to check out our YouTube Channel](#)

-Emily Thomas, Village social media intern



Pics from Village Happy Hour

Thank you to everyone who came to our Village happy hour last week. The village wants to thank CB Wooldridge for organizing the happy hour and Lynn Cates for the stupendous pictures.

Above from left to right: Trev Neve, Sue Headlee, Allen Gottfried, and Jeff Reiman

Below from left to right: Jackie Lemire, Adele Silver, and Paul O'Leary



HAPPY BIRTHDAY!

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

- Heide Castleman - November 13th
- Lynn Cates - November 13th
- Anna Chisman - November 15th
- Mark Budd - November 17th
- Paul McKee - November 18th



PROGRAMS

NOVEMBER GUYS ONLY AT LUNCH (GOAL)

**Thursday, November 16th, at 12:30 pm
Matera at the River Inn, 924 25th St NW**



The Mtera at the River Inn, a former GOAL favorite, has just reopened for lunch, so we'll pay them a visit for November's GOAL: "Matera offers a relaxed ambiance and a residential neighborhood vibe that's perfect for every occasion." [Their new menu can be found here.](#) Join us for the usual fellowship and we'll decide whether to add this venue to our list.

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 tlneve@rcn.com by Tuesday, November 14th, if you plan to attend, so he can get a final headcount for the table reservation.

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 moved a week to avoid Thanksgiving.



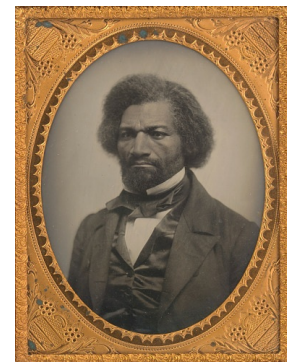
Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

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

ONE LIFE: FREDERICK DOUGLASS NATIONAL PORTRAIT GALLERY TOUR

Thursday, November 30th, at 2:00 pm
At the National Portrait Gallery, 8th & G St NW

This exhibition highlights the long arc and significance of Frederick Douglass's life: from slave and fugitive to internationally acclaimed abolitionist, women's rights activist, and statesman after the Civil War, ultimately making his home in Washington, DC. The variety of objects on display feature his many roles and reflect Douglass's openness to new forms of media and technology to advance the cause of human rights.



Join NPG Docent/ FBWEV Villager Lorna Grenadier on a tour of this

unique exhibit curated by John Stauffer, Professor of English and of African and African American Studies, Harvard University and author of *Picturing Frederick Douglass: An Illustrated Biography of the Nineteenth Century's Most Photographed American* (2015).

[Click here to register for the tour.](#)

Where: 8th and G St NW. Transportation via Metro either to Metro Center (2 blocks) or Gallery Place. Red Circulator Union Station bus to 9th and New York Ave (walk 3 blocks south).

Accessibility: Folding stools and wheelchairs available. Ramp on either side of front steps.

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

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.

Village Yoga for Strength and Stability – December 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, December 6. Registration deadline is Sunday, December 3. The December series will be 4 sessions; December 6, 13, 20, and 27, at 10:30am. The cost is \$50 for the 4 classes. The class will be held at St. Paul's Parish, 2430 K Street, NW.

Contact Karen Hamrick, kshamrick@verizon.net or 202-384-3790, for more information and to sign up.

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

YOGA FOR STRENGTH & STABILITY 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 tlneve@rcn.com

FRIDAYS

FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am

Meets in the Dining Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: CB Wooldridge at cbwould2003@yahoo.com

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)

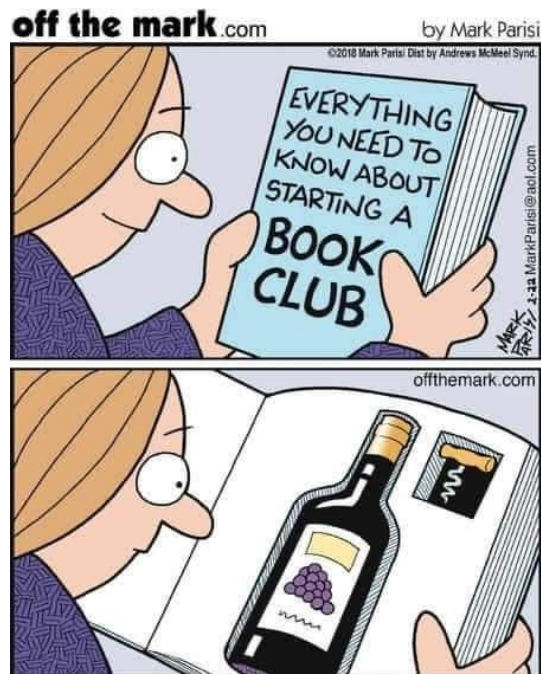
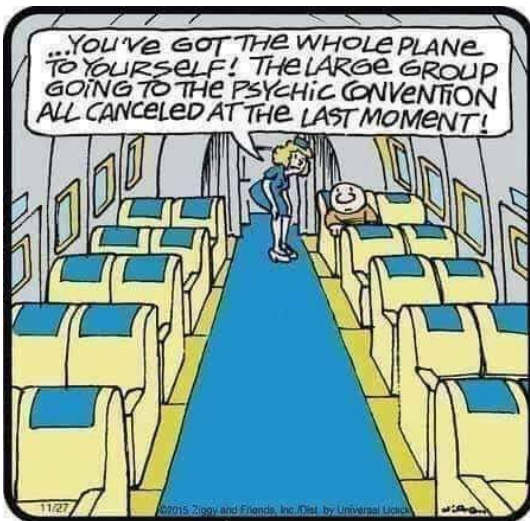
Contact: Lucia Pollock at 202-716-7401 or luciapollock@yahoo.com.

A BIT OF HUMOR

Time change. I
had to go around and
fix all my clocks.



It must have been
a rough divorce



OTHER PIECES



**Sages & Seekers- Free Intergenerational
Program with Teens**

Sages & Seekers is an intergenerational program that builds meaningful relationships between Sages (adults 60+) and Seekers (students 15-24) in order to diminish ageism, combat social isolation, and build empathy. This 8-week program is an opportunity to share your life experience with an interested listener and feel a reinstated sense of relevance. By sharing your story, students develop a greater appreciation of older adults and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another. Watch this video to see the impact our program has made on our participants: [Sages & Seekers Testimonial Video](#).

We are looking for older adults to participate in our 8-week long online program, which starts in January. If you would like to learn more about Sages & Seekers, please join our information session on Zoom on November 29th at 1:00 pm EST. If you are interested in joining the info session or enrolling in our program, please visit our website: www.sagesandseekers.org/enroll

Questions? Contact Rachel at rachel@sagesandseekers.org

Update from DCPL on Kanopy

On November 1, 2023, Kanopy play credits will change to tickets. DC Public Library cardholders will have an allotment of 30 tickets per month. Every title on the Kanopy platform is clearly labeled with a ticket value and viewing window, so you will know how many tickets a film or TV season will use prior to pressing play.



Keep in mind that tickets do not roll over from month to month. For more information on the ticketing system, [take a look at this help article](#), also accessible via Kanopy online or through the app.

[Click here for more info on Kanopy on the DCPL website](#)

IN THE COMMUNITY

Move to Music with Ruth Barnes at the West End Library

Every Wednesday at 1:00 pm, next class is Wed, Nov 15th

Move to Music is a gentle, full body movement class that offers greater mobility, balance and posture. Class incorporates smooth, rhythmic moves done to a mix of classical, jazz and contemporary music. Good for all fitness levels. A village members says, "A number of villagers



go to her class. Ruth is a delight, and her class is ideal for improving balance."

This class run by Around Town DC and is intended for DC Residents age 60 plus. It is free.

A lifelong love of dance and movement therapy led Ruth Barnes to become a fitness instructor in 1999. Ruth is certified by the American Council on Exercise as a Group Fitness Instructor and is also a certified Zumba and Zumba Gold Instructor. Her philosophy is that exercise should be fun, safe and accessible to everyone. Her goal is to welcome all participants to an enjoyable experience of movement.

[Find more info here](#)



Emergency Preparedness for Seniors

Wednesday, November 15th, at 1:00 pm

DC Caregivers Institute November's Educational Webinar - Why is emergency preparedness important for older adults?

Presenter: Janel Doughten, Associate Director, Center for Senior Services, B'nai B'rith International

[Click here to join the Zoom meeting](#)

Meeting ID: 896 9478 6432

Passcode: 257331

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 cscherrell@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
-

ENCORE CHORALE OF **WASHINGTON DC**

FREE HOLIDAY CONCERT →



DECEMBER 17, 2023 AT 4 PM

**CHURCH OF
THE EPIPHANY**
1317 G Street Northwest
Washington, DC 20005

**FOR MORE
INFORMATION**
info@encorecreativity.org
301-261-5747



★ ★ ★ **TICKETS REQUIRED** ★ ★ ★

RESERVE YOUR FREE TICKETS AT [ENCORECREATIVITY.ORG/TICKETS](https://encorecreativity.org/tickets)

Encore Creativity for Older Adults is a 501(c)(3) nonprofit organization.

Click on the flyer above to enlarge it

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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