



Director's Notes: Monday, November 20th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Giving

As we're into the year-end holidays and people always think of giving this time of year, I'm asking for a different kind of gift.

We have many members who could greatly benefit from a regular check-in call or visit. A weekly phone call, or occasionally taking a walk with someone, or just visiting over a cup of coffee is all that is needed.

Time is indeed the most precious of all commodities and giving an hour a week to help someone who is lonely or feeling isolated is an invaluable gift. Villages are built on the concept of "neighbors helping neighbors". In fact, for most villages a significant majority of volunteers are also members. This is certainly true for us.

I know many members have simply taken on the role of friendly caller and/or visitor with someone who lives nearby or with whom they feel a connection. It is a mark of a strong village when those connections are done informally among members. It means we're good at building the social safety net that all of us need at times.

The irony of volunteering is that the volunteer gets much more out of giving their time and energy than the person receiving that gift. Ask any regular volunteer. It feels so good to be useful and to know we've made a difference in someone's day.

So, if you think that most weeks you could carve out 30-60 minutes to touch base with someone, please let us know and we'll put you to work!

-Denise



George Arnstein Honored at Veterans Day Event

"Last week, village member George Arnstein was honored for his service during World War II at a Veterans Day Ceremony at the World War II Memorial. It was a beautiful ceremony and I was honored to be able to accompany him.

The man standing with George is a Veteran who has volunteered at the World War II Memorial since it opened almost 20 years ago. He escorted George throughout the ceremony. George was seated with VIPs up in front of the audience. There were only about a half dozen WW II Veterans. Each had an escort like this man and each was introduced to the audience individually.

The link below features videos where George tell about his WW II experience (btw - he also tells this story in a video at the Holocaust Museum)" - fellow village member Lynn Cates

www.wwiimemorialfriends.org/voices?battle=battle-of-the-bulge&search=Arnst

There was some incorrect information in the 10th Anniversary Booklet which I wanted to correct.

"The first full time staff member was hired in 2013, a month before the village officially opened. Bob McDonald continued as the first invaluable Executive Director until the fall of 2016."

OFFICE CLOSED FOR THANKSGIVING

Thanksgiving is this Thursday, November 23rd. The village will be closed on Thanksgiving day and the day after, Friday, November 24th.

HAPPY BIRTHDAY!

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

- Dan Alpert - November 21st
- Christina Farnsworth - November 23rd



PROGRAMS

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.



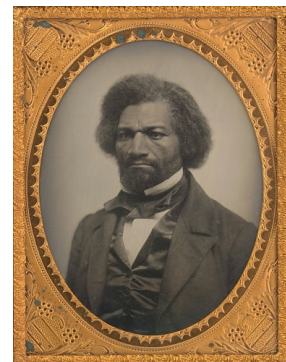
Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

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.

National Gallery of Art – Impressionist/Post Impressionist Galleries

**Thursday, December 14th at 2:00 p.m.
At National Gallery of Art – West Building,
Main Floor Rotunda**

Do you love Monet, Renoir, and Degas? If you do, join members of the Foggy Bottom West End Village on a private tour of the National Gallery of Art's Impressionist/Post Impressionist galleries. Docent Sheridan Strickland will address questions such as why was "Impressionist" a derogatory label applied to these painters by the French Academy? What three things had to be invented before artists could paint outdoors? Since French consumers were not buying Impressionist paintings, what heroine connected wealthy American collectors, who loved Impressionism, with Impressionist painters? What distinguishes Post Impressionism (Van Gogh, Gauguin, Cezanne) from Impressionism?



Special note from Sheridan: In early 2024 the Impressionist galleries will close for months in the last phase of the National Gallery of Art's roof repair project. So join her for an "au revoir" tour of some of your favorite paintings.

MEET Sheridan in the West Building's Rotunda at the tour sign – she will be there to greet us wearing her hanging badge and name tag.

Registration Required. [Please click here to register.](#)



VILLAGE HOLIDAY PARTY

Thursday, December 28th, from 6:00 pm to 8:00 pm
At the Columbia Residences, 2425 L St NW

Join us for the party of the year! We'll gather at The Columbia Residences at 2425 L St. NW for great food and wine, but best of all – great company. Help us start the send-off of 2023 and prepare to welcome the New Year. Meet new members and catch up with friends.

Need a ride? Just let us know by changing "don't need a ride" to "need a ride" when you register and we'll get you there.

The accessible entrance is on 24th St. When you register please write in the "Comment" box that you need the accessible entrance.

In our continuing 10th Anniversary Celebration, we encourage guests to wear Red, White and or Black - our Village colors!

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

Bring your Merry and your Happy and join us for a festive celebration!

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 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 DEA officer stopped at our farm yesterday, he said "I need to inspect your farm for illegal growing drugs." I said "Okay, but don't go in that field over there."

The DEA officer verbally exploded saying, "Mister, I have the authority of the Federal Government with me!" Reaching into his rear pants pocket, the arrogant officer removed his badge and shoved it in my face. "See this badge?! This badge means I am allowed to go wherever I wish.... On any land!! No questions asked or answers given!! Have I made myself clear?.... do you understand?!!"

I nodded politely, apologized, and went about my chores.

A short time later, I heard loud screams, looked up, and saw the DEA officer running for his life, being chased by my big old mean bull.... With every step the bull was gaining ground on the officer, and it seemed likely that he'd sure enough get gored before he reached safety. The officer was clearly terrified.

I threw down my tools, ran to the fence, and yelled at the top of my lungs, "Your badge, show him your badge."

OTHER PIECES

If You Lived Here Features Foggy Bottom

If You Lived Here, WETA's house-hunting series spotlights a wide array of neighborhoods and properties throughout the national capital area while celebrating each area's history, culture, notable places and flavor. Hosts, best friends and longtime Washingtonians Christine Louise and John Begeny tour homes and communities with local realtors, exploring the D.C. Metro region one neighborhood at a time.



Their Monday November 27th episode at 9:00 pm will focus on our Foggy Bottom Neighborhood! [Click here for more info on the show](#). Hope you can catch it!

Senate Aging Committee Resources

We invite you to take advantage of recent products developed by Senator Robert P. Casey Jr., Chairman of the U.S. Senate Special Committee on Aging.

[Click here for the request form to order products](#) Digital versions of each form can also be found at the link.



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

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 22nd

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](#)

Virtual Community Lunch with Around Town DC

Every Saturday at 12:00 pm, next lunch is Sat, Nov 25th

Would you like to meet on Saturdays for a virtual lunch with other Around Town DC members? This is a great way to connect with others to discuss a variety of interesting topics in a positive and supportive environment! This is an informal group, and anyone can bring up a topic to discuss. We talk about whatever is on our minds aging issues, local activities and resources, books and movies, Covid-19



**Saturday
Community Virtual Lunch**

Grab your lunch and hop on Zoom for an afternoon lunch with Around Town DC Participants

Saturdays at 12:00pm



and other health topics, recipes, etc. We do try to stay away from potentially volatile subjects like religion or politics. New members are welcome! *Participants should bring their own lunch to Zoom.

[Click here to register.](#)



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.
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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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