



Director's Notes: Monday, November 27th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

DC Holiday Events

Washington, DC knows how to celebrate and does it year round with musical events, parades, and festivals. This city is incredibly diverse and our celebrations reflect that - ranging from Adams Morgan Day to Gay Pride and the annual Martin Luther King Day parade. And don't forget Chinese New Year, St. Patrick's Day celebrations and Passport DC.

We are approaching the year-end holiday activities and we've compiled some links that will give you information about them. [This first link](#) focuses on various light festivals and several Christmas celebrations.

If your interest is in Christmas musical events check [click here](#).

Numerous area activities focus on Hanukkah celebrations and traditions in and around DC [which are listed here](#).

If you want to celebrate Kwanzaa or simply learn more about it, [check out Kwanzaadc.org](#). While they haven't updated their schedule for 2023, the site provides info on what Kwanzaa is and possible Kwanzaa events and locations around DC that are celebration Kwanzaa.

Bottom line - We hope you find multiple ways to enjoy the various year end holidays. And prime among them is the Foggy Bottom West End Village Holiday Party, held this year on December 28th from 6:00 - 8:00 at the Columbia Residences (2425 L Street). Join us to send off 2023 and get ready to welcome 2024 as we wish each other "Merry Everything and Happy Always". You can't beat great food and wine and the best company to be had. [Please register for the holiday party here](#).

-Denise

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to three special people!

- Betsy Carter - November 27th
- Arlene Halfon - November 29th
- Monroe Wright - November 30th



PROGRAMS

WOMEN'S LUNCH AT RIS

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



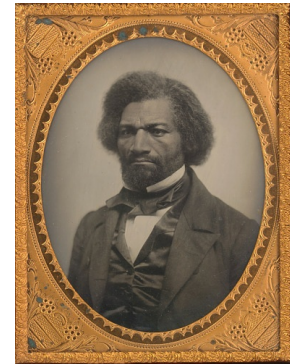
NOTE: November's lunch has been moved a week to avoid Thanksgiving.

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

Last Day December 13th

Where: Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



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

Importance of Walking and Exercise

Some One Liners

For those who love animals, these come to you

OTHER PIECES

Famous Ris Cranberry Orange Bread Recipe

A few years ago in the worst of the pandemic we delivered holiday bags to all our members because we couldn't gather for the annual holiday party. The first year we did this, we got Cranberry-Orange bread from Ris Restaurant. I've never cared much for cranberries, but I fell in love with that bread! Ris is sharing her recipe with her fans this year and, if you haven't tried it yet, consider pulling out your bread pan and whipping some up for you and yours. Or - just order a loaf or two from Ris.



Yvonne Lacoste's Cranberry Orange Bread

"My mom's recipe. Great for breakfast, sliced, toasted and buttered." - Chef Ris Lacoste

- 3 cups of flour
- $\frac{3}{4}$ tsp baking soda
- $\frac{3}{4}$ tsp baking powder
- $\frac{3}{4}$ tsp salt
- 1 $\frac{1}{2}$ cups of sugar
- 3 tbsp shortening
- 2 medium eggs
- Grated zest of 1 orange
- 1 cup plus 2 tablespoons of orange juice
- 1 $\frac{1}{2}$ cups of whole cranberries
- $\frac{3}{4}$ cup walnuts, chopped

1. Sift together the dry ingredients and set aside.
2. Cream together the sugar and the shortening. Add the eggs.
3. Add the zest and orange juice and mix well.
4. Add the dry ingredients. Fold in the cranberries and the walnuts.
5. Bake in a 9x5x3 greased pan at 350 degrees for 35-40 minutes.
6. Test with a toothpick for doneness.

-Denise

DCPL Free Covid Test Distribution Resumes

Free COVID-19 rapid tests are back and available for pick-up at D.C. Public Libraries again. More than 20 public libraries in all eight wards are offering free COVID-19 rapid tests for pick-up to D.C. residents. This includes our West End Library. Tests are available whenever WEL is open. Their current hours are listed below:



- Saturday 10 AM–6 PM
- Sunday 1–5 PM
- Monday 9 AM–8 PM
- Tuesday 9 AM–8 PM
- Wednesday 9 AM–8 PM
- Thursday 12–8 PM
- Friday 10 AM–6 PM

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!



GW Community Reports

[Click here to view the 2023 Compliance Report for Foggy Bottom Campus](#) and [click here to view the GW Community Concerns Report for 2022-2023](#). These reports are issued by the George Washington University Community Relations Offices



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.

New York Times Article to Read

‘I Wish I Had Known That No One Was Going to Help Me’

Adult children discuss the trials of caring for their aging parents: unreliable agencies, a lack of help and dwindling financial resources.

[Click here to read the article](#)

IN THE COMMUNITY

Now Open: Downtown DC Holiday Market

The annual Downtown Holiday Market is now open! The Holiday Market offers unique

items from over 70 vendors, including 15 local businesses that are Made In DC-certified, a Department of Small and Local Business Development designation that promotes businesses that are headquartered and produce goods in DC.



The Holiday Market will run through December 23 on F Street NW between 7th and 9th Streets NW. It is open daily from 12:00 p.m. to 8:00 p.m.

Learn more at downtownholidaymarket.com.



PRESENTER:
MICHELLE SIMMS

Michelle Simms is the **Program Officer for the DDOT** Customer Service Clearinghouse. She began her tenure at DDOT in 2012 and during that time has been acknowledged for her achievement, dedication, and performance in customer service. **Come meet her at Iona's Conversations with the Department of Aging and Community Living (DACL).**

QUESTIONS?
DDOT@DC.GOV
(202) 673-6813

ABOUT DC DEPARTMENT OF TRANSPORTATION

The District Department of Transportation (DDOT) was established by The District Department of Transportation Establishment Act of 2002 as a cabinet-level agency responsible for the management of transportation infrastructure and operations (D.C. Law 14-137 [2002]). Every day, over 1,000 members of the DDOT team work tirelessly to ensure that the District's roads are safe, reliable, and easy to navigate for the millions of residents, commuters, and visitors who use the transportation network each year.

Monday, November 27 @ 12:00 PM - 1:00 PM

4125 Albemarle St NW Washington, DC 2001



**Retirement Living, Senior Housing &
Specialized Residential Care Webinar
from Cleveland & Woodley Park Village**

Part 1: Thursday, November 30 at 1:00 pm -[Register here](#)

Part 2: Thursday, December 7 at 1:00 pm -[Register here](#)



The DMV offers a variety of retirement living and senior housing options. Many older adults have difficulty sorting through the numerous residential models, personal service arrangements and fee structures. It is challenging to cut through the marketing spin and understand the 'bottom line'.

This two-part webinar will discuss the various retirement living scenarios, what to expect in support services and cost considerations. The first session will explore independent living communities from subsidized senior housing to high end, luxury life planning campuses. The second program will address specialized residential care: Assisted Living, Memory Care and Long-Term Skilled Nursing Care. While it is beneficial to attend both webinars, each session stands on its own merits.

Speaker: Jennifer Marie Brown

Jennifer Brown has worked in the medical/healthcare field for more than 50 years. Since 2003, Jennifer has focused on the older adult services including home care, residential living and care management. She held the positions of Director of Sales and Marketing for the Fountains at Washington House and for Forest Hills of DC. Jennifer recently retired from Seabury Resources for Aging, serving as the Community Relations Manager for the Care Management Program.

She has been engaged with the Village Movement in various capacities including a five-year tenure on the Board of Directors for the Senior Services of Alexandria. Jennifer holds a B.S. in Psychology and Master's Degree in Guidance and Psychological Services.



NNV

Virtual Speaker Series

**VIRTUAL SPEAKER SERIES - U.S. INDIAN
BOARDING SCHOOLS: A LEGACY OF SURVIVANCE**
Thursday, November 30th, at 2:00 pm

The boarding school system was viewed as an alternative to killing all Indians - a goal which proved both illusory and too costly - and was supported by both the "civilizationists" and many "exterminationists." Enforcing an English-only/Christian-only curriculum with corporal punishment, boarding schools immersed hostage-students in "Civilization" and isolated them from their people, cultures, languages,

values, lands, waters, and ways, while using them to control their strong families at home. Generations of Suzan Shown Harjo's family survived these schools, but some did not. Join Suzan to discuss the impact of these schools on those who attended them and on Native Peoples today.

Suzan Shown Harjo (Cheyenne and Hodulgee Muscogee) is an effective advocate for Native Peoples' treaty, human, and civil rights, who has helped recover more than one million acres of Native lands. Also a poet, writer, lecturer, and curator, she lived in New York City and worked at the Pacifica Network's free speech flagship, WBAI-FM radio station, where she was the first woman department head responsible for filling one-third of the air time with arts and cultures programming.

In 1974, her family moved to D.C., where she was news director of the American Indian Press Association and then worked on national policy issues for the National Congress of American Indians, where she later served as executive director, and for the Native American Rights Fund. A political appointee and legislative liaison in the administration of President Jimmy Carter, she coordinated the yearlong review and reports of the 1978 American Indian Religious Freedom Act.

Harjo is founding president of The Morning Star Institute, a national Native rights organization, and a founding trustee of the National Museum of the American Indian. In 2014, President Barack Obama awarded her with the Presidential Medal of Freedom, the United States' highest civilian honor.

[Click here to register](#)

West End Library Author Talk

Saturday, December 2nd, at 2:30 pm
At the West End Library, 2301 L St NW

The West End Library Staff is thrilled to extend a warm invitation to you for a captivating midday conversation with two esteemed local authors.

Join us as Jonathan Harper discusses his recently released 2023 title, "You Don't Belong Here," and Laura Bogart explores her 2020 novel, "Don't You Know I Love You." Both authors will share readings from their works and engage in a lively conversation with each other and the audience. Following the event, they will have copies of their books available for sale and signing.

These novels delve into the lives of two queer characters, touching on themes of surviving through narratives centered around place and family. To learn more about our guest speakers, please find their brief bios below.



Laura Bogart is a prolific writer known for her exploration of topics such as pop culture, film and TV, feminism, body image and sizeism, and politics. She has contributed to The Week, DAME magazine, The Atlantic, The Guardian, and more. Kirkus Reviews praised her novel, "Don't You Know I Love You," for its compelling portrayal of a young woman navigating trauma and relationships.

Jonathan Harper is the author of the 2015 short story collection "Daydreamers" and the 2023 novel "You Don't Belong Here." A recipient of an MFA in Creative Writing from American University. His work has been featured in prestigious publications and anthologies. "You Don't Belong Here" is a snarky and at times brutal exploration of a modern man facing challenges that will undoubtedly change him.

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

Virtual Community Lunch with Around Town DC

**Every Saturday at 12:00 pm, next
lunch is Sat, Dec 2nd**

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 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.

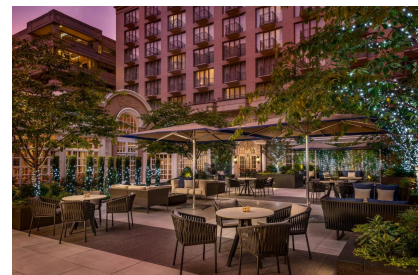


[Click here to register.](#)

Christmas Tree Lighting at the Fairmont Hotel

**Tuesday, Dec 5, 5:30 to 7pm
2401 M St NW**

Fairmont's tree lighting ceremony in the Courtyard, encourages all guests to bring a gift for Horton's Kids, such as Legos, basketballs, footballs, dolls, books, games or arts and crafts. The donations will help spread holiday cheer to over 500 children, ages 5-18.



Families will warm up next to heaters as they listen to the award-winning

Georgetown Visitation Madrigals perform holiday classics. Children will enjoy decorating holiday cards, tasting holiday treats, and all families will be entered to win prizes.

[Click here for more info.](#) Free and Open to the Public



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

TO ENROLL:



Call: (202). 559. 9856



Email: safeathome@homecarepartners.org



Safe at Home 2.0 is designed to provide additional services beyond the modifications, to help reduce your risk of falls.

Services include small evidence-based classes aimed at decreasing fear of falling and increasing activity. Classes are offered online and in person throughout the city.

Safe at Home 2.0 also provides education on how medication and vision impact fall risk.

Any District resident over the age of 60 is encouraged to apply for the program.

SAH 2.0 does not have an income limit.

Participation in 1.0 home modifications is not required.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

January class are on Mondays and Wednesdays from 1:00 -3:00 and Feb classes are Tues and Thurs from 2:00-4:00. 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

[Unsubscribe info@fbwevillage.org](mailto:info@fbwevillage.org)

[Update Profile](#) | [Constant Contact Data](#)
[Notice](#)

Sent by info@fbwevillage.org powered by



Try email marketing for free today!