



## **Director's Notes: Monday, December 18th, 2023**

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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### **Village Holiday Party - December 28th**

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#### **Celebrate the Holiday Spirit Throughout Winter**

- Drop off a fruit basket or a large box of chocolates at a nurses' station where you or someone you care about spent time this past year
- Send Happy New Year's cards to the staff in your building, staff at your doctor's office, or to someone you know who could use a "lift"
- Invite someone out for a short walk followed by a cup of hot chocolate
- Pick a week and call a different person each day and to hear what they want to talk about
- Carry an extra pair of gloves with you and give them to someone who doesn't have any
- Make an extra serving of your dinner and take it to someone who is under the weather
- If we get enough snow this year, make a snowball and throw it at someone who won't get mad
- Decide to make a daily recognition of a reason you're grateful your only New Year's resolution

-Denise

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#### **Director's Notes Publication Date Change**

The weekly director's notes will go out a day late next week to avoid the Christmas holiday. They will be published the morning of Tuesday,

## Office Closed Dates

The Village office will be closed Monday, December 25th; Monday, January 1st; and Monday, January 15th in observance of various holidays.

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## HAPPY BIRTHDAY!

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

- Michael Thomas - December 18th
- John Abowd - December 22nd
- Helen Kay - December 22nd
- Richard Bienia - December 23rd
- Hashim El-Tinay - December 23rd



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## PROGRAMS

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### DECEMBER GUYS ONLY AT LUNCH (GOAL)

Thursday, December 21st at 12:30 pm  
At Ris Restaurant, 2275 L St NW



We'll be spending our holiday GOAL at Ris. December's is usually well attended and I hope to see you there enjoying the holiday spirit. Ris's latest menu is here: [www.risdc.com/dailymenu](http://www.risdc.com/dailymenu).

**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 [tneve@rcn.com](mailto:tneve@rcn.com) by Tuesday, December 19th, if you plan to attend, so he can get a final headcount for the table reservation.

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## **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!

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## **NEW AFFINITY GROUP\* - ANIMAL LOVERS**

**Meets at the West End Library, 2301 L  
St NW**  
**Saturday, January 27th, at 2 pm**

Are you an animal lover? Do you have a feline, canine or other creature living with you — or wish you did? Or perhaps you enjoy greeting pets when out and about or search for birds and squirrels? Do you get a boost out of watching animal videos or collect stuffed critters?



However you engage with animals — in person or virtually — FBWEV

invites you to join us at the West End Library on Saturday, Jan. 27, 2024 at 2 pm to share your interest and to explore possible activities and resources. Please contact Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) about creating a new affinity group as animals are our friends and neighbors, too. Please also contact Lorna to RSVP if you plan on attending the initial meeting of the new group.

\* affinity groups bring together villagers with shared interests and are self-guided

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## **AFFINITY GROUPS**

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### **ESSENTIALS OF TAI CHI AND QIGONG**

Are you thinking about exercising more in the new year? Interested in enhancing your flexibility and mobility? Consider learning tai chi and qigong. These practices are widely recognized for their many health and wellness benefits. DC Tai Chi runs a popular weekly class with Foggy Bottom West End Village (FBWEV). The class is open to anyone, not just Village members. No experience is necessary, and participants stand for part of the class and are seated for part. Remaining seated throughout is also fine. Ann Franke serves as FBWEV liaison to DC Tai Chi. For more information, contact her at [annfranke@verizon.net](mailto:annfranke@verizon.net).

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### **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.

- Group will not meet in January
- February 7th: All the Beauty in the World by Patrick Bringley

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

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### **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.



Contact Karen Hamrick, [kshamrick@verizon.net](mailto:kshamrick@verizon.net) or 202-384-3790, for more information and to sign up.

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### **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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:luciapollock@yahoo.com).

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## **A BIT OF HUMOR**

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### **More things To Chuckle at**

- Choked on a carrot this morning, and all I could think of was, "I'll bet a doughnut wouldn't have done this to me."
- Nothing spoils a good story more than the arrival of an eyewitness. (Mark Twain)
- It only takes one slow-walking person in the grocery store to destroy the illusion that I'm a nice person.
- It turns out that when asked who your favorite child is, you're supposed to pick out one of your own. I know that now.

[Read more fun jokes by clicking here](#)

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# IN THE COMMUNITY

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## A CALL TO ACTION!



### The Direct Care Workforce Crisis

LeadingAge DC, DC Appleseed and the DC Coalition for Long Term Care invite you to join Age Friendly DC Villages from across the District for a Special Senior Village Town Hall.

Today, many DC seniors and people with disabilities are going without needed care and assistance due to a severe shortage of trained and qualified direct care workers. **Without caregivers, older adults and people with disabilities cannot age with dignity in their own homes** or get quality care if they need in-patient rehabilitation or need to go to assisted living.

Join us, December 18, 2023, at 12 noon to 1 p.m. via ZOOM for a special **Senior Village Town Hall**

- ◆ Get the facts.
- ◆ Learn about root causes and effective solutions.
- ◆ Support the Direct Care Worker Amendment Act!
- ◆ Be an agent for change!

**Together, we can make DC Truly Age Friendly!**

Senior Village Town Hall Zoom Meeting:  
<https://us02web.zoom.us/j/86849393063>  
Meeting ID: 868 4939 3063

Click on the flyer above to enlarge it

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Enjoy the creativity and warmth of the season with DC Public Library! This December, celebrate the holidays the way you like - be that with a good book, a musical performance, or a wintry movie and snack. The library is excited to welcome you in! Upcoming holiday events include:

AYPO presents The Flute and Hard Ensembles  
American Philharmonic Youth Orchestra Winter Concert  
Saturday, Dec. 9 at 3 p.m. | Martin Luther King Jr. Memorial Library

Holiday Craft Festival

Saturday, Dec. 9 at 1 p.m. | Mt. Pleasant Library

Holiday Fiesta with Mr. Lilo

Friday, Dec. 15, at 10:30 a.m. | West End Library

Beyond the Book Family Holiday Festival

Sunday, Dec. 17 at 1 p.m. | Martin Luther King Jr. Memorial Library

3rd Annual Gingerbread House Contest

Thursday, Dec. 21 at 4 p.m. | Parklands-Turner Library

[Click here for more details on each of these events or to see more holiday events from DCPL.](#)

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## **Around Town DC Virtual Community Lunch Saturdays at 12:00 pm on Zoom**

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.](#)

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#### TO ENROLL:



Call: (202). 559. 9856



Email: [safeathome@homecarepartners.org](mailto: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 classes 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](http://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

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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](http://fbwe.helpfulvillage.com)**

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