



Director's Notes: Tuesday, December 26th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

YouTube Channel Milestone

We've hit an impressive milestone—100 subscribers on our YouTube channel! While this might not sound like a lot, it is in fact, more than double the number of subscribers for some of the other villages in DC who have been at this much longer than we have. We're also just 50 views shy of 7,500 views of our videos!



Each of you subscribing, liking, commenting, and sharing our content has contributed to this success. Your enthusiasm for our YouTube videos fuels our desire to continue to create and share share village programs that matters to you.

A big thank you goes out to everyone who has already subscribed. For those who haven't yet joined our YouTube community, we'd love to welcome you! Subscribing is simple: [head over to our YouTube channel by clicking here](#) and hit the subscribe button.

Office Closed Dates

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

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to

four special people!

- Phyllis Kramer - December 27th
- Luis Landau - December 27th
- Peggy Enrich - December 29th
- Louis Marinaccio - December 31st



PROGRAMS



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.

The accessible entrance is on 25th St. It is directly next to trader joes.

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

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

BYTE BACK LAPTOP GIVEAWAY AND TRAINING

**Monday, January 22nd, from 11:00 am
to 2:00 pm**
At St. Paul's Church, 2430 K St NW



Limited Capacity: 17 spots available. The program will be open to all DC

Villages so if you're interested, please sign up quickly.

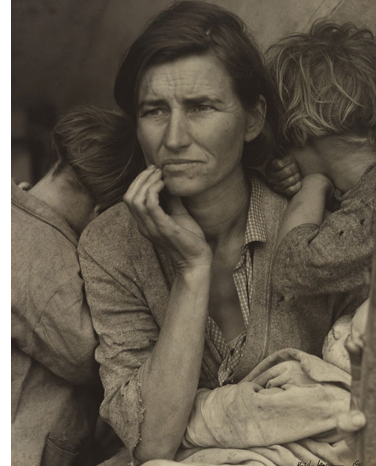
This event is for any older adult needing a laptop computer. The first 17 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

[Click here to register.](#) If the event is full a waitlist will be created and laptops will be given out to waitlisted people on a first registered basis.

TOUR OF "DOROTHEA LANGE: SEEING PEOPLE" EXHIBIT

**Thursday, January 25th at 2:30 PM
At the National Gallery of Art, Constitution
Ave NW, Washington DC 20565**

We hope you can join us for a tour of the memorable and moving exhibit at the National Gallery of Art, "Dorothea Lange: Seeing People." During her long, prolific, and groundbreaking career, the American photographer Dorothea Lange made some of the most iconic portraits of the 20th century. "Dorothea Lange: Seeing People" reframes Lange's work through the lens of portraiture, highlighting her unique ability to discover and reveal the character and resilience of those she photographed.



Featuring some 100 photographs, including the iconic "Migrant Mother," the exhibition addresses her innovative approaches to picturing people, emphasizing her work on social issues including economic disparity, migration, poverty, and racism. For more information about the exhibit go to www.nga.gov/exhibitions/2023/dorothea-lange-seeing-people.

After the tour you can explore The National Gallery of Art.

Cost: Free

Registration limited to FBWEV members only. There is a firm limit of 20 members for the tour. If the tour is full you can join the waitlist for the tour in case someone drops out.

[Click here to register.](#) Please register by Monday January 22, 2024.

Please enter the West Building of the National Gallery of Art through the 6th and Constitution doors. Meet the docent on the Ground Floor of the West Building in gallery G39 which is near the entrance to the Dorothea Lange exhibition.

**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 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

AFFINITY GROUPS

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.

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 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

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@wiserresults.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

Some Fun Ruminations

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

When I get a headache I take two aspirin and keep away from children just like the bottle says.

Just once, I want the prompt for username and password to say, "Close enough."

Becoming an adult is the dumbest thing I've ever done.

If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.

"Your call is very important to us. Please enjoy this 40-minute flute solo."

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.

So, you drive across town to a gym to walk on a treadmill?

Old age is coming at a really bad time.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Your people skills are just fine. It's your tolerance for idiots that needs work.

Lately, you've noticed people your age are so much older than you.

OTHER PIECES

From WTOP: Explore an obscure DC monument that provided the building blocks for the Capitol and White House



In today's edition of "Matt About Town," WTOP's Matt Kaufax explores the fascinating backstory behind another obscure monument: Braddock's Rock in Foggy Bottom.

Take a trip back to 1755, when British General Edward Braddock came ashore, and learn about this rock's small-world connection to America's first president, George Washington. Follow along as Matt finds out how, even though it's barely visible today, this rock provided the building blocks for some of D.C.'s most iconic government buildings.

FBWE Village's own Frank Leone and Denise Vogt serve as narrators for this fascinating video. [Click here to watch.](#)

Foggy Bottom West End Main Street Update from Councilmember Pinto

This past year, I secured funding for a study to determine the feasibility of bringing a Main Street or similar program to the Foggy Bottom and West End neighborhoods. The report strongly recommends establishing a Foggy Bottom-West End Main Street program to serve local businesses.

Main Streets, a grant program housed in the Department of Small and Local Business Development (DSLBD), promotes the revitalization of 28 business corridors across the District. Main Streets helps to generate job creation, new businesses, and greater investments in public spaces. For

example, Main Streets facilitates popular community events like Art All Night in neighborhoods across the District that bring communities together, drive patrons to support local businesses, and ensure the vibrancy of our commercial corridors.

This brings us to Foggy Bottom and West End – Ward 2 neighborhoods with retail, hospitality, office, and residential offerings. Community leaders, business owners, and stakeholders made clear that a feasibility study would be critical to setting up next steps to support this business corridor. Now that a Main Street has been found to be viable, as a next step in this process I will be working to fund the establishment of the Foggy Bottom- West End Main Street in this year's DSLBD budget so that the Main Street can start providing businesses with support for marketing and branding, customer acquisition, security, and employee retention and acquisition.

I want to thank DSLBD for completing this study and community leaders from the Foggy Bottom Association, West End Citizens Association, Golden Triangle BID, George Washington University, and Advisory Neighborhood Commissioners (ANCs) Jim Malec, Trupti Patel, Ed Comer, and Jordan Nassar for their valuable insights in this study. [You can read the full study and framework here.](#)

Yours in service,

Brooke

Senior Smartrip Updates

This week, Metro's Board of Directors approved the elimination of the \$2 fee on Senior SmarTrip cards. Beginning Tuesday, January 16, 2024, Senior SmarTrip cards will be issued at no cost [other than the amount they will need to load onto the card in advance of use] to customers age 65 and older.



As part of Metro's ongoing commitment to expand access and affordability to public transit, the Senior SmarTrip program will now join all other Metro reduced fare programs in offering SmarTrip cards at no additional cost. Today, customers must pay [an additional] \$2 to receive the card.

Because of this change, Metro is working to expand the number of distribution outlets in the new year. A list of locations where Senior SmarTrip cards are available will continue to be updated at wmata.com/reducedfares.

Currently the most convenient option to get a card is to take the metro to Rosslyn and apply at the commuter store at the entrance to the station. Rosslyn is one stop away from Foggy Bottom on the blue, orange, or silver lines. The Rosslyn commuter store is open on weekdays from



YOU ARE NOT ALONE.

Trained mental health specialists are available 24/7.

Call: 1-888-793-4357
(888-7WE-HELP)

Free Mental Health Support

The holidays can be a particularly stressful time of year. Please remember that DC has a free Mental Health Hotline that will connect you to a trained professional, 24 hours a day, seven days a week.

The number for the Mental Health Hotline is 1-888-793-4357 or you can call 988 and get connected to support. It is normal to feel depressed, anxious, or just not yourself at times, even and especially around the holidays; it also normal to seek out help when that happens.

Rose Theater Podcast: A Christmas Carol

From “A Christmas Carol” (1843) by Charles Dickens, Ebenezer Scrooge and the Ghost of Christmas Past visit Scrooge’s former workplace, “Fezziwigs,” on Christmas Eve. Seeing the bright face of his former self and Fezziwig’s generous nature, Scrooge reflects on the value of generosity.

This episode features the story-telling artistry of Christopher Lane, alongside the traditional Christmas carols “Soul Cake,” “The Wassail Song,” “All Through the Night,” and “In the Bleak Midwinter,” delightfully arranged and performed by The Rose’s in-house musical group The Gamut.

[Click here to listen.](#)

IN THE COMMUNITY



DC Public Library Celebrates the 50th Anniversary of Home Rule

Since the earliest days of our nation, residents of the capital city have fought for the right to self-government, also known as home rule. For decades, Washingtonians rallied both successfully and unsuccessfully around the hope of governing their own city. In 1965, after a tumultuous journey of having home rule and then losing it and on the coattails of a charged March on Washington, D.C. leaders wrote to their friend and ally, Dr. King, to recruit him for their cause. In 1973, Congress finally passed the Home Rule act and the following year D.C. elected its local government for the first time in more than 100 years.

This year, celebrate 50 years of Home Rule by exploring DC Public Library's many collections on this historic decision. [View iconic photos and paraphernalia](#) that tell the story of the "Last Colony", learn how leaders from the civil rights movement helped to win self-government in D.C. in the [D.C. Wins Home Rule online exhibit](#), and [visit Up from the People](#) at the Martin Luther King Jr. Memorial Library. For more information and a curated reading list on D.C. voting rights and home rule, [visit the DCPL website](#).

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 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.

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

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