



Director's Notes: Monday, January 15th, 2024

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Fiscal Year 2025 Budget

While FY24 has just rounded the corner of its first quarter, plans are rapidly moving forward for next year's city budget.

Councilmember Brooke Pinto is holding a budget forum for the FY25 DC budget tomorrow, Tuesday, Jan 16th from 7 to 8 p.m. online. You may want to attend the forum to hear what is being said and to bring attention to concerns of older adults in our ward (as well as any other priorities you have.)

[Click here to join the meeting tomorrow evening](#)

**IT'S BUDGET
SEASON!**

**BROOKE
PINTO**
DC COUNCIL • WARD 2

Councilmember Brooke Pinto
invites you to a Ward 2 Budget
Forum to hear directly from
neighbors about your priorities
for next year's budget!



WARD 2 BUDGET FORUM

Tuesday, January 16, 2024

7:00 - 8:00 PM (Zoom)

Because it is usually difficult to say much on this one hour forum open

to all Ward 2 residents, we strongly encourage you to submit your ideas and concerns in writing to mwhite@dccouncil.gov. Make the subject line "Budget Priorities".

Please note: this must be done by Monday, January 22nd for Councilmember Pinto to reflect it in her report which will be sent to the Mayor at the end of January.

The three village executive directors in Ward 2 have met to discuss some common concerns which include continued funding of villages. We have been told informally that the Department on Aging and Community Living (DACL) will have further budget cuts next fiscal year. The DC Villages were able to maintain level funding for this fiscal year while some agencies saw significant cuts in their DACL funds.

It is urgent that we do everything we can to advocate for level funding in fiscal year 2025. There will be other occasions (e.g. budget and oversight hearings) when we will call on our memberships to support this advocacy effort. It is important that we use every avenue we have to raise the importance of villages as part of a crucial safety net for older adults in our city.

In addition to continued city support for the DC Villages, other concerns we will raise include crime, establishing a senior center in our ward, addressing the shortage of qualified home care aides, and available housing for low and middle income older adults.

Please let me know if you have additional priorities for the FY25 budget that impact older adults. Write to dsnyder@fbwevillage.org or call (202) 333-1327 to share your thoughts.

-Denise

Office Closed

The Village office will be Monday, January 15th for MLK Jr Day.

HAPPY BIRTHDAY!

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

- Arnetta Talley - January 17th
- Ana Clark - January 18th
- Evelyn Hudson - January 19th



PROGRAMS

Calling All Artists

Again this year, the Foggy Bottom West End Village will present an art exhibit, "Art in the Atrium" on March 14, 2024, at St. Paul's Parish. We'll showcase artists who are members of our Village. The public will be invited and everyone will have an opportunity to meet the artists and discuss their work.

We want to invite any member of the FBWE Village who would like to have their art included in our show to contact us to learn more about this event. Whether you express yourself in painting or drawing, photography, sculpture, jewelry, mobiles, weaving or needlework - we'd love to have you join us to display your artwork.

If you are interested, please contact Lynn Cates at klynncates@aol.com or call the office at 202-333-1327.

Please note that we need to know by Wednesday, February 14th if you are interested in having your artwork included.

Spring GW Exercise Classes Wednesdays and Fridays, see times below At Milken School of Public Health, 950 New Hampshire Ave NW



Classes start January 17th and run to May 3, 2024 (no classes week of March 11 for Spring break)

New schedule:

- Wednesdays at 12:00-12:50 PM; Room B112A (Basement); Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#)
- Yoga Fridays at 1:00-1:50 PM; Room B112A (Basement); Instructor: Meg Artley

Description of the new Friday yoga classes:

Want to improve your strength and balance and find peace and comfort in the new year? Come for an introduction to the physical, intellectual, emotional and spiritual practice of yoga on Fridays from 1-1:50 beginning January 19th in Room B112A

Each class will begin with a grounding concept from yoga philosophy, followed by an exploration of your strength and resilience through seated, standing and balance postures done on a yoga mat or at the wall. Class ends with time for quiet connection through breathwork, guided meditation, and deep relaxation in Savasana, lying down on your mat. Whether you are an experienced yogi or are brand new to the practice, you will leave feeling strong, balanced,



connected and at peace.

Please note: this class requires that you **BRING A YOGA MAT WITH YOU** and be able to get up and down from the floor a few times during the practice. The village has extra yoga mats that we can loan to you to use for the class. Just reach out to Jonas at 202-333-1327 or jfrumkin@fbwevillage.org if you need one.

Meg Artley has taught Gentle Movement and Guided Meditation to older adults through Iona Senior Services' DC Around Town program since 2020, at St. Alban's Church and on Zoom. She also teaches Vinyasa classes at two studios in northern Virginia and at George Washington University. See her picture above.

A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

New 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](#). If you've filed out the forms previously you don't need to fill them out again. Contact the office if you'd like paper forms.

Cost: Free to members. Village liaison: Nadia Taran. For questions/information: nadiataran@mindspring.com.

JANUARY GUYS ONLY AT LUNCH (GOAL)

Thursday, January 18th at 12:30 PM
At Juniper in the Fairmont Hotel, 2401 M St NW



As usual, the restaurant has confirmed that separate checks will be issued for each participant. [Click here to see their current menu](#).

To confirm participation, please R.S.V.P. to john.abowd@gmail.com (Trev is out of town) by Monday, January 15th (MLK day).

Hope to see many of you there.

Happy new year,
John

**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



THIS EVENT IS NOW FULL. The waitlist has been closed due to intense demand as well. If you signed up for this event please let us know if you can no longer make it and we will release your spot to the waitlist.

This event is for any DC Villages member needing a laptop computer. The first 25 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.

WOMEN'S LUNCH AT RIS

Wednesday, January 24th at 12:30 pm
At Ris Restaurant, 2275 L St NW



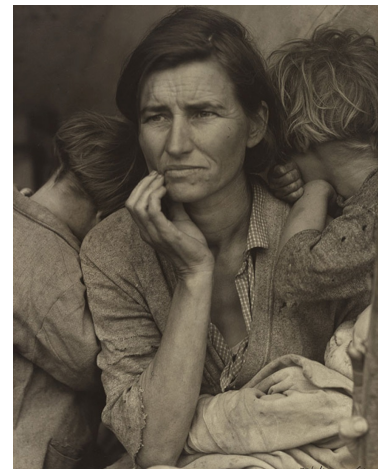
We'll now be gathering every month at Ris with great food, a quiet place to talk, and very accommodating staff.

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, January 21st, if you plan to attend. [Click here to register for the January women's lunch](#)

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. **ONLY 4 SPOTS REMAIN.**

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



GWPT presents
SPT Consults

*Do you have a GOAL you want to reach this year?
Do you need a NUDGE to get you moving?*

Join First-Year GW Physical Therapy Students

Meet with GWPT students for an interview about YOUR GOALS. Interviews will last less than an hour and will help our students practice their interviewing skills. After the interview, the students will research RESOURCES for you to meet your goals! You will receive customized educational material to help you kick off 2024 on a healthy note.

SPT Consults will occur on Monday **February 12 at 2:30** in-person at CWPT (2000 Pennsylvania Ave) or online through Zoom

If you are interested or have questions, email Erin Wentzell at ewentzell@gwu.edu



Click on the flyer above to enlarge it. Signups are limited to 12 people. If you're interested contact Erin soon before the announcement goes out to other villages.

AFFINITY GROUPS

Foggy Bottom-West End Village Strength and Stability Yoga – January 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, January 3. The January series will be 5 sessions; January 3, 10, 17, 24, and 31, at 10:30am. The cost is \$63 for the 5 classes. Note that the monthly fee is higher for January because there will be 5 classes instead of 4. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline to sign up is Tuesday, January 2.

Contact Karen Hamrick, kshamrick@verizon.net or 202-384-3790, for

more information and to sign up.



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!

Upcoming books are listed below.

- February 7th: All the Beauty in the World by Patrick Bringley

February will be the final meeting of the group for the time being. The group will take a hiatus after the 2/7 meeting.

Contact: Adele Gottfried at agphd2@gmail.com 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

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

[Click here to watch a delightfully humorous take on life](#)

OTHER PIECES

Iona Senior Services Resource Guide



If you would like a Resource Guide from Iona please call the office, (202) 333-1327, or send a note to info@fbwevillage.org. The Guide covers hundreds of services throughout DC that may be of interest to older adults. They also have a lending closet with things like canes, rollators, wheelchairs, shower chairs, walkers, etc. If you have need of such a device also call (202) 333-1327 or email us.

I'll be making a trip to Iona in the middle of the week so please reach out quickly if you'd like the Resource Guide or a device.

-Denise



Scary Scam Warning

Click on the video above to watch Andy Cohen on the today show talking about a scary and elaborate scam he fell victim too. It is a cautionary tale. It shows how official scammers can seem and how easy it is to fall into their traps. It also shows how important it is to contact your bank directly to confirm suspicious communications. Go into a bank in-person or initiate a phone call to them using the official number from their website. Don't trust that the person calling you is a bank employee. A real bank employee will always be ok with your hanging up and going into a branch. A scammer will do anything to keep you on the phone. Also, never agree to transfer money to anyone unless you've confirmed the legitimacy of the communications with your bank.

The Consumer Financial Protection Bureau has a number of excellent articles on spotting fraud and scams and tips for how to prevent them. [Click here to check out their resources](#)

Senior Smartrip Updates

Metro's Board of Directors has approved the elimination of the \$2 fee on Senior SmarTrip cards. Beginning Tuesday, January 16th, 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 7:00am - 7:00pm and closed on Saturday and Sunday.

Great Advice Opinion Piece from the Washington Post

"At 91, I feared falling. But I couldn't bring myself to get a walker. I thought walkers were a crutch for weak old ladies — not me. Then I discovered that getting one would set me free." [Click here to keep read this uplifting piece.](#)

If you have any questions about accessing the article or advice on what walker to choose please contact Jonas, jfrumkin@fbwevillage.org who found the article.

IN THE COMMUNITY

Restaurant Week Options

DC Winter Restaurant Week starts on Monday, January 15th and runs through Sunday, January 21st. A list of participating restaurants in the area is below. This year there are a variety of meal price points. Not every restaurant offers every meal or price. Offerings are listed below and at the link.



Brunch and Lunch: \$25 and \$35

Dinner: \$40, \$55, and \$65

[You can find the full list here](#)

- Astorias Kitchen - Lunch and Dinner
- Bindaas Foggy Bottom - Lunch and Dinner
- Chef Geoff's West End - Brunch, Lunch and Dinner
- Circa - Dinner
- Duke's Grocery Foggy Bottom - Lunch and Dinner
- Ellington Park Bistro - Brunch and Dinner
- Equinox Restaurant - Dinner
- Founding Farmers - Lunch and Dinner
- Kingbird - Lunch and Dinner
- North Italia - Brunch, Lunch and Dinner
- Rasika West End - Lunch and Dinner
- Ris - Lunch and Dinner



2024 MLK Holiday DC Annual Peace Walk & Parade

Monday, January 15, from 11am - 2pm

At the R.I.S.E. Demonstration Center, 2730 Martin Luther King Jr Ave SE

Participants are committed to continuing this strong tradition started more than 40 years ago by radio talk show host and community activist Ralph Waldo “Petey” Greene, Washington Informer publisher and philanthropist Dr. Calvin W. Rolark and former Ward 8 Councilmember Wilhelmina J. Rolark when they organized the annual Martin Luther King Day Parade (on one of the nation’s first streets named in honor of the civil rights leader, following his death in 1968). The parade began in 1979, six years before Kings’s birthday became a federal holiday. We continue the tradition and celebration that the Rolarks and Petey Greene started, as we honor Dr. King and keep his message alive.



Celebrate Martin Luther King Jr. Day with a Library Event!

Carry on the legacy of Dr. King's activism with DC Public Library's celebration of MLK Week, *It Starts with Me*, starting on Jan. 10 and continuing through the end of the month. In 1957, Dr. King said, "Life's most persistent and urgent question is, what are you doing for others?" He knew that to move toward equality, we would all have to consider our role in the work.

During MLK Week 2024, DC Public Library locations across the city are honoring the voices, past and present that embody the phrase *It Starts With Me*. Join us for compelling discussions, check out engaging reads and immerse yourself in the history of activism right here in D.C. as we celebrate 50 years of Home Rule all with your DC Public Library card. Upcoming events include:

- [***It Starts with Me! A Beyond the Book Celebration of Dr. Martin Luther King Jr.***](#) | Monday, Jan. 15, 1 p.m., Martin Luther King Jr. Memorial Library
- [***A Book Celebration with Ibram X. Kendi***](#) | Wednesday, Jan. 24, 7 p.m., Martin Luther King Jr. Memorial Library

[Click here to see the full list of programs on the DCPL website](#)

Nutrition and You

Tuesday, January 16th, from 1-2:30 pm via Zoom



Mireille Ayass is a registered dietitian at Charles E. Smith Life Communities, providing residents on campus with the opportunity to meet their nutritional needs and prevent deficiencies. Ayass focuses on the importance of healthy eating and nutritional requirements and is passionate about working with older adults.

“Nutrition for You” will cover many aspects regarding nutrition including, but not limited to, the basic nutrition principles, the nutritional needs of older adults with a focus on protein and fluid needs. She will discuss the Kosher diet & food guidelines required at Hebrew Home of Greater Washington designed to meet the needs of the residents.

[Learn more and register here](#)

Longevity Project Talk from Mt Pleasant Village

**Tuesday, January 16th at 2:00 pm
At the Mount Pleasant Library, 3160 16th St NW**

Mt Pleasant resident, author and podcaster Ken

Stern will talk about his work on Longevity on Tuesday, January 16 at 2:00 pm at the Mount Pleasant Library, 16th and Lamont Streets. He is the chair of the Longevity Project, a public engagement project co-created with the Stanford Center on Longevity, and is the host of the award-winning podcast, Century Lives. Ken is working on a book on the subject that is expected to be published by fall 2025. He is a best-selling author of two books and served as CEO of NPR during the period of its greatest audience and revenue growth.



Prior to joining NPR, Stern was a senior executive in American International Broadcasting. Earlier in his career, he held positions in Democratic politics. He began his media career with Radio Free Europe/Radio Liberty in Munich. Stern, a lawyer by training, holds degrees from Haverford College and Yale Law School. He lives in Washington, DC with his wife Beth Cooper and their son Nate.

To participate by Zoom, please contact Darlene Meskell at dmeskell@gmail.com or 202-510-0918.

**POETRY READING: Joseph
Ross & Steven Leyva
Wednesday, January 17th, at 7:00
pm
At the Arts Club of Washington, 2017 I St
NW**



The Arts Club welcomes Joseph Ross and Steven Leyva for a poetry reading and book release celebration for Joseph Ross's latest work, *Crushed and Crowned*. Both poets will read and then take questions from the audience. A reception and book signing will follow.

[Click here to register](#). The event is free but registration is required.

Joseph Ross is the author of five books of poetry: *Crushed & Crowned* (2023), *Raising King* (2020), *Ache* (2017), *Gospel of Dust* (2013) and *Meeting Bone Man* (2012). His poems appear in many anthologies and journals, including *The New York Times Magazine*, *Xavier Review*, *The Langston Hughes Review*, and *The Los Angeles Times*. He serves on the Poetry Board at the Folger Shakespeare Library in Washington, D.C.

Steven Leyva was born in New Orleans, Louisiana and raised in Houston, Texas. His poems have appeared in *Smartish Pace*, *Scalawag*, *Nashville Review*, *jubilat*, *The Hopkins Review*, *Prairie Schooner*, and *Best American Poetry 2020*. He is a Cave Canem fellow and author of the chapbook *Low Parish* and author of *The Understudy's Handbook* which won the Jean Feldman Poetry Prize from Washington Writers Publishing House. His second book of poems, *The Common Sense of Beauty*, is

forthcoming from Blair Publishing in Spring 2025.

The reading will be followed by a reception and book signing.

Doors open at 6:30 pm and program will begin 7:00 pm.

Higher Education for African Americans 1850 to 1954: A little about attendance at HBCU's and PWI's
Wednesday, January 17th, at 11 a.m.
In person at GV Square | 1801 35th St. NW

Georgetown Village and Northwest Neighbors Village are delighted to work together to bring this informative, in-person program to you!

Thanks to Vice President Kamala Harris, former Representative Stacey Abrams and others, the term “HBCU” is in the news more now than ever before.

Just what is an HBCU? Local resident Linda Crichlow White will provide a bit of history about Historically Black Colleges and Universities and about some African Americans who attended Predominantly White Institutions beginning in the early 1800s. Linda Crichlow White is the Immediate Past-President of the Afro-American Historical and Genealogical Society, James Dent Walker Chapter-DC, and co-author of *Back There, Then*, a Historical and Genealogical Memoir.

[To register click here](#) or contact the GV Office: 202-999-8988 or lynn@georgetown-village.org

Play Bocca Indoors!
Thursdays, at Noon, starting
January 18th

The Arlington Neighborhood Village is inviting several area DC Villages to join them for bocca and lunch in Georgetown over the winter. Beginning January 18th their bocca group moves indoors to Pinstripes (1064 Wisconsin Ave, NW). The bocca games are free as long as participants stay and enjoy lunch, [click here to see Pinstripes' lunch menu](#). If you think you might be interested, please call the office (202) 333-1327 or email us at info@fbwevillage.org and let us know. We'll connect you to the their group for some light exercise, great food, and fun folks.



Mindfulness & Meditation:
Exploring Old and New

Ways to Get Peace

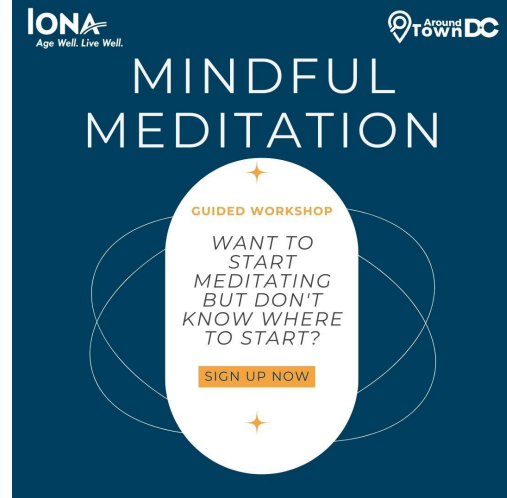
**Weekly on Thursdays on Zoom,
from 10:00 am - 11:15 am, next
class is Thursday, January 18th**

This is an ongoing weekly around town DC class – review of core ideas and practices, introductions to new ideas & practices. [Click here to register and receive the weekly zoom link.](#)

This weekly course is for people who have taken Around Town DC's Introduction to Mindfulness & Meditation course or a similar basic class and who want to sustain or build equanimity. Beginners are encouraged to take the intro course if they do not have any mindfulness and meditation practice.

Like constant gardeners, we cultivate our capacity to be with the most difficult questions in our lives, as well as our capacity to relax and be happy, despite everything. With the simple practices of mindfulness and meditation, we can experience increasing moments of calm that transform how we live each day. One breath is all that is required to experience healing. Many breaths, much healing.

Kaili Mang Jeyarajah completed her certificate in Mindfulness & Meditation Teaching through the Awareness Training Institute and the Greater Good Science Center at the University of California at Berkeley. Her mindfulness training began and continues in the Plum Village tradition of Zen master Thich Naht Hanh. A former interior designer and mother of two teen boys, Kaili is now a weekly M&M teacher with Around Town DC, running intro classes and continuing practice opportunities. She is also a member of Insight On the Inside, where she facilitates classes at a women's reentry facility and is active on their Anti-Racism committee.



DC Assistive Technology Program

**Sunday, February 4th, at 2:00pm
At Tenleytown Library, 4450 Wisconsin
Ave NW**



The DC Assistive Technology Program (DCATP) is a city-wide program whose goal is to enhance independence, productivity & inclusion for all District residents with disabilities (including, of course, hearing loss).

To accomplish this goal DCATP provides education & empowerment in the selection, procurement & use of assistive technology devices & services to individuals, family members, service providers, government agencies & community organizations. Specific initiatives of particular note include loans of such devices to enable individuals with disabilities

to determine their suitability for their particular needs before making purchases, & a program under which such persons can finance such purchases with long-term, low interest rate loans.

Our presenter, Leonard McPherson, a senior member of the DCATP team, will describe these programs, & how persons with hearing loss & other disabilities can take advantage of them.

Our meeting room is looped, and real-time captioning will be provided so that everyone can “hear” without undue stress & get their questions answered. There is no charge. All are welcome.

[Please click here to register to attend this program](#)

REGISTRATIONS ARE OPEN FOR FEBRUARY SHORTS AND SPRING SEMESTER!



OLLI at AU. The possibilities are endless with 36 February Shorts and 98 highly affordable lifelong learning courses in the spring semester ranging from “The Ethics of Democracy” to “21st-Century Art” and from “The Neuroscience of Conflict” to “The Harlem Renaissance”! The February Shorts will be held for two weeks: February 5-9 and February 12-16.

The spring semester holds classes weekly starting March 4 typically for 7 to 10 weeks. Choose your lottery selections for [February Shorts](#) before January 18 and for the [spring semester](#) before February 20 for the best chance of getting the courses you want for each session. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to their website: olli-dc@american.org or call 202-895-4860.

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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