



Director's Notes: Monday, January 22nd, 2024

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

HAPPY BIRTHDAY!

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

- Nancy Porter - January 22nd
- Jill Eicher - January 23rd
- Jean Efron - January 28th



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.

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.

Restaurant Week has been extended for One Week! This means that on January 24th at the Women's Lunch, a \$25 lunch includes an appetizer, main course and dessert, or if you prefer, you can order off the regular menu.

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.

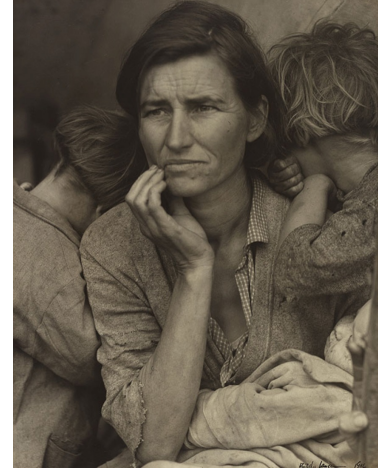
Registration required. Please register by Monday, January 21st, if you plan to attend. [Click here to register for the January women's lunch](#)

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.

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

FEBRUARY VILLAGE HAPPY HOUR

Thursday, February 8th, from 5:00 to 6:30 pm

At Ris Restaurant, 2275 L St NW



Join us for our popular Village happy hour! Members with birthdays in December, January, or February will receive one free drink at this happy hour. We look forward to seeing everyone there!

[Click here to register.](#) Please register by Monday, February 5th at 5:00 pm.



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 GWPT (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.

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

Classes started 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

Inclement weather for GWU campus:

The information line is 202-994-5050 or see campusadvisories.gwu.edu for up-to-date information. Please use your judgment on what's best for you under these conditions. If the campus is closed the website or info line will note it.

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.

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!

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 11:45 am NOTE THE SLIGHTLY EARLIER START TIME
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

Groaners & Puns

- I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.
- I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire.
- If you boil a funny bone, it becomes a laughing stock. Now that's humerus.
- I accidentally rubbed ketchup in my eyes. Now I have Heinzsight.
- Did you know muffins spelled backwards is what you do when you take them out of the oven.
- I was walking in the jungle and saw a lizard on his hind legs telling jokes. I turned to a local tribal leader and said, "That lizard is really funny!" He replied, "That's not a lizard. He's a stand-up chameleon."
- I tried to come up with a carpentry pun that woodwork. I thought I

nailed it but nobody saw it.

- Singing in the shower is fine until you get soap in your mouth. Then it's a soap opera.
- The Black-Eyed Peas can sing us a song but the chick peas can only hummus one.
- Then there was the time Fruit of the Loom took Hanes to court... It was a brief case.
- How much does a chimney cost? Nothing, it's on the house.
- My friend said she wouldn't eat cow's tongue because it came out of a cow's mouth. I gave her an egg.
- Once upon a time there was a King who was only 12 inches tall. He was a terrible King but he made a great ruler.
- My friend Jack says he can communicate with vegetables. That's right...Jack and the beans talk.
- I was struggling to understand how lightning works and then it struck me.
- Six cows were smoking joints and playing poker. That's right. The steaks were pretty high.
- I went to the paint store to get thinner. It didn't work.

OTHER PIECES

GW Course Audit Program

The Course Audit Program is a not-for-credit benefit available to Foggy Bottom neighbors who are 60 years of age or older and reside within the zip codes 20006 or 20037. For a reduced rate, \$100 per course audited, members of the community can participate in exciting learning opportunities at GW and continue their education by auditing in-person courses at one of their campuses. For more information including the list of classes available for audit this spring, [**please visit the GW Course Audit Program website here.**](#) There are dozens and dozens of courses available in a variety of disciplines.



You must have a Gworld card to attend GW classes. As a reminder, the office is happy to help you obtain a GW community Gworld card for GW's exercise classes or GW's audit classes.

Important note: Course Audit registration closes at 5pm on Friday, January 26th.

Washingtonian names GW Integrative Medicine's Mikhail Kogan a Top Doc

Mikhail "Misha" Kogan, MD, ABIOM, RCST,

medical director of the GW Center for Integrative Medicine (GW CIM), was named one of Washington, D.C.'s top doctors by Washingtonian magazine in its November 2023 issue. An associate professor of Medicine at the GW School of Medicine and Health Sciences, he is a leader in the newly-established field of Integrative Geriatrics.



Dr. Kogan is also the author of a highly acclaimed book “Medical Marijuana: Dr. Kogan’s Evidence-Based Guide to the Health Benefits of Cannabis and CBD.” The GW Center for Integrative Medicine is one of only 29 integrative medicine centers in the United States. The center effectively combines conventional and evidence-based complementary modalities and for 25 years has fostered close collaboration with the George Washington University Medical Center’s physicians in most subspecialties.

Dr. Kogan has talked to the Village on multiple occasions including his talk on medical marijuana which is [available on our YouTube channel here.](#)



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](#)

Articles to Read

[The Income Gap Jeopardizing Retirement for Millions](#) from the New York Times

[Should I take Paxlovid if I get covid? Here's what to know](#) from the Washington Post

[I Have Covid. Should I Take Paxlovid?](#) from the New York Times

All of these articles may be behind a paywall. If you'd like a copy and can't access the articles through the links above please contact the office and we can make a copy available for you.

IN THE COMMUNITY

Restaurant Week Options

There's still time to celebrate: Winter Restaurant Week has been extended through Sunday, January 28!! 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
-



Celebrating 60 years of the Civil Rights Act of 1964

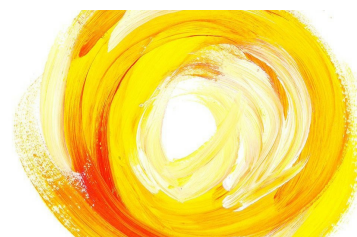
Join the DC Commission on the Arts and Humanities' in commemorating the 60th anniversary of the passing of the Civil Rights Act of 1964 through Legacy: Civil Rights At 60. This juried exhibition explores how DC artists have been influenced by this landmark legislation, which aimed to prohibit discrimination based on race, color, religion, sex, or national origin. By visually depicting the material, personal, and direct-action work of the past 60 years, this exhibition is a call to continue pursuing equity and social justice both locally and nationally.

The gallery, which is open from Jan. 12 - Mar. 1, is free and open to the public Monday to Friday, 9 am - 5:30 pm and located at 200 I (Eye) Street Gallery SE.

[Click here for more info on the exhibit](#)

WHERE CHAOS SLEEPS a new play by Peter Coy directed by Leslie Kobylinski

Tuesday, January 23rd, Doors open
7pm, Performance begins 7:30pm
At the Arts Club of Washington, 2017 I St
NW



Rose Theater Company new play reading.

"The greater the love, the greater the chaos." – Jonathan Carroll

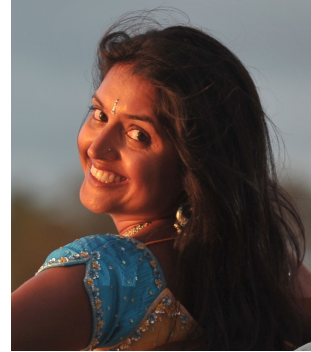
featuring performances by Helen Hayes award-winners Christopher Lane
& Susan Marie Rhea

Free Admission! [Click here to reserve a seat](#) Reservations Strongly
Encouraged | Limited Seating

Virtual Dance & Yoga Fusion for Seniors

Wednesdays at 11:00 AM, next class is
Wednesday, January 24th

Experience the harmony of movement, mindfulness, and joy in Around Town DC's virtual class designed exclusively for seniors. This session combines the invigorating elements of dance and the calming practices of yoga to nurture the mind, body, and spirit. Engage in gentle dance movements that uplift the spirit, followed by yoga poses and breathing exercises that promote flexibility, balance, and inner tranquility. Smita's guidance ensures a welcoming space where participants can explore both disciplines in a way that suits their comfort and ability levels. Join us online for a holistic and rejuvenating session that celebrates wellness and vitality!



Smita Khatri has taught dance since 2007, and yoga since 2016, for various populations and settings — schools and senior centers, jails and hospitals, festivals and community events, as well as fitness centers and retreat centers in the U.S. and abroad. Smita's teaching is influenced by a mixture of modalities, ranging from Indian folk dance and Nia dance, to Yin Yoga and gentle somatic-based Yoga. Currently, she is taking graduate-level courses in dance/movement therapy.

[Click here to register.](#)



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:

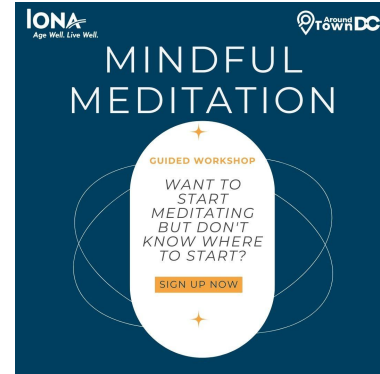
- [A Book Celebration with Ibram X. Kendi](#) | Wednesday, Jan. 24, 7 p.m., Martin Luther King Jr. Memorial Library

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

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 25th**

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.



WAVE Annual Meeting and Plenary Program **Wednesday, January 31st, from 9:30 - 11:30 am on Zoom**

1. 9:30 - 10:00 am: Election of Board members and Board President, and Founders Awards Announcements
2. 10:00 - 11:30 am: Virtual plenary presentation with question and answer period

Plenary Presentation: "Raising Dementia Awareness Within Villages"

Plenary Presenters:

- Dr. Claudia Thorne, Ph.D., LISW, LCSW, Assistant Professor, College of Behavioral and Social Sciences, Coppin State University, member of the State of Maryland's Virginia I. Jones Alzheimer's Disease and Related Disorders Council, and member and volunteer with Cheverly Village.
- Sharon Johnson, CPD, CMC, Director of Aging Services, Maryland Umbrella Group, Community Case Manager, Dementia Care

Recent headlines speak to an alarming increase in the incidence and prevalence of Alzheimer's and related diseases in the metropolitan-DC area. What do village leaders need to know about this evolving situation, and what role can we play in providing information and support within our village communities? This presentation will provide regional village leaders with information on available dementia awareness programs and services.

Dr. Thorne and Mrs. Johnson will share practical approaches to prepare village leaders to encourage and support actions our boards, volunteers, and members, as well as families and communities, can take to address Alzheimer's and related diseases. The programs discussed will include Caregiver Support Groups, Memory Support Groups, and Memory Café (developed to meet the needs of those diagnosed with cognitive impairments), as well as efforts to develop Dementia Friendly communities.

[To register for the meeting, click here.](#) The zoom information will be sent with your registration confirmation.

If you have any questions, please contact president@wavevillages.org. We're looking forward to starting the new year of valuable programming and networking opportunities with you!

DISCUSSING THE FACTS: ONCOLOGY AND HEALTH EQUITY



**Wednesday, January 31st, at 7 pm via
Zoom**

Early and appropriate treatment of cancer can make a big difference in cancer outcomes. Please join Sibley Hospital to hear Dr. Gabriel Ivey talk about different types of cancer, early screenings, and how health equity impacts survivability. An interactive Q&A session will enable participants to be engaged and informed.

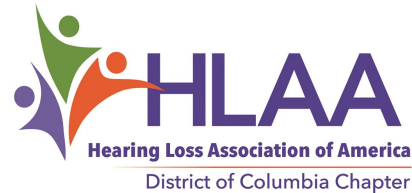
Dr. Gabriel D. Ivey is a fellowship-trained surgical oncologist specializing in hepatobiliary and pancreatic cancers, gastric cancer, melanoma and sarcoma. Dr. Ivey performs surgeries at both Sibley Memorial Hospital and Suburban Hospital as a member of the Johns Hopkins Kimmel Cancer Center. He is interested in finding the most effective outcome for each patient, which includes innovative approaches to surgery and a multidisciplinary approach to care.

In addition to his clinical work, Dr. Ivey's research is frequently published on perioperative systemic therapies, population health outcomes and health care disparities. Dr. Ivey earned his medical degree from Howard University College of Medicine and completed his general surgery residency at MedStar Health.

[Click here to register](#) or email pnunez3@jhmi.edu or call 202-364-7602 before January 30th.

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.](#)

Upcoming Washington Post Live Talks



World Stage: Ukraine

Jan. 23 - 11:30 a.m. ET

Ukraine’s ambassador to the United States

Oksana Markarova shares her perspective on what’s at stake as Congress debates further U.S. aid for the war-torn country to defend itself against Russia.

Election 2024: The Players

Rep. James E. Clyburn (D-S.C.)

Jan. 30 - 1:00 p.m. ET

The assistant House Democratic leader and Biden campaign national co-chair talks about the Democrats’ message heading into the 2024 presidential election, Biden’s standing with Black voters and the latest news from Congress.

The Path Forward: Artificial Intelligence On Demand

Venture capitalist Hemant Taneja discussed the impact of AI on the workforce, building trust in the technology and how China could “become very competitive very fast” with the United States on AI.

[Click here for the full list of upcoming events and to register for any that interest you](#)

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.

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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