



## Director's Notes: Monday, February 12th, 2024

Phone: (202) 333-1327

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

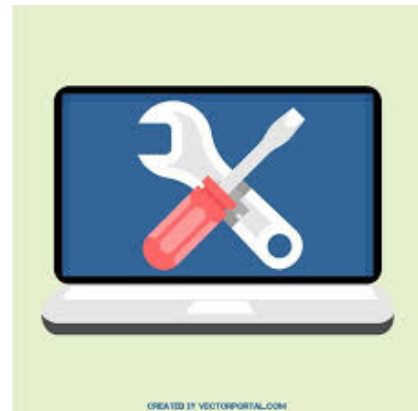
Executive Director: Denise Snyder

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### Wait – What do I do now?

As you know, FBWE Village offers tech assistance to members. This includes:

- Setting up new equipment (computers, printers, televisions, phones);
- Suggestions for purchasing new hardware or software matched to your needs;
- Solving glitches (e.g. your computer isn't communicating with your printer or you suddenly aren't receiving email messages on your phone);
- Teaching how to do something on your tech device that want to learn about (e.g. how to use Uber/Lyft, how to set up folders to keep track of emails, how Zoom works or how to use your doctors' health portals)
- Lastly, anything tech-related you need help with. If it requires a tech professional to resolve, we'll let you know, but we can help with many issues.



You'll now have two options to get help. As always, just email the office ([info@fbwevillage.org](mailto:info@fbwevillage.org)) or call us at (202) 333-1327 and arrange for Jonas or one of our amazing interns to come to your home for one or more sessions.

The new, second option is that we will be hosting a day once a month when you can come by the office, bringing your portable device with you, and someone will be there to help members address any tech concerns they have. This month, Tech Day will be Thursday, February 22nd from

**10:00 – 3:00.** No appointment is needed – just pop in and Jonas or some interns will be waiting to respond to your technology issues or questions.

For those of us who came up using typewriters and mimeograph machines technology can be intimidating. Even those of us who have learned a lot over the years may still find themselves stymied with the rapid changes in the tech world. Never hesitate to ask us or pop in on a Tech Day!

-Denise

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### **Photos from Village Happy Hour**

Thank you to Lynn Cates for these excellent photos and thank you to CB Wooldridge for setting up the happy hour. We hope everyone had a great time at the happy hour!

Top pic from left to right: Sue Headlee, Adele Silver, Burke Dillon  
Middle pic from left to right: George Arnstein, Morris Chalick, Heide Castleman, Susan Armbruster

Bottom pic from left to right: Jeff Reiman, CB Wooldridge, Ricki Gerger, Jonas Frumkin





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## In Memoriam

Village member Virginia Gilstrap passed away recently. She had been a member since 2019. Village member Arnetta Talley also passed away recently. She had been a member since 2022. They will be missed by many.

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## HAPPY BIRTHDAY!

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

- Adele Silver - February 16th
- Ann Franke - February 17th
- Maggie Mahoney - February 17th



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## PROGRAMS

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## 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](mailto:ewentzell@gwu.edu)**

Click on the flyer above to enlarge it. Signups are limited to 12 people. If you're interested contact Erin ASAP. Other villages have been invited and spaces are going fast!

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## **GUYS ONLY AT LUNCH (GOAL)**

**Thursday, February 15th at 12:30 pm  
At Ris Restaurant, 2275 L St NW**

February's lunch returns to village favorite Ris Restaurant. Ris's latest menu can be found here: [www.risd.com/dailymenu](http://www.risd.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 Chalick.

**Accessibility:** The venue is fully accessible. Open to all male members and their guests.

**Registration is required.** Please e-mail Morris Chalick at [mjchalick@gmail.com](mailto:mjchalick@gmail.com) by Tuesday, February 13th, if you plan to attend, so he can get a final headcount for the table reservation.

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## **GW Occupational Therapy Home Safety Visits**

"Do you feel nervous that you might fall in your home? Does your living space feel cluttered or hard to navigate? Are you having trouble



reaching spaces or completing self-care tasks?  
There may be help for you!

The newly formed Occupational Therapy program at George Washington University is excited to partner with Foggy Bottom West End Village to provide recommendations for increased safety in your home environment. Between mid-February and late-March, doctoral occupational therapy students are able to provide a limited number of home visits to Foggy Bottom West End Village members. Students will spend 30-45 minutes with you in your home environment and collaborate with you to determine if there are adjustments that can be made to enhance your ability to safely participate in meaningful tasks. You will also receive a follow-up virtual visit from the students who will provide additional recommendations.



If you are interested, please complete the intake form at the link below no later than Monday, February 19th. The deadline has been extended but other villages have been invited. Register now if you're interested!

[Here is the intake form.](#) If you need help completing the form please contact the office. If you have any questions about registering contact [knsawyer@gwu.edu](mailto:knsawyer@gwu.edu). Participants will also need to sign a waiver for participation. [Click here to review the waiver.](#)

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**FBWEV WOMEN'S LUNCH AT RIS**  
**Wednesday, February 28th, 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. [Click here to register.](#) Please register by Monday, February 26th, if you plan to attend.

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**ART IN THE ATRIUM**  
**Thursday, March 14th, from 2:00 PM**  
**to 4:00 PM**  
**St. Paul's Church, 2430 K St NW**

Again this year, the Foggy Bottom West End Village will present an art exhibit featuring

artists from the Village. "Art in the Atrium" will be from 2:00 to 4:00 p.m. on Thursday, March 14, 2024, in the Atrium of St. Paul's Church. Like last year, the exhibit will give everyone an opportunity to meet the artists and discuss their work. And, of course, there will be light refreshments. We hope you will join us and bring your friends. The public is welcome to attend.



[Click here to register](#)

## **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 3rd  
(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, [for instructor's bio click here](#)

Inclement weather for GWU campus:

The information line is 202-994-5050 or see [campusadvisories.gwu.edu](https://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.

Please note: the yoga 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](mailto:jfrumkin@fbwevillage.org) if you need one.

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](mailto:nadiataran@mindspring.com).

# AFFINITY GROUPS

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## **Foggy Bottom-West End Village Strength and Stability Yoga – February 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. Two of the three classes in the February series (February 21 and 28) will be taught by guest instructor Daniel Hickman. Daniel Hickman, E-RYT 500 & YACEP, is an adaptive yoga specialist, meditation teacher and director of the Multidisciplinary Yoga Teacher Training. He is known for his extensive work with military patients at Walter Reed. Daniel's website is: [danielofthesun.com](http://danielofthesun.com). He is the instructor who taught this class for many years prior to Covid.

Classes will start Wednesday, February 14. The February series will be 3 sessions; February 14, 21, and 28, at 10:30am. The cost is \$38 for the 3 classes. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline to sign up is Tuesday, February 13.

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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## **ANIMAL LOVERS GROUP**

The FBWEV Animal Lovers group met at West End Library last Saturday afternoon and were joined by critters from near and far. The official greeters included Gigi the Giraffe (shown here with Lorna Grenadier) and a menagerie of friends. Villagers and neighbors came to share ideas on future activities and interests, including fostering, caring and safety, sharing information, and social activities. The group decided to meet monthly on a Saturday afternoon at 2 PM at West End Library's large community room.



If you love animals and wildlife, please join us at our next roundup on [Saturday, March 2nd at 2 pm](#) (friends and neighbors welcome!). Please email Lorna at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) if you'd like to come as there are so many opportunities to be involved that might meet your needs and those of our community. In the meantime, here are a couple of articles on how you and pets can stay healthy and safe at home.

[How to Stay Healthy Around Pets and Other Animals](#) from the CDC and [Senior Home Safety: Keeping Your Pet While You Age in Place](#)

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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 (*on hiatus*) if you're interested in helping revive the book discussion group please contact Adele or the office.  
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**

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm  
*Various locations (contact for more information)*  
Contact: Trev Neve at [tneve@rcn.com](mailto:tneve@rcn.com)



## FRIDAYS

**FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am**

*Meets in the Dining Room at St. Paul's Church, 2430 K St NW (contact for more information)*

Contact: CB Wooldridge at [cbwould2003@yahoo.com](mailto: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@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).

## SATURDAYS

**ANIMAL LOVERS (1st Sat) at 2:00 pm**

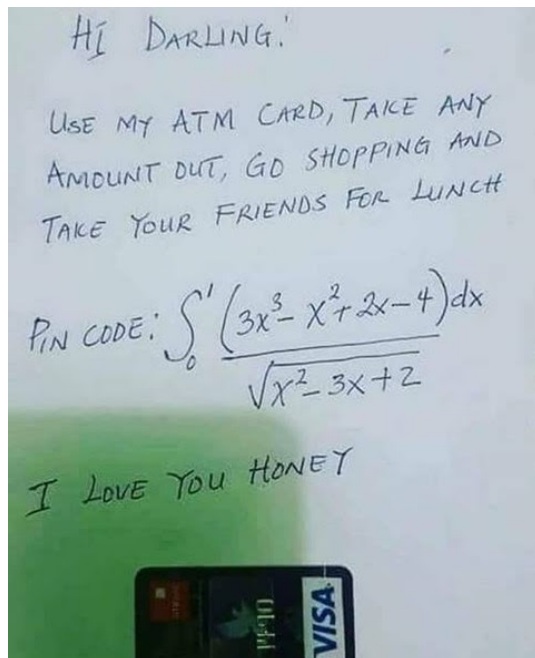
*Meets in the West End Library's large community room (contact for more information)*

Contact: Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com)

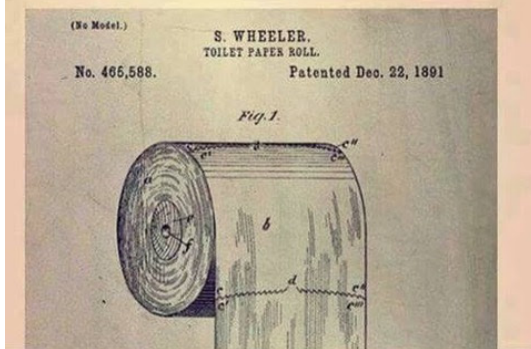
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## A BIT OF HUMOR

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The original patent from 1891 for a toilet paper roll shows the correct rolling direction, in case you ever doubted.



Last month my cat disappeared. A week ago I found him and brought him home. Today my cat came back. Now I have two identical cats.



Animal Rescue Home  
1.4h · 📷

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## OTHER PIECES

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**AARP** Foundation

### Get Income Tax Help at DC Public Library



Learn more and make an appointment at  
[dclibrary.org/using-the-library/tax-preparation](https://dclibrary.org/using-the-library/tax-preparation)

## Get Ready for Tax Season with Support from the Library

DC Public Library is here to support you through tax season. DC and Maryland residents can meet with a trained volunteer to help prepare their income tax return. Eight library locations will host meetings until Apr. 15. Assistance is by appointment only - please see the information below for hours and locations, and visit the website for more information on scheduling your appointment.

- Anacostia Library: Tue & Wed, 11 a.m. - 3 p.m.
- Bellevue/William O. Lockridge Library: Sat, 10 a.m. - 2 p.m.
- Capitol View Library: Mon, Wed & Sat, 10 a.m. - 2 p.m.
- Georgetown Library: Wed, Noon - 4 p.m. & Fri, 10 a.m. - 2 p.m.
- Petworth Library: Mon & Fri, 11 a.m. - 4 p.m.
- Shaw/Watha T. Daniel Library: Sat, 10:30 a.m. - 2:30 p.m.
- Southwest Library: Mon & Wed, 1 p.m. - 5 p.m.
- Woodridge Library: Mon & Wed, 10 a.m. - 2 p.m.

[Click here to make a reservation and learn more](#)

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# GRATITUDE POWERS DC

Join your fellow residents in celebrating the things that make our city special.



Take a moment to share what you're grateful for by completing a quick survey.



## SCAN ME!

Join your fellow residents in celebrating the things that make our city special. Take a moment to share what you're grateful for by taking the quick survey in this QR code.

 @InnovateWDC  moi.dc.gov  #GratitudePowersDC

In the heart of our District is a vibrant city filled with incredible stories of gratitude. We're thrilled to introduce #GratitudePowersDC, an initiative from the Mayor's Office of Innovation.

Why? Because every corner of DC has moments of kindness, joy, and thankfulness worth sharing. As part of this initiative, YOUR stories and reflections will help inspire a public art installation set to be unveiled in early 2024. We invite everyone who lives, works, or plays in DC to take a moment and participate in the District's Gratitude Survey. Share the people, places, and things in the District you're grateful for, and let's celebrate our community's spirit together.

Your privacy is paramount. All shared stories remain anonymous, and personal information is handled with utmost care.

[Click here to fill out the survey](#) or scan the QR code above.

## New Map of Black History Sites: Washington, DC

Explore and learn about the people, places and events that have shaped the history and culture of the nation's capital. Created by the DC Historic Preservation Office / DC Office of Planning.



With their longtime presence even before the establishment of a city, African Americans have been central to the culture, heritage and civic life

of Washington, DC. [This website records nearly 300 places associated with African American history and culture in the District of Columbia.](#) These sites span the city's history from its creation in 1791, through the Civil War and Civil Rights eras to 1974—when DC gained Home Rule—and beyond.

The selected sites highlight the social, cultural and political movements that have shaped the city. They tell the story of events and people who changed its history. They include the boundary stones of the new federal territory, famously set on sites determined by astronomer Benjamin Banneker in 1792 and the Lincoln Memorial where Marian Anderson sang in 1939 and where Martin Luther King, Jr. gave his "I Have a Dream" speech in 1963. They also include many of the schools, businesses, churches, recreational centers, communities and homes of individuals where Black Washingtonians studied, worked, worshipped, played and consistently fought for their rights as individuals and as a race.

[Click here to check on the map and stories](#)

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## Articles to Read

[When a Spouse Goes to the Nursing Home](#) - The move to a long-term care facility is often difficult but necessary for frail patients. For their partners, it can mean a new set of challenges. From the New York Times

This article may be behind a paywall. If you'd like a copy and can't access the article through the link above please contact the office and we can make a copy available for you.

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## [IN THE COMMUNITY](#)

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### **Around Town DC Tech Tuesdays on Zoom**



**Tuesdays at 4:00 PM, next meeting is Feb 13th**

Computers are part of everything we do in our everyday lives. Whether you're a beginning or advanced learner, taking basic computer workshops online can enhance your skill, and quality of life, and even help live well and age well in a technology-driven world. These weekly tech workshops will focus on everyday technology, and you will leave the program feeling informed. Topics:

**February 13:** Online music- We will learn how to use online music streaming programs like Spotify and Pandora

**February 20:** Making friends online- We will learn how to use the internet to make real-life friends! We will learn how to use meetup.com and how to use search engines like google to find local social events.



**February 27: Smartphone Apps-** We will learn about useful/fun smartphone apps. This program will cover apps found on Android and iPhone.

**March 5:** We will learn about the DC public library website and some of the free resources on their website. Some of the resources we will cover are; canopy for movie streaming, libby for audiobooks and freegal for music streaming.

[Click here to register.](#)

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**Weekly Virtual Health Talk  
with Nurse Michelle**  
**Wednesdays at 1:00 pm, next  
meeting is Feb 14th**

“Health Talks with Nurse Michelle” is a

weekly Around Town DC class designed to address the unique health concerns and needs of seniors. Led by experienced nurse Michelle, this informative and engaging session covers a variety of topics crucial to maintaining and enhancing the well-being of older adults. From managing chronic conditions to promoting a healthy lifestyle, each week Nurse Michelle delivers valuable insights, practical tips, and evidence-based information tailored to the specific health challenges faced by seniors. Join us for an interactive and supportive environment where seniors can empower themselves with knowledge and take proactive steps towards a healthier and more fulfilling life.

## Weekly Health Talks with Nurse Michelle

Every Wednesday via Zoom  
at 1:00 PM

Starting Wednesday, February 7

Join me weekly for talks designed to address the unique health concerns and needs of seniors.



[Click here to register](#)

# LGBT VALENTINE'S DAY DANCE

Join Us For An Unforgettable Valentine's Day Celebration

**Food-Live Music-Fun**

February 14th  
from 4:30pm  
to 7:30pm

Genevieve Johnson Senior Center at  
4817 Blagden Ave NW, DC 20011

This Is A Free Event. Please RSVP By  
February 13th.

RSVP at: <https://forms.gle/BzcQjhtRTsrGErWS7>



Click on the flyer above to enlarge it. You must RSVP by February 13th [by clicking here.](#)

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**jssa** Free Support Group for Older Adults

Are you a senior experiencing estrangement from your adult children?

Do you find it challenging to navigate this emotional journey?

Are you struggling to adjust to a family relationship that might be very different from how you imagined it would be?

Would you like to find support and connection with others who are facing similar challenges?

If you answered YES to any of these questions, this support group could be beneficial for you.

Participants in this group will:

- Explore the emotional impact of estrangement on you and your family.
- Connect with others who understand your struggles and provide mutual support.
- Discuss strategies and skills to help cope with what you're experiencing.

**GROUP:** Seniors Estranged from Adult Children

**DATES:** February 15-March 21, 2024  
There will be 6 sessions (2/15; 2/22; 2/29; 3/7; 3/14; & 3/21)

**TIME:** Thursdays, 10:00AM-11:00AM

**LOCATION:** Virtual

**COST:** Free

**HOST:** Niccole de Campos, MSW intern at JSSA on the Adults & Seniors Clinical Team

INTERESTED IN JOINING?

Please contact Niccole de Campos at [ndecampos@jssa.org](mailto:ndecampos@jssa.org)

6123 MONTROSE ROAD | ROCKVILLE, MD 20852 | [WWW.JSSA.ORG](http://WWW.JSSA.ORG) | 240-800-JSSA

Click on the flyer above to enlarge it. The group meets on Zoom.

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## Virtual Tour of National Historic Site!

### The Home of Frederick Douglass: Cedar Hill in Anacostia

Friday, February 23rd, 10:30 – 11:30 am on Zoom



An icon of American history, Frederick Douglass (1818-1895) was an abolitionist, journalist, and reformer. His words and brave actions continue to shape the ways that we think about race, democracy, and the meaning of freedom. Formerly an enslaved man, Douglass advocated for the abolition of slavery, racial equality, and the right of women to vote. When he wasn't traveling, Douglass resided at his mansion, Cedar Hill, in Anacostia, DC. Enjoy a virtual tour of his home, now restored to its 1895 appearance and containing original objects. Learn about his life and historic items on view in his home. Our presenter will be Park Ranger Kevin Bryant.

FREE & Open to All. Register at: [www.littlefallsvillage.org/Douglass](http://www.littlefallsvillage.org/Douglass). This tour is sponsored by Little Falls Village.

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## **Sexual Health Equity and the LGBTQ+ Community**

**Friday, February 23rd from 4:00pm to 6:30pm on Zoom**



Sexual and gender minorities often face discrimination and barriers to appropriate health care. The LGBTQ+ community has frequently been marginalized and treated by health care providers with a degree of insensitivity and a lack of knowledge of some of their unique challenges.

Join Sibley for a panel on sexual health equity and the LGBTQ+ community, led by Clare Madrigal from Sibley Memorial Hospital. [Click here to register.](#)

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## **How a Healthy Lifestyle Can Help with Grief and Loss – Discussing the Facts**

**Wednesday, February 28th, at 7 p.m. via Zoom**



Dr. Tilli Williams has more than 35 years of experience in health, wellness and community education and outreach. Known as “Dr. Tilli” to her patients, she has been treating patients with a variety of illnesses using natural therapies such as nutrition, herbal medicine, hydrotherapy, physical medicine and counseling.

Dr. Tilli is the Founder and Executive Director of the DC Wellness Institute (DCWI). DCWI offers a holistic approach in the development, implementation and management of wellness programs. She creates programs and treatment plans to address unique patient and community needs. In 2018, Dr. Tilli created a program called C.A.R.E. (Cancer, Awareness, Responsibility and Education) Conversations. This program was implemented by Sibley Hospital in a public housing community in Ward 8 for 4 years and provided underserved residents with the opportunity to increase wellness through self-care and chronic disease management education.

[Click here to register](#) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before February 27th.

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# IT'S GAME TIME

Join President Granberg to cheer  
on the GW Revolutionaries  
Women's Basketball team

**REVS VS. RAMBLERS**

**MARCH 2ND, 2024**

**SMITH CENTER (600 22ND ST)**

**1 PM PRE-GAME LUNCH**

**2 PM TIP OFF**



Scan & Register to Attend



Questions? Email [ogcr@gwu.edu](mailto:ogcr@gwu.edu)

On behalf of President Granberg, GWU wants to extend an invitation to Foggy Bottom/West End Village members to join them at the GW Community Day Women's Basketball game on March 2nd!

Please come and cheer on the GW Revs as they take on the Loyola Ramblers at the Smith Center at 2 pm. President Granberg will be hosting a pre-game lunch in the Champions Club for community members beforehand at 1 pm. You can [click here to register](#) online for both the lunch and the game.

You can click on the flyer to expand it. Please let the village know if you sign up for the game and/or the lunch so we can keep track of the group that is going. That way, those of us who want to sit together can.

## Upcoming Concerts: Black History Month, February 2024

A new year of weekly Music at Midday concerts begins in February with four performances by African American and African artists in honor of Black History Month. All concerts started at 12:00 pm on the listed day.

February 16: Organist Glenn Little (Stafford, Virginia) will perform an organ suite by Florence Price followed by African American



spirituals arranged for organ by Adolphus Hailstork and Calvin Taylor.

**February 23:** Nigerian countertenor Andrew Chukwuka Egbuchiem, who currently lives in New York City, will perform vocal works by African and African American composers, including Jacqueline Hairston, Harry T. Burleigh, Leslie Adams, and Fred Onovwerosuoke, followed by music of Antonio Vivaldi, G. F. Handel, and Gioachino Rossini.

**Location:** National City Christian Church (Disciples of Christ) 5 Thomas Circle, NW Washington, DC 20005

Free admission; donations gratefully accepted.

Detailed information at [www.nationalcitycc.org](http://www.nationalcitycc.org) or contact Rev. Dr. J. Michael McMahon at [mmcmahon@nationalcitycc.org](mailto:mmcmahon@nationalcitycc.org)

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## REGISTRATIONS ARE OPEN FOR FEBRUARY SHORTS AND SPRING SEMESTER!



OLLI at AU. The possibilities are endless with 98 highly affordable lifelong learning courses in the spring semester.

The spring semester holds classes weekly starting March 4 typically for 7 to 10 weeks. Choose your lottery selections for the [spring semester](#) before February 20th 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](mailto:olli-dc@american.org) or call 202-895-4860.

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## 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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