



Director's Notes: Monday, July 25th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Introducing Sireen

Sireen Jawdat is our new art therapy graduate student for the coming year. Sireen uses they/them pronouns.

They are a second-year student with GWU's graduate art therapy program. Sireen's placement for their first year of graduate school was at One Common Unity, where they worked primarily in classrooms with young students. They are excited about working with the village this year in part because it is a very different type of placement with more one-on-one work while last year was all group work.



Before starting the program at GW, Sireen studied fine art for several years. Sireen's favorite art modalities are portrait-painting, illustration, and found object sculpture. Sireen has a great appreciation for modern and contemporary abstract art, as well as folk art, the Dada movement and the Impressionist movement. Vibrant colors and landscapes are also included in Sireen's favorite types of art.

Although Sireen's placement last year was with youth, they have been working with older adults outside of that placement for about a year now. Sireen is interested in doing art with older adults because they want to foster creative avenues for older adults to tell their stories of experiences, perspectives, thoughts and feelings.

In addition to working with members individually, Sireen will also continue the group work of last year's art therapy intern with art

introspections. The first one will be in August (date to be announced soon). Sireen is very excited about starting to meet our members and will likely show up at some village events this fall.

If you would like to find an outlet for yourself, please just let me know. As we said last year, absolutely no artistic talent or experience is needed. In some ways, not seeing yourself as artistic can be an advantage!

-Denise

OFFICE HELP NEEDED

The Village has a backlog of membership cards to write, envelopes to address and mail to deliver. If you can help us catch up on any of these tasks on Tuesday or Wednesday this week please let Jonas, jfrumkin@fbwevillage.org, know. Your help is greatly appreciated!

HAPPY BIRTHDAY!

No member birthdays this week. We hope celebrating national wine and cheese day on July 25th, national dog photography day on July 26th, national chili dog day on the 28th, and national lasagna day on the 29th makes up for it.



PROGRAMS

ROE V. WADE STRUCK DOWN: A CURRENT EVENTS DISCUSSION

Friday, July 29th, from 2:00 PM to
3:00 PM

Meets at the West End Library, 2301 L St
NW



On June 24, 2022, the Supreme Court of the United States decided the case of Dobbs v. Jackson Women's Health Organization, upholding the Mississippi law that prohibited women from having abortions after 15 weeks of pregnancy. The Court further struck down the Roe v. Wade decision of 1973, that gave women the Constitutional right to abortion, ending a 50-year precedent.

How did this happen? What are the causes of this? What are the consequences of it? What can be done? If you were in the legislature of one of the 50 states, how would you design your state's abortion laws?

Bring your own questions about this historic decision.

The discussion will be led by Bill Kincaid, Sue Headlee, and Jeff Reiman. We hope to have an atmosphere of open debate and mutual respect for a variety of opinions.

[Register Here](#)

ANACOSTIA RIVER BOAT TOUR

Tuesday August 2nd, at 10:00 AM
Meet at: Yards Marina, 10 Water St SE,
Washington, DC 20003

AHOY!! Embark on a summertime cruise
along the Anacostia River.



While we are lucky to have the Potomac River in our backyard, DC is fortunate to have another river to explore. On this one-hour pontoon boat tour, we will learn about the Anacostia River's history, culture, ecology, development and challenges as we're guided by the Anacostia Watershed Society crew. The AWS works to restore and protect the Anacostia River and its watershed communities.

After the tour, Villagers may enjoy exploring the Navy Yards neighborhood which offers multiple restaurant options and river walkways, along with Nationals Park.

[**REGISTER FOR THE TOUR HERE**](#)

We already have our minimum of 15 registrants and only have room for 5 more so sign up today!

Transportation: Metro bus or subway; ride-share. There are bus route and subway options leaving from Foggy Bottom (blue/orange/silver) and Dupont Circle (red) lines. Travel time may vary from 30 - 60 mins. The Yards Marina is a short walk from the Navy Yards-Ballpark Metro stop. There are also parking garages nearby.

Cost: Free, Accessibility: Yes

Weather: The Captain will notify us a day ahead if the cruise needs to be rescheduled.

[For more background on the Anacostia click here](#)

DC RESTAURANT WEEK
August 15 - 21, 2022



DC has become a city for foodies of all types. If you've been eager to try a new restaurant or sample a different cuisine, this is a chance to explore.

Dozens of DC area restaurants are offering 3-course meals for a set price. This year brunch/ lunch/ dinner options are offered at \$25, \$40, \$55. Individual checks will be available.

FBWEV has reserved outdoor seating at 3 different restaurants featuring Indian, Mediterranean and French cuisine. Bon Appétit!

RASIKA WEST END - 22nd & M St. NW
Monday, August 15 at noon (table for 4)

[Register here](#)



ZAYTINYA (by Jose Andres) - 9th and G St. NW/ Gallery Place
Thursday, August 18 at noon (table for 8)

[Register here](#)

ZAYTINYA

BRASSERIE LIBERTÉ - 3251 Prospect St/ Georgetown
Sunday, August 21 at 11:30 am (table for 6)

[Register here](#)



Buckeye Brunch

Monday, August 22nd, at 11:30 am
Chef Geoff's West End, 2201 M St NW

Village members with significant connections to Ohio will be meeting on August 22nd at 11:30 am at Chef

Geoff's. Perhaps you grew up in Ohio, attended university there, or married an Ohioan.

If so - come join us for lunch, laughter and stories of Cincinnati chili, KSU and OSU, Amish country, and Cedar Point. Not to mention the Rock & Roll and Pro Football Halls of Fame, as well as the first person to orbit the earth and the first man to walk on the moon. Who wouldn't want to lay claim to all that!

[Register for the buckeye brunch here](#)

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. Upcoming books are listed below:

- August 3rd: "When the Emperor was Divine," by Julie Otsuka. A novel about a Japanese family interned during WWII. DCPL has 8 copies, plus electronic. It's only 162 pp.
 - September 7th: "The Night Watchman," by Louise Erdrich
 - October 5th: "Crying in H Mart," by Michelle Zauner
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TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: jfrumkin@fbwevillage.org

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

WEDNESDAYS

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: jfrumkin@fbwevillage.org

FRENCH CONVERSATION GROUP (3rd Wed) at 5:00 pm

Meets in Westbridge Courtyard - 2555 Pennsylvania Ave (contact for more information)

Contact: sally.willis@yahoo.com

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

Contact: tlneve@rcn.com

TAKE FOUR AT TAZZA at 4:00 pm (weekly)

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

A BIT OF HUMOR



OTHER PIECES

Have you heard of Wowbrary?

DC Public Library is constantly adding new books and resources to our collections. Sometimes at a rate faster than we can talk about! That's why we



have Wowbrary, a weekly newsletter which organizes our new books, movies, and music and puts it at the top of your inbox. Find out which titles are among the most popular choices at DC Public Library for your favorite genre – or a genre you’ve never read before. You can never have too many suggestions, right?

[Sign up for Wowbrary here](#)

IN THE COMMUNITY

Move to Music with Ruth Barnes at the West End Library

Every Wednesday at 1:00 pm, next class is Wednesday, July 27th

Move to Music is a gentle, full body movement class that offers greater mobility, balance and posture. Class incorporates smooth, rhythmic moves done to a mix of classical, jazz and contemporary music. Good for all fitness levels. A village member says, "A number of villagers go to her class. Ruth is a delight, and her class is ideal for improving balance."



This class run by Around Town DC and is intended for DC Residents age 60 plus. It is free.

A lifelong love of dance and movement therapy led Ruth Barnes to become a fitness instructor in 1999. Ruth is certified by the American Council on Exercise as a Group Fitness Instructor and is also a certified Zumba and Zumba Gold Instructor. Her philosophy is that exercise should be fun, safe and accessible to everyone. Her goal is to welcome all participants to an enjoyable experience of movement.

[Find more info here](#)

Ruth also runs a virtual Zumba class on zoom on [Tuesdays](#) and on [Fridays](#). You can register for them by clicking on the links above. Around town DC still runs a few other zoom classes as well. [You can find the full list of virtual exercise classes here.](#)



Ready for a productive and witty conversation on race? Emmy Award-winning comedian W. Kamau Bell and New York Times bestselling author Kate Schatz are coming to DC Public Library to discuss their new book *Do the Work: An Anti-Racist Activity Book*! They will be joined in conversation by Dian Holton, creative director of Webby Award nominated newsletter *Sisters From AARP*, and Kenrya Rankin, author of *Anti-racism: Powerful voices, inspiring ideas, to explore the book's hands-on understanding of systemic racism—and how to dismantle it using a highly illustrated, highly informative workbook*.

Held in partnership with Loyalty Bookstores, the event will take place on Tuesday, August 2 at 6:30 p.m. at the Martin Luther King Jr. Library.

[Find more info and register here](#)

The Black Artist Research Space and DC Public Library present All Together exhibition June 15 – August 28th

Join DCPL for a visual exploration of race, gender, and sexuality through the lens of Black womanhood and girlhood in partnership with The Black Artist Research Space. Now on display at the MLK Jr. Memorial Library, *All Together* is an exhibition featuring twenty Black women-identifying artists whose works explore themes of African spirituality, ancestral veneration, and the ways vulnerability and optimism appear in the liberation of Black women.



The vibrant and compelling mixed media pieces were inspired heavily by Audre Lorde's collection of poems *The Black Unicorn*, and are accompanied by a curated selection of readings including:

- Parable of the Sower by Octavia Butler
- Ain't I a Woman by Bell Hooks
- I Know Why the Caged Bird Sings by Maya Angelou

- Assata: An Autobiography by Assata Shakur

The exhibit is on view June 15 – Aug. 28, 2022 at the MLK Jr. Memorial Library, First Floor West.

[Learn more about the exhibit here](#)



UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

Monday Movie Night

It doesn't get more fun than watching a movie and then talking about it with your friends! Join the group on Monday evenings starting at 7:00 PM for films such as the new documentary "Summer of Soul" about Harlem's Woodstock. Each film will be followed by a facilitated discussion. The class starts at 7pm and the end time depends on the length of the film. We already know of one villager with a viewing party set up!

[If you haven't already registered, read more and register here](#)

Movie Schedule:

July 25: Nomadland

August 1: Strange New Worlds (2)

August 8: Licorice Pizza

August 15: Princess Bride

August 22: Summer of Soul

August 29: Shang Chi

WEBSITES FOR PUBLIC VILLAGE EVENTS

The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you.

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 simply 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.

All FBWE programs take place on Zoom unless otherwise indicated.

Foggy Bottom West End Village
2430 K Street NW
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fbwe.helpfulvillage.com

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