



Director's Notes: Monday, August 8th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

BY THE NUMBERS

Foggy Bottom West End Village keeps count of what we do – services provided, programs offered, program attendees, volunteer hours, etc. These statistics are compiled every quarter and I will start sending some of them out on a quarterly basis. Following are some of the statistics for the third quarter of the fiscal year (April – June).



The first thing I want to point out is that volunteers made the village run. Jonas and I, as your paid staff, work hard, but we could never handle all the amazing work done by our volunteers. For the third quarter of the fiscal year, we had 63 volunteers who gave a total of 498 hours to members and to the village.

We provided 94 rides (almost entirely to medical appointments) and did 52 grocery shopping trips. Other services included providing tech assistance, facilitating a support group for caregivers, running miscellaneous errands, and making friendly visits. Additionally, our consultant case manager worked with 14 members.

Our Program Committee did a wonderful job, as usual, with 50 programs and affinity group gatherings. The total number of attendees at all these programs and activities was 200. This includes some members of other villages because a handful of the DC Villages share some of their programs.

Highlights of our programs included the ever-popular Coffee & Conversation on Tuesday mornings, as well as several highly attended exercise classes and numerous art programs. The visit to Tudor House

was enjoyed by many who combined afternoon tea with a tour of the historic grounds.

The bottom line is we have much to be proud of as a village. The data leaves out the key aspect of Foggy Bottom West End Village, however, and that is our kind and caring members and your willingness to share humor, friendship, and support with each other. While volunteers keep the village running, members connecting to each other is the village's backbone.

-Denise

ANC Community Meeting with DDOT

ANC 2A will hold a community meeting with the District Department of Transportation (DDOT) on Tuesday, August 9th at 6:00 pm. The meeting will be held in the second floor hall of St. Paul's Church at 2430 K Street NW. The meeting will also be held online via Zoom at:

<https://bit.ly/ANC2ADDOTMeeting>

Masks will be required to be worn by all in-person attendees.

The purpose of the meeting is to discuss ongoing DDOT work in the neighborhood, focusing on pedestrian, cyclist, and vehicular safety issues. Particular focus will be placed on the Virginia Avenue NW Protected Bike Lanes Project. Representatives from DDOT will be in attendance and ample time will be provided for meeting attendee questions and comments.



THE WHITE HOUSE
WASHINGTON

FBWE Village White House Tour

The Program Committee has set up an exciting and unique tour of the White House exclusively for village members. The tour will be on 10/18/2022; 10/19/2022; or 10/25/2022. We won't know the exact date until early October as it depends on the White House schedule. If you have interest in attending the tour you **MUST REGISTER HERE** by *Friday, August 12th at 4:00 pm*. No exceptions will be made. If you need help filling out the online form please call the office, 202-333-1327.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to one special person!

- Joelle Egger - August 11th



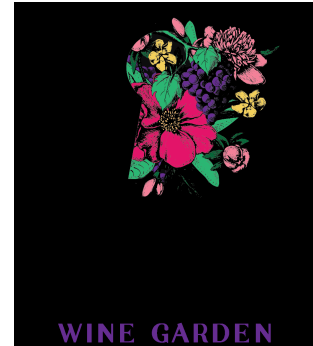
PROGRAMS

FBWE VILLAGE HAPPY HOUR

Tuesday, August 16th, from 5:00 to 6:30 pm
Bottles Wine Garden, 2500 Pennsylvania Ave NW

Join us for a fall happy hour at the brand new Bottles Wine Garden! It is located in the former Avenue Suites hotel at 2500 Pennsylvania Ave NW. There will be food provided. Members pay for their own drinks. There is an indoor portion of the wine garden and an expansive wine garden patio. You can find the drink menu and more information on Bottles on their website here:

bottleswinegarden.com



Hope you can join us! [Register for the Happy Hour here!](#)



FREE NATIONALS GAME!

Wednesday, August 17th, at 1:30 PM
Nationals Park, 1500 S Capitol St SE,
Washington, DC 20003

Councilmember Pinto would like to invite members of the Foggy Bottom West End Village and their families & friends to the Nationals Game on Wednesday, August 17th at 1:05 pm against the Chicago Cubs. They have plenty of tickets to share! Feel free to invite anyone you like to accompany you to the game. Please register by Friday, August 12th at 5:00 pm to guarantee tickets for you and your guests. However, extra tickets might be available if you register after the deadline.

[Register for the tickets here.](#) Please register your guests as well. You can register them directly on the site or by sending Jonas, jfrumkin@fbwevillage.org, an email with their name(s) and email.

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

**Thursday, August 18th, at 12:30 pm
Juniper at the Fairmont Hotel, 2401 M St
NW**

We're exploring a little for our August GOAL. One of our more popular venues, Juniper in the Fairmont, is open again for lunch. The venue "...offers a neighborhood restaurant atmosphere with authentic fare. Specialties are creatively prepared of seasonal ingredients that are perfect for a casual meal or family style dining experience." [Their menu is here](#). Hope you can make it and enjoy the discussion, storytelling, and banter of a GOAL lunch.



Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

Accessibility: The venue is fully accessible. Open to all male members.

Registration is required. Please e-mail Trev Neve at tneve@rcn.com by Tuesday, 16 August 2022, if you plan to attend, so he can get a final headcount for the table reservation.



ART INTROSPECTION - MAX ERNST

Friday, August 19th, at 1:00 PM

Max Ernst painted "A Moment of Calm" in 1939. Max Ernst was a prolific, pioneering, German-born surrealist artist and influencer of Dadaism.

Sireen recently saw "A Moment of Calm" (above) at the National Gallery of Art's East Wing, and they were instantly magnetized and captivated by the piece. It spans almost an entire wall and certainly has a grand presence.

The intensity and warmth of its colors, combined with its high textural quality, layers of symbolism, and allusions to natural life and wildness, contrasted with darkness and ominousness suggesting impending danger or thrill, will evoke something different for each viewer.

So, what does the painting bring up for you? What do you see here? And what questions might be arising for you?

We will be hosting an Art Introspection discussion on Friday, August 19th, 2022. We hope to see you there! [Register for the discussion 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 2 different restaurants featuring Indian and French cuisine. Bon Appétit!

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

[Register here](#)



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](#)

HERE'S THE SCOOP!



FOGGY BOTTOM WEST END VILLAGE ICE CREAM SOCIAL

**Saturday, August. 27th, from 2 -
3:30 PM**

**At: 26th Street Park between I and K Sts
NW (near dog park)**



Come celebrate summer with Villagers, friends, and neighbors of Foggy Bottom West End as we enjoy delicious gelato, lively music and delightful company in a charming outdoor setting.

The Foggy Bottom Whomp-Stompers will provide Jazz age dance music while you experience the cool taste of amazing authentic Italian gelato from La Marmotta Gelateria. Mix and mingle, kick up your heels, sing along or sit back and relax as we gather for this special annual FBWEV event.

Hope to see you there!

REGISTRATION required by August 23. [Click here to register.](#)

COST: Free

VILLAGE LUNCH AND MOVIE

Monday, August 29th, at 11:30 am

**Lunch location: Ted's Bulletin, 505 8th St
SE**



The Foggy Bottom West End Village has scheduled a fun lunch opportunity for members and guests in conjunction with the Waterfront Village Summer Movie Series. We will be having lunch at Ted's Bulletin Capitol Hill at 11:30 am before the 1pm showing of Top Gun Maverick at the Miracle Theater. The movie showing is open only to villagers and their guests. It is not open to the general public.

[Register and find more information here!](#)

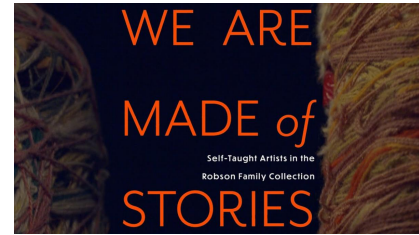
You can get to the lunch by taking the metro to Eastern Market and walking a couple of blocks south along 8th St SE. Denise will also be driving over so please fill out the transportation questions while you register to indicate you'd like a ride to and/or from the lunch and movie.

We hope you can join us for this fun opportunity to share a meal with your friends and see the hottest movie of the summer. More details on the movie series and on Top Gun are in the announcement farther down in the director's notes.

Art Thursday: We Are Made of Stories: Self-Taught Artists in the Robson Family Collection

Thursday, September 1, 1:00 p.m.

Where: Online via Zoom (You will receive the link when you register)



We Are Made of Stories is a fascinating exhibit currently on view at the Smithsonian American Art Museum. We are fortunate to be able to bring this exhibit into your homes via Zoom courtesy of the Education Department of SAAM.

Artists without formal training, who learned from family, community, and personal journeys, have long been a presence in American art. But it was not until the 1980s, with the help of trailblazing advocates, that the collective force of their creative vision and presence irrevocably turned the tide in the mainstream art world. Through drawings, paintings, and sculptures that span the narrative to the abstract, the artworks in **We Are Made of Stories: Self-Taught Artists in the Robson Family Collection** convey the humanistic power of art and allow us to see the world through the lens of another.

We Are Made of Stories traces the rise of self-taught artists in the twentieth century and examines how, despite wide-ranging societal, racial, and gender-based obstacles, their creativity and bold self-definition became major forces in American art. The exhibition showcases forty-three artists whose work was admired and collected by Margaret Z. Robson (1932–2014). Margaret valued their artworks and personal stories, believing both offered a truer, more complete portrait of our nation's makers and redefined who could be an artist in America.

Cost: This program is free.

Registration Required. [Please click here to register](#). You will receive the Zoom link when you register.

PREVIEW OF COMING ATTRACTIONS!

The Program Committee has some new things percolating. Here are some events we hope to put on our calendar in the next few weeks:

Piano Concert
Walks in FBWE and beyond
Art museum visits (virtual and in person)
Tech and travel

In addition to these one-time events, we also have some weekly/ monthly affinity groups (member-led) that are getting back in gear (French conversation, Walkie Talkies, Women's Lunch) or starting anew (book group first Wed each month).

Let us know what else might interest you! Be sure to check the Director's Notes each week so you don't miss anything!

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:

- September 7th: "The Night Watchman," by Louise Edrich
- October 5th: "Crying in H Mart," by Michelle Zauner

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 SUPPORT 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

A BIT OF HUMOR



It's heartwarming to know that our best dancers are so dedicated to their art

OTHER PIECES

Watergate CVS Closes Today

The Watergate CVS is closing. Many of you are already aware that this store will close Today, Monday August 8th. This will cause disruption to many and we are sad to see this store close. Note that many items (not all) are on sale at 50% off or more until sold out.

Many of you have already switched to a different pharmacy but if you haven't here is the information on the two closest CVS's:

CVS 2240 M ST NW; Open 7am - 11 pm daily; Pharmacy open 8am to 8pm on weekdays, 9am to 6pm on Saturdays and 10 am to 6 pm on Sundays

CVS 2125 E ST NW; Open 7am - 12 am daily; Pharmacy open 9am to 6pm on weekdays, closed on weekends

Note that CVS also offers free prescription delivery throughout our footprint. If you would like help setting up prescription deliveries please contact the office.

Peer Support Workers

Would you like to have a peer support

person come to your home? Iona Senior Services is piloting a program to run to the end of December which will match you with a paid peer support worker to come to your home to do light tasks (preparing a meal, doing laundry, cleaning, grocery shopping, etc.) and/or to keep you company. There will be no cost to you for having a peer support worker. [See the flier here for details](#) and feel free to call the office or email me at (dsnyder@fbwevillage.org) to talk about it further.



The other half of the program is recruiting the peer support workers. Here is the job description for the paid, part-time position. Hours are flexible and weekly meetings with an Iona supervisor will provide guidance and support for the peer support workers. Again, feel free to call the office or email me at dsnyder@fbwevillage.org.

-Denise

Do you like to sing? Are you 55+?



Encore Creativity for Older Adults is the nation's largest chorale organization for adults 55 and older. Encore has 18 chorales and 5 rock & roll choruses all lead by experienced professional conductors. Encore's newest program, Sentimental Journey Singers (SJS), connects individuals with early-stage Alzheimer's or other memory impairment with their caregivers through song. Their next sessions start in early September. For more information and to sign up for one of their programs near you, visit encorecreativity.org or email info@encorecreativity.org today.

Restaurant Week Options

DC Restaurant Week starts on August 15th and runs through August 21st. A list of participating restaurants in the area is below. This year brunch/ lunch/ dinner options are offered at \$25, \$40, \$55. [You can find the full list here.](#)

- Bindaas Foggy Bottom - Lunch and Dinner
 - Chef Geoff's West End - Brunch, Lunch and Dinner
 - Circa - Dinner
 - Duke's Grocery Foggy Bottom - Dinner
 - Equinox Restaurant - Dinner
 - Founding Farmers - Lunch and Dinner
 - Kaz Sushi - Dinner
 - North Italia - Lunch and Dinner
 - Rasika West End - Lunch and Dinner
 - Ris - Lunch and Dinner
-

IN THE COMMUNITY

Waterfront Village Summer Movie Series

Waterfront Village invites all DC Villages to join them for a summer movie series at Miracle Theatre on Barracks Row (535 8th Street SE).



The Movie Monday Matinees have been scheduled in August to let folks relax in an air-conditioned theater watching some of the summer's hottest hits. All movies are just \$6.00 per ticket. No need to register in advance, just meet at the theater for the movie you want to see.

They ask that all participants be fully vaccinated. The theater has capacity for 300 people, so they expect that social distancing will be possible.

The schedule is as follows, all movies are scheduled for 1pm:

August 15 -- Mrs. Smith Goes to Paris

In partnership with the House of Dior, "Mrs. Harris Goes To Paris" tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

August 29 -- Top Gun Maverick

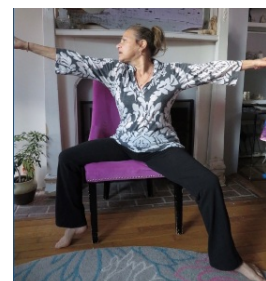
With more than \$647 million in tickets sold, this is the blockbuster movie of 2022. The sequel to Top Gun (1986) and the second installment in the Top Gun film series, the film stars Tom Cruise as Captain Pete "Maverick" Mitchell reprising his role from the original, alongside Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell, Lewis Pullman, Ed Harris, and Val Kilmer (who also reprises his role). It follows Maverick confronting his past while training a group of younger TOPGUN graduates.

Barracks Row also is home to some wonderful restaurants for those who would like to combine the theater experience with lunch or an early dinner.

Capitol Hill Village Chair Yoga Class Returns

Mondays and Thursdays from 4 to 5 pm

CHV's fabulous yoga instructor Robin Blum has healed from hip replacement surgery and is ready to lead us



in chair yoga again! The class meets on zoom on Monday and Thursday afternoons from 4:00 - 5:00. The first class is Thursday, August 4.

Find more info and register here. If you have any questions you can email them to info@capitolhillvillage.org or call the office at 202-543-1778 x111



UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

Monday Movie Nights

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:

August 8: Licorice Pizza

August 15: Princess Bride

August 22: Summer of Soul

August 29: Shang Chi

Online Alzheimer's Education Programs conducted by Sheila Griffith

Thursday, August 25th, from 3:00 pm - 4:00 pm

EFFECTIVE COMMUNICATION STRATEGIES:

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner. **Find more info and register here.**

Technology for Social Connectedness and Engagement with Scott Code of Leading Age Center

Wednesday, August 31st, from 3:00 pm - 4:00 pm

Join Scott Code, Senior Director of LeadingAge Center for Aging Services Technology Team (CAST), as he explores the different types of technology that help facilitate and enhance social connectedness and engagement. We will learn about available resources and tools to help us navigate the different technology options. **Find more info and register**

[here.](#)

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
(202) 333-1327

fbwe.helpfulvillage.com

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