

☀ **FEBRUARY & MARCH AT EAST ROCK CREEK VILLAGE** ☀
(These events are open to all!)

Monday, Feb. 17 & 24: 10:00 am (NOTE new time and starting point.)

ERCV MORNING WALKERS

- Meet at the ERCV Office at the rear of 7707 13th St. NW. We will walk at a leisurely pace for about 1/2 hour on sidewalks and on the track behind Shepherd School, and then back to the office. All are invited into the office for beverages and conversation afterwards.
- Open to all – no reservations are needed, but emails to info@eastrockcreekvillage.org or a call or text to 202-656-7322 with your plans or questions are welcome. We send an email reminder (or, rarely, a weather-related cancellation) on Sunday afternoons.

Wednesdays, Feb.19 & 26: 9:30 am

RECENT RETIREE MEET-UPS (co-sponsored by Dupont Circle Village)

- At Uptown Market, 4465 Conn. Ave. NW
- For those who are getting ready to retire and/or have retired in the past five years. Meet with our Case Manager Barbara Scott for conversation about various aspects of retirement. Questions? Contact Barbara at casemanager@dupontcirclevillage.net or 202-441-7290

Wednesdays, Feb.19 & 26: Mar. 4: 4:00 pm (NOTE new time and starting point.)

ERCV AFTERNOON WALKERS

- Meet at Linda and Roger Glass's home (7200 Alaska Ave.) and walk for an hour, followed by beverages and conversation.
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Fridays, Feb. 21 & 28 (no Feb. 14): 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email info@eastrockcreekvillage.org or call or text 202-656-7322 to be added to the Thursday reminder list.

Wednesday, Feb. 26: 12:00 noon

ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!

- Join us at **Cubano's**, 1201 Fidler Ln., Silver Spring. From northbound Georgia Ave. turn left on Cameron St. and park in the public garage on your right. You need to remember your parking space number and pay ahead at the entrance on Cameron, where the machines do not give change if you pay with cash. The restaurant is 1/2 block away -- south on Ramsey and then right at Fidler Ln.
- Authentic Cuban food; prices about \$15.
- **RSVP** to info@eastrockcreekvillage.org or phone or text 202-656-7322 so we can reserve a table big enough for the whole group. Service members: let us know a week ahead if you will want a ride.

Wednesday, Mar. 4 & every Wed. & Fri. through May 22: 2:00-3:00 pm

OTAGO EXERCISE PROGRAM TO HELP PREVENT FALLS

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- A 12-week course meeting twice weekly, with one additional day each week of exercises at home and walking for 30 minutes twice a week. OTAGO is suitable for those who can walk without or with an assistive device and want to improve their balance and ability to resist falls. ERCV service members may request a ride to sessions.
- Free & open to the public, but limited to 15 participants. **Registration is necessary.** To register, or for more information, email info@eastrockcreekvillage.org or call 202-656-7322. You can also register on our website by clicking [here](#).



☀ . . . and some interesting community events . . . ☀
(All events are free.)

~ **Sunday, Feb. 16, 11:00 am-5:00 pm: Art Rave Underground** – At Dupont Underground (enter on the north side of Dupont Circle at the red entrance beside Starbucks). The Dupont Underground is an old trolley station that closed in 1962 when the DC trolley stopped running. The art market attracts painters, sculptors, fashion, wood workers, and other makers for a creative market like no other in the center of Dupont Circle. Free to enter.

~ **Wednesday, Feb. 19, 4:30-6:30 pm: Film Night at Petworth Library** – 4200 Kansas Ave. NW. Celebrate Black History Month with a screening of the 2011 documentary *The Black Power Mixtape 1967-1975*. Watch rare footage captured of the black power movement, including interviews with Angela Davis, Stokely Carmichael, Bobby Seale, and others. Popcorn and refreshments provided. For more information call 202-243-1188.

~ **Monday, Feb. 24, 7:00 pm: Trivia Night at Petworth Library** – 4200 Kansas Ave. NW. Are you a walking encyclopedia? Have room for one more trophy on the shelf? Join the Petworth Library for

its monthly battle of wits. Bring friends, or we'll team you up with your fellow brainiacs -- groups should not exceed six people. Win prizes and the cherished title of trivia night champion! Refreshments provided. For more information call 202-243-1188.

~ **Monday, Feb. 24, 8:00 pm: Silver Spring Garden Club: Top 10 Weeding Tips** – At Brookside Gardens Visitors Center/Education Building, 1800 Glenallan Ave., Wheaton. Talk by Kathy Jentz, editor & publisher of *Washington Gardener Magazine*, will explore proven ways to combat weeds and keep them down to a manageable level, while still being able to enjoy your garden. Talk will also include a list of the most common weeds and which are the worst challenges to fight off in our local gardens. Refreshments provided after the talk by Garden Club members. Open to all.

~ **Friday, Feb. 28, 5:45 pm: Community Shabbat Dinner and Game Night** – At Ohev Sholom National Synagogue, 1600 Jonquil St. NW. Kabbalat Shabbat prayer services followed by dinner (including remarks from SPCA Pres. Naima Jefferson), games, & snacks. All residents of Shepherd Park not affiliated with the synagogue welcome as guests for no charge—but **please respond by Feb. 24** so enough food can be provided, by emailing info@ostns.org. Please contact Ruth Balinsky at ruthbalinsky@gmail.com if you have questions.

~ **Saturday, Feb. 29, 1:00-3:00 pm: Freecycle Community Give-away at the Parks** – 1010 Butternut St. NW, Building 12—the first building on your right after the guard booth at Georgia Ave. Enter from 16th St. NW on Main Dr., or enter at Butternut St. from Georgia Ave. Office furniture, credenzas, filing cabinets, misc. electronics, printers, other office furnishings left in former office building by the Army. Everything free on first-come basis. Must provide your own transportation and hauling; trucks and vans welcome on site. The building has wide stairs but no elevator.

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