



202-656-7322

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☀️ SEPTEMBER CALENDAR UPDATE ☀️

Tuesdays, Sept. 15, 22, & 29: 10:00 am

ZOOM OTAGO EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an Otago exercise practice designed for those who have Otago experience or experience with Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- We are open to changing the day and time to fit participants' schedules; if you try the class during September you will have input for further scheduling.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Wednesdays, Sept. 16, 23, & 30: 6:00 pm

ERCV AFTERNOON WALKERS

- We will meet at the Learmonths' porch (1309 Floral St.) and will walk on the track inside Walter Reed. Other routes are possible, including on pavement or the dirt Valley Trail in Rock Creek Park. We will walk masked, in pairs. Plan to bring your own water, as we will not gather afterwards for beverages for the time being.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails on Wednesday mornings, or if you have questions.
- We will likely change to an earlier time in October.

Fridays, Sept. 18 & 25: 3:00-4:00 pm

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is now online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. Wear loose clothing. You just need a chair and a device connected to the internet — the bigger the screen, the better.
- [Email](#) or phone or text 202-656-7322 to register. We will send you the unique Zoom link each Thursday. Assistance in using Zoom, which is free, is available from our office.

Mondays, Sept. 21 & 28: 8:00 am

ERCV MORNING WALKERS

- We will meet at the Kalmia Rd. gate to Shepherd Field and walk the track in pairs, wearing masks – you choose the pace and distance. Stairs and other exercise equipment are also available. Water, hand sanitizer, & gloves will be available.
- Reservations are not necessary, but if you [email](#) us you will be included on a reminder list. You can also call 202-656-7322, including early Monday mornings. This walk will move to a later time in October.

Thursday, Sept. 24, 3:00-4:30

ARMCHAIR TRAVEL SERIES: SUMMERS GONE BY, VIA ZOOM

- Did you take pictures of any pretty places you visited this summer or in summers gone by? Please send photos to info@eastrockcreekvillage.org by **Tuesday, Sept. 22**, and include a short note about the location and time of the pictures and any story you want to share. Shelley will create an online PowerPoint for our enjoyment.
- Please call Shelley at 202-230-0213 if you have any questions, or if you have older photographs she may be able to scan so they can be included.
- **Let us know if you plan to attend** so we can send you an invitation with the link to join in (ERCV members and volunteers will receive the link automatically). Your **RSVP** can be by [email](#) or by phone or text to 202-656-7322; or you can register on our [website](#).



Being good citizens. . .

Voting: All voter registration applications and updates submitted online and by mail must be received by the Board of Elections by no later than the 21st day before the election, but you can still register in person during early voting or on Election Day. To register when you vote, you must provide proof of residence that shows your name and current DC address. **ERCV can help you with registration, and volunteers will deliver completed ballots to drop boxes when the time comes.** Email or call us with questions or to request these services: info@eastrockcreekvillage.org or 202-656-7322. (See Community listings for information about a virtual town hall meeting on voting, and complete Vote 202 information is available on the [ERCV website](#).)

Be counted: Less than 82% of DC households have responded to the 2020 Census, but it is NOT TOO LATE! Click [here](#) or call 844-330-2020 to get counted. There is only one of you. Please be counted!

Go Solar: The Department of Energy and Environment is still actively enrolling qualified residents in Solar for All, Mayor Bowser's effort to help residents cut the cost of their electricity bill and save up to \$500 annually. Please visit www.doe.dc.gov/solarforall to apply online or

download an application. For application assistance, call the Solar for All Hotline at 202-299-5271 or email solarforall@dc.gov.



Transportation Updates

Reminder from ERCV: We have begun offering rides to necessary medical appointments. Email info@eastrockcreekvillage.org for more information or call 202-656-7322. To read our complete policy and guidelines, visit our [website](#).

Yellow Cab Information from Capitol Hill Village: In response to public concerns about health and social distancing, Yellow Cab of DC has installed state-of-the-art technology in their vehicles and regularly educates their drivers on appropriate cleaning measures to decrease the spread of COVID-19. Yellow Cab of DC has introduced the “Book in Advance” feature that allows passengers to schedule rides ahead of time, providing drivers ample time to sanitize their vehicle in between rides.

Safety precautions established to decrease the spread of COVID-19 include:

- Shield Taxi Bubble – a plexiglass divider between the driver and passenger
- Contactless payments including:
 - Samsung, Apple, and Google Pay
 - NFC Card Readers
 - Credit card tap or swipe machines
 - COVID-19 safety protocol training for drivers, including vehicle sanitization

When making a reservation, passengers can choose the taxi that best meets their needs, including wheelchair-accessible vehicles. To schedule your next ride, download the DCYellowCab App, book online at <https://dcyellowcab.com/booking/>, or call 202-544-1212.



Events and opportunities in the wider community (all free!) . . .

🌿 **Virtual Free WalkingTownDC tours: through Sunday, Sept. 20** – These annual tours are virtual this year via Zoom. You can sign up for a maximum of five; tours are about 40 minutes long. **Register** at <https://www.culturaltourismdc.org/portal/virtual-wtdc>

🌿 **Virtual Town Hall Meeting on the 2020 General Election: Thursday, Sept. 17, 10:30 am-12:00 pm** – Join the DC Board of Elections to hear directly about plans for the upcoming election and get your questions answered about voting. **Register in advance** for this webinar [here](#); you will then receive a confirmation email with information about joining the webinar.

🌀 **Love your Local – Park(ing) Day on 4th St. NW: Friday, Sept. 18, 9:00 am-4:00 pm** – Join us on the 6900 block of 4th St. NW as we participate in this worldwide event and re-imagine a parking space as a public park. Games, community yoga (9-9:45 beginners, 10-10:45 power yoga), and comfortable chairs to sit socially distanced and enjoy the neighborhood.

🌀 **Mayor Bowser’s 9th Annual Virtual Senior Symposium: Tuesday, Sept. 22, 11:00 am** – Join the Dept. of Aging & Community Living for a day of fellowship, fitness, & fun. [Register here](#) by **Sept. 17** to receive a special meal delivery to participate in the live cooking demo. **To join in:** Tune in to Channel 16; watch live online at <http://video.oct.dc.gov>; or dial in at 844-881-1314.

🌀 **Passport DC: A Living History Experience: Wednesday, Sept. 30, 7:00-8:30 pm** – DC has over 200 years of Black history woven into the very fabric of this city. Experienced a self-guided exploration of several historical sites; walk in the footsteps of Black Washingtonians who marched for equality, fought for civil rights, and achieved great heights in scientific, literary, musical, and social progress. Virtual presentation by renowned historian C.R. Gibbs. **Free, but pre-registration required:** [Visit the website](#) for details and click on the ticket icon on the right of the page. Presented by Edlavitch DC Jewish Community Center in partnership with the Capital Jewish Museum.

🌀 **Virtual Speakers Series with Northwest Neighbors Village** – Since the pandemic began, ERCV’s sister Village has presented their Virtual Speakers Series via Zoom. Several of their Village members have generously allowed their presentations to be recorded; these are available free to the community [here](#). Sampling of the 60-minute offerings: [Nan Aron \(The Supreme Court: The Stakes Couldn’t be Higher this Election Year\)](#); [David Cohen \(Bring the Wild Beauty In: How I Came to Photograph Birds from N. America to Australia\)](#); [Esther Foer \(I Want You to Know We’re Still Here\)](#) – a memoir recounting her search to find the missing pieces from her past).



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We will be most appreciative!