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☀ NOVEMBER CALENDAR UPDATE ☀

Mondays, Nov. 16, 23, & 30: 9:00 am

ERCV MORNING WALKERS

- We will meet on the track at the Shepherd Field. Gates on both Jonquil & Kalmia are open, and there is currently plenty of parking on both streets, so you can do all your walking on the springy surface of the track. We walk the track in pairs, wearing masks – you choose the pace and distance; we usually walk and have conversation for about 30 minutes.
- Reservations are not necessary, but if you [email](#) us or call or text 202-656-7322, we can add you to the Sunday evening email reminder list or the Monday morning phone or text reminder.
- We are open to changing the day and the location (we could walk on the track inside old Walter Reed instead) if that would increase participation.

Tuesdays, Nov. 17 & 24: 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.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Wednesdays, Nov. 18 & 25: 4:00 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.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails on Tuesdays, or if you have questions.

Thursday, Nov. 19: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES VIA ZOOM: The Baltics

- World traveler, talented photographer, and ERCV volunteer Ralph Blessing will share images and stories from his 2017 visit to Lithuania, Latvia, and Estonia. If time permits there may even be a few shots from Poland and St. Petersburg.
- All are invited! Zoom link:
<https://us02web.zoom.us/j/89582773389?pwd=OEdKZW1DSTFJNUZqajJxNmRicDBJUT09>
- If you need help with Zoom, call the office at 202-656-7322 or [email](#) us and we will be glad to help.



Fridays, Nov. 20 & 27: 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](#) us or phone or text 202-656-7322 to receive reminders. Here is the Zoom link to join the class:
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09>



Some information . . .

The District Changed Its Mind about Leaf Collection! UPDATE: No bagging is required now. Leaves do need to be raked into tree boxes. See details [here](#). Contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org if you need assistance and we will try to match you with a volunteer.

DCPSC offers free home weatherization to help DC Residents prepare for winter. The Public Service Commission of DC kicks off its annual Winter Ready DC campaign from November to March to encourage residents to prepare their homes for winter to help avoid high utility bills. DC residents can receive a free weatherization kit and learn about resources and assistance programs to help manage your utility bills. To receive a kit, you must be a DC resident and sign up at www.dcpSC.org/winterreadydc. Kits will be distributed on a first come, first served basis.



Events and opportunities in the wider community . . .

🌀 **November is Native American Heritage Month at the DC Public Library** – Visit their [website](#) to see the resources and performances they are offering.

🌀 **Weaving of Sound and Being: Sunday, Nov. 15, 3:30 pm** on [Instagram Live](#) – Relax to the soothing sounds and healing vibrations of gong, singing bowls, wooden flute, and drums creating a soothing sound-bath performance at Boiler Plant at The Parks at Walter Reed. If you don't have Instagram, you can watch the performance when it is posted on The Parks [YouTube channel](#).

🌀 **Pianist Derek Zhi Guang Chiu: Wednesday, Nov. 18, 12:00-1:00 pm** on [Culture Saves](#) – Canadian pianist and piano pedagogue Chiu has an active professional career. In 2016 and 2018 he was named by Steinway & Sons as one of the Top Teachers in Calgary, Alberta. He has a growing reputation as a performer, music educator, clinician, and music consultant. Chiu has performed solo and chamber recitals throughout Canada, the United States, and Europe. This performance is part of the virtual series “The Piano Journey.” Free event offered by Around Town DC. Register [here](#).

🌀 **Virtual Roundtable with Eleanor Holmes Norton: Wednesday, Nov. 18, 7:00 pm** – Join the Chevy Chase Citizens Association, hosted by longtime DC journalist Test Gest. Delegate Norton will talk about the possibility of future DC statehood (5 minutes); her take on the national election (5 minutes); and will respond to questions from our moderator and from chat entries in real-time from the audience. Link to the roundtable: <https://us02web.zoom.us/j/84524421976> or dial-in 301 715 8592; Webinar ID 845 2442 1976

🌀 **Harnessing the Power of Grief: Wednesday, Nov. 18, 2:30-3:30 pm** – Julie Potter, a certified social worker with experience in health care including home care, hospice, and nursing home and hospital settings, will talk about her new book. Potter explains that grief comes and goes throughout our entire life. It is natural to all of us, it helps us to incorporate our losses into our lives, and then helps us to move on in a changed and sometimes completely new way. It helps us to remember. It is as powerful as love. Free event offered by Around Town DC. Read more and register [here](#).

🌀 **Introduction to the Department of Aging and Community Living (DACL) programs: Monday, Nov. 23, 12:00-1:00 pm** – Join the Department of Aging and Community Living (DACL) to hear Alice Thompson, Community Outreach Specialist, talk about DACL's programming, events, and virtual calendar, and answer any questions you have. [Read more and register here](#). Note: DACL is a generous supporter of DC's 13 Villages, including ERCV.

🌀 **Virtual tour of Planet Word: Thursday, Dec. 3, 1:00 pm** – DC’s newest museum, Planet Word, opened in October to much fanfare. Join a virtual tour to see the groundbreaking interactive exhibitions for yourself! Educator Caitlin Miller will show us why Planet Word will renew and inspire your love of words. Read more and **register** [here](#). Offered by Around Town DC.



Brightwood Neighborhood

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Wishing you a happy, healthy Thanksgiving!



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We will be most appreciative!