



202-656-7322

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## ☀️ OCTOBER CALENDAR UPDATE ☀️

Thursday, Oct. 15: 3:00-4:30 pm

### **ERCV OPEN HOUSE VIA ZOOM: Conversation on experiences during the pandemic**

- Join members, volunteers, and friends of East Rock Creek Village for a discussion about experiences during the pandemic, looking ahead to the holiday season, and whatever else is on your mind. We will also share what services and activities ERCV is doing now -- membership is free through the end of the year.
- All are invited to join us via laptop, tablet, or smart phone. ZOOM is free and easy to use. **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](mailto:info@eastrockcreekvillage.org) or by phone or text to 202-656-7322, or you can register on our [website](http://www.eastrockcreekvillage.org).
- If you have never used Zoom before, plan to log into the session at 2:30 pm on the 15<sup>th</sup> to get oriented, or you can call or email our office to set up a Zoom introductory meeting at another time.

Fridays, Oct. 16, 23, & 30: 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](mailto:info@eastrockcreekvillage.org) 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, Oct. 19 & 26: 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, Oct. 20 & 27: 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, Oct. 21 & 28: 5:00 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 Tuesdays, or if you have questions.

Thursday, Oct. 22: 3:00-4:30 pm

### **ARMCHAIR TRAVEL SERIES VIA ZOOM: Explore Alaska!**

- Margie Odle and Shelley Moskowitz have visited this vast and beautiful state and will be sharing their photos of wildlife, glaciers, and indigenous art.
- Do you have any Alaska photos to add to the presentation? Please email digital pictures to [info@astrockcreekvillage.org](mailto:info@astrockcreekvillage.org) by Tuesday, October 20, or, if you have prints that we can scan, please let us know by the 18<sup>th</sup>. Everyone is invited to join our Alaska adventure!
- Members, volunteers, and participants in ERCV events will get the Zoom link automatically for both the Open House and the Armchair Travel, but all are invited! [Email](#) or call us at 202-656-7322, or register on our [website](#), and we will send you the Zoom link.



## A few reminders & some information . . .

**DC has announced openings by appointment at recreation centers and aquatic centers.** For specific information about what is available in our area, go to this [website](#) and scroll down, past pages of school information, until you get to page 20 (shown in the upper right-hand corner) for recreation centers and page 21 for aquatic centers.


**Voting:** ERCV can help you with registration, and volunteers will deliver completed ballots to drop boxes when the time comes. [Email](#) or call us at 202-656-7322 with questions or to request these services. (Complete Vote 2020 information is available on the [ERCV website](#).)

**Be counted:** It is NOT TOO LATE to participate in the Census! Click [here](#) or call 844-330-2020 to get counted. There is only one of you. Please be counted!

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



## Events offered by other Villages . . .

 **Social worker Barbara Scott (Northwest Neighbors Village)** is facilitating a series of free discussions on **COPING WITH UNCERTAINTY**. Members of other Villages are welcome. Upcoming programs:

- **Wednesday, Oct. 21, 1:00-2:00 pm:** A discussion led by Barbara. Join by clicking [here](#). Or if you prefer to join by phone: Dial +1 301 715 8592; Meeting ID: 864 2081 4346; Passcode: Connected
- **Wednesday, Oct. 28, 1:00-2:00 pm:** Special guest: Tina Sandri, Forest Hills Assisted Living/Rehab CEO, will dispel the fear of moving into assisted living during COVID, discussing measures being taken at Forest Hills as well as her experience as a caretaker. Join by clicking [here](#). Or if you prefer to join by phone: Dial +1 301 715 8592; Meeting ID: 864 2081 4346; Passcode: Connected
- **Wednesday, Nov. 11, 1:00-2:00 pm:** NNV Member and travel agent Benita Lupic will talk about the future of travel and how the pandemic has affected the travel industry. The current state of the world has made us more aware of the way we travel and the destinations we visit. She will review health and safety travel procedures, policies, and regulations, as well as best practices for being a safer and smarter traveler so that seniors are prepared when they are able to travel again. Join by clicking [here](#). Or if you prefer to join by phone: Dial +1 301 715 8592; Meeting ID: 864 2081 4346; Passcode: Connected

🌀 **Jazz with Carey Smith (Northwest Neighbors Village): Thursday, Oct. 22, 6:00-7:00 pm –**

Join guitarist Carey Smith for a live jazz concert in the comfort of your own home. Carey has been teaching, performing, and recording professionally for 20 years. His latest record, *Birdy*, celebrates music associated with Charlie Parker. Click the Zoom link to join – free and open to all. <https://us02web.zoom.us/j/88055673579>



## Events and opportunities in the wider community . . .

🌀 **Shakespeare at the Tenley Library: virtual discussions** – The Shakespeare Society is a monthly Shakespeare reading and discussion group, meeting on the 3<sup>rd</sup> Tuesday of each month. The current series focuses on Shakespeare’s histories. Dates are as follows; for more details email [my.nguyen@dc.gov](mailto:my.nguyen@dc.gov).

- Oct. 20: *Henry V*
- Nov. 17: *Henry VI, Pt. 1*
- Dec. 15: *Henry VI, Pt. 2*
- Jan. 19: *Henry VI, Pt. 3*
- Feb. 16: *Henry VIII*

🌀 **Smithsonian Virtual Craft Show: open now, daily 9:00 am through Sunday, Oct. 25, 11:30**

**pm** – Explore and buy recent works from 100+ of the country’s top craft and wearable artists, hosted on Bidsquare.com. Serious collectors and casual shoppers will find unique pieces of art in all price ranges. [Free entry](#) to browse and shop.

🌀 **Hospice: Living into Our Dying: Thursday, Oct. 29, 1:00 pm** – Sponsored by Around Town DC.

Learn how hospice can prolong life and enhance care after medical treatment ends. Iona Senior Services care manager and former hospice nurse Dixcy Bosley will discuss the hospice benefit, who is eligible, hospice programs in our area, and how to become a better self-advocate for comfort care. Free. Read more and **register** [here](#).



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We will be most appreciative!