

☀ **NOVEMBER & DECEMBER AT EAST ROCK CREEK VILLAGE** ☀

Monday, Nov. 18 & 25; Dec. 2, 9, 16, 23, & 30: 9:00 am

**ERCV MORNING WALKERS**

- Meet at the home of Susan Davis (1202 Hemlock St NW). We will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back.
- Open to all – no reservations needed. New walkers welcome! **Note:** We will not walk if it is very cold or there is snow or ice on the sidewalks. Phone or text 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to be added to the weekly reminder email/call, or to receive notice of weather cancellations.

Wednesdays, Nov. 20 (no 27); Dec. 4, 11, & 18: **(NOTE NEW TIME FOR WINTER) 3:30 pm**

**ERCV AFTERNOON WALKERS**

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by hot tea or cider and conversation by the fire.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Fridays, Nov. 22 (no 15 or 29); Dec. 6, 13, 20, & 27: 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](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 to be added to the weekly reminder list.

Wednesdays, Nov. 27; Dec. 4: 9:30 am

**RECENT RETIREE COFFEE GROUP (sponsored by Dupont Circle Village)**

- New indoor location: Uptown Market & Café, 4465 Connecticut Avenue NW DC, on the west side of Connecticut Avenue across from Bread Furst.
- Conversation facilitated by Barbara Scott, Village case manager. Meet other retirees for coffee and discussion of issues and activities of common interest (including, on the day before Thanksgiving, functional family gatherings!). If you have questions, please contact Barbara, 202-557-8661 or [casemanager@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.net).

Thursday, Dec. 5: 9:00 am-4:00 pm

### EXCURSION TO THE NATIONAL MUSEUM OF WOMEN IN THE ARTS

- 1250 New York Ave. NW. See interesting exhibits ranging from Judy Chicago's Meditation on Death & Extinction to paintings by women of the Dutch Golden Age. For details visit <http://nmwa.org>.
- Admission is \$8 for seniors. We will purchase lunch in the museum café. Transportation will be by metro and the circulator bus, with rides available to & from Takoma Metro Station.
- If you don't have a Senior SmarTrip card, which gives you half-price travel, we can stop at the metro office at Metro Center and you can purchase one.
- Contact the ERCV office if you would like to join us: 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

Sunday, December 15: 3:00-5:00 pm



### ERCV HOLIDAY PARTY!

- At Takoma Co-Housing's Common Room, 6827 4<sup>th</sup> St. NW.
- Join other Village members, volunteers, & friends for appetizers, holiday sweets, festive beverages, & drawing for holiday gifts! Feel free to bring a guest.
- RSVP 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). Service members are invited to request a ride.



☀ **Helpful information that's come our way** . . . ☀

**The DC State Health Insurance Assistance Program** offers assistance by trained counselors regarding Medicare Rx Plans, Medicare Advantage Managed Care Plans, Federal Retiree Health Benefits, and the Medicaid QMB program. Call 202-727-8370 or email [ship.dacl@dc.gov](mailto:ship.dacl@dc.gov). The Program also offers information about programs in DC that help lower the cost of prescription drugs and other medical expenses for single seniors with income less than \$40,000 per year.

Another resource is the *Medicare and You* booklet you received recently. The ERCV Office also has lots of information. Call or email us and we will send copies to you. For service members, social worker Barbara Scott also offers assistance; contact our office to make a request.

**Visitor Parking Passes:** From the Shepherd Park listserv: This is the time to apply for your 2020 Visitor Parking Pass for your guests. Visit the [DDOT website](#) to apply. Note that you will need to enter your DC driver license/ID number as part of the process. Those who need help with using the internet can contact the ERCV office (202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)).

**Book on grieving:** From Village case manager Barbara Scott: A book recommended in Jane E. Brody's Nov. 11 Personal Health column in the NY Times: *Finding Meaning: The Sixth Stage of Grief* —David Kessler, a grief expert who himself needed to find meaning following the sudden death of his 21-year-old son, writes that "meaning comes through finding a way to sustain your love for the person . . . Loss is simply what happens to you in life. Meaning is what you make happen."

**Open enrollment for DC Health Link:** From Councilmember Todd: Open enrollment for individuals & families is in progress until January 31. You can preview the 2020 health plans & use their Plan Match tool to compare plans and costs. For more information regarding this opportunity, click [here](#).



☀ **And some community events that caught our eye & might interest you . . .** ☀

~ **Tues., Nov. 19 & every Tuesday, 2:45-4:00 pm: *Dance for PD® Program*** – At Maryland Youth Ballet, 926 Ellsworth Dr., Silver Spring (public parking garage nearby). Bowen McCauley Dance Co. provides FREE, weekly Dance for PD® classes for people with Parkinson’s disease and their care partners. Music, seated dance, and stretch. There is no pre-registration or dance experience required. An opportunity to connect with others! Dance for PD® licensed affiliates are the only organizations authorized to offer Dance for PD®-branded classes based on the Mark Morris Dance Group's research-backed program. Licensed affiliates maintain the highest standards of teaching, program delivery and administrative support to ensure that classes they offer are safe, beneficial and enjoyable. **Questions?** Please reach out to us at [dance@bmdc.org](mailto:dance@bmdc.org) or by phone 703-910-5175.

~ **Thurs., Nov. 21, 6:30 pm: *Lecture, “The Women Historical Keepers of the Anacostia Community Museum, 1967-1997*** – At Charles Sumner School Museum & Archives, 1201 17<sup>th</sup> St. NW. Fath Davis Ruffins, curator of African American History & Culture at the Smithsonian’s National Museum of American History, kicks off the annual DC History Conference (see below).

~ **Fri.-Sun., Nov. 22-24: *46<sup>th</sup> Annual DC History Conference: “Communities & Characters”*** – At Univ. of the District of Columbia, 4200 Conn. Ave. NW. Through panel sessions, posters, workshops, tours, and films, presenters will examine some of the major figures and interesting personalities who have shaped Washington, for better or worse, throughout its history. Presentations will also consider *who* has a right or power to make decisions for the city’s residents. Full program and information [here](#).



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