

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

Wednesdays, Oct. 16, 23, & 30; Nov. 6, 13, & 20: 4:00 pm

ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by tea or lemonade. **Note: On Oct. 16, & 23**, meet at the home of Linda Glass (7200 Alaska Ave. NW).
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Fridays, Oct. 18 & 25; Nov. 1, 8, 15: 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 weekly reminder list.

Wednesday, October 23: 12:00 noon

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

- At **Ledo Pizza**, 7435 Georgia Ave. NW. There is a parking lot just past the restaurant as you go north. Walk around to the south side to enter.
- The menu includes pizza, calzones and other tasty dishes.
- **Please RSVP by Monday the 21st**. To reserve your place, **click [here](#)**, or you may email info@eastrockcreekvillage.org or phone or text 202-656-7322. Service members may request a ride by contacting our office.

Monday, Oct. 28 (no 21); Nov. 4, 11, 18, & 25: (NOTE FALL WALK TIME – 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. Walkers are invited stop in at the Village office afterwards for lemonade or iced tea.
- Open to all – no reservations needed. New walkers welcome! Phone or text 202-656-7322 or email info@eastrockcreekvillage.org to be added to the weekly reminder email/call.



Thursday, Oct. 31: 3:00-5:00 pm

HALLOWEEN OPEN HOUSE – ALL ARE WELCOME TO JOIN THE FUN!

- At the ERCV Office, 7707 13th St. NW; entrance at the rear off the alley beside the house

- Join friends old and new to enjoy refreshments and holiday fun!

Bring your neighbor! Questions? Email us at info@eastrockcreekvillage.org or call 202-656-7322.

- All ERCV members, volunteers, & friends, as well as interested visitors, are invited!

Thursday, Nov. 7: 10:00 am-4:00 pm

GLENSTONE MUSEUM TRIP

- There is still an opportunity for you to experience this unique contemporary museum! We will travel to Potomac by car, leaving home about 10:00 am and returning about 4:00 pm. The only cost is lunch at the Glenstone cafe. There is plenty of walking but



accommodations are available for those with limited mobility. There are two buildings and 300 acres to visit. The fall weather and foliage will make the outdoor displays and walks even more enticing. Go to www.glenstone.org for more information. (Pictured are recent ERCV visitors Gloria Sulton, Shelley Brazier, Brenda Mejia, and Doreen Thompson.)

- **To reserve a space, click [here](#).** Or email

info@eastrockcreekvillage.org or call or text 202-656-7322.

- **A driver is needed for this trip.** Repeat visitors are welcome.

Sunday, Nov. 10: 3:00-4:30 pm

ERCV TRAINING TO PROVIDE RESPITE CARE

- At Sunrise of Chevy Chase, 2201 Colston Dr., Silver Spring (just over the DC line, off Washington Ave. between Grubb Rd. & East-West Hwy)
- Conducted by Barbara Scott, Social Worker, and the ERCV Volunteer Committee. We know that people with dementia are being cared for by family in their homes and that respite for the caregiver is essential for the caregiver's health and well-being. Training will provide the volunteer with useful information for understanding the characteristics and types of dementia and for providing care and stimulation for the caregiver's loved one. Volunteers will meet the caregiver and the family member before providing respite service.
- Completing a regular ERCV volunteer training is a prerequisite for the respite care training. This training can be provided for anyone interested, if you contact our office and make arrangements with us. **For more information and to register: Click [here](#)** or contact us at info@eastrockcreekvillage.org or 202-656-7322.

Saturday, Nov. 16: 2:00-4:30 pm

GTG TECH HELP – SIGN UP FOR ONE-ON-ONE HELP WITH YOUR ELECTRONIC DEVICE(S)!

- At Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave. NW, Meeting Room 2 upstairs (there is an elevator).

- Do you wish you could send your friends and family the photos you take with your smartphone? Or maybe you have so many email messages that you can't find that important reminder. Or maybe you want to use the internet to make airline reservations. Help will be available through ERCV and GTG Tech! "GTG" stands for "Generation to Generation;" these high school volunteers enjoy working with seniors and are both knowledgeable and patient. You will bring your smartphone, tablet, or laptop for an individual session to answer your questions and address your technology challenges.
- **To register & request an appointment time** – Times available are 2:00, 2:30, 3:00, 3:30, & 4:00 (a few people can be accommodated in each time slot). To sign up, **click [here](#) & indicate in the "Comments" box the time you would like.** Or you can contact Susan Learmonth at susan.learmonth@gmail.com or 202-271-1309. Service members may request a ride by contacting the ERCV office.



☀ Events sponsored by other Villages ☀

Saturday, October 19: 11:00 am-4:00 pm

PALISADES SENIOR VILLAGE HOUSE TOUR

- Featuring 7 homes in the Berkley & Palisades Neighborhoods. View a sampling of vintage, traditional, & renovated homes. Tour proceeds benefit Palisades Village.
- Advance tickets \$30 until 4 pm Oct. 18 at www.palisadesvillage.org or 202-244-3310. On the day of the tour: \$35 at the Lab School, 4759 Reservoir Rd. NW.

Wednesday, October 23: 9:30 am

RECENT RETIREE COFFEE GROUP (sponsored by Dupont Circle Village)

- At Firehook Bakery, 3411 Conn. Ave. NW, in the back garden. Bakery is across the street from the Uptown Theater. Conversation facilitated by Barbara Scott, social worker.
- Join recent retirees for coffee and discussion of issues and activities of common interest. If you have questions, please contact Barbara Scott, 202-557-8661 or casemanager@dupontcirclevillage.net.



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

~ Sat., Oct. 19, 11:00 am-7:00 pm: *Down in the Reeds Music Festival* – At The Parks at Walter Reed (enter at Butternut Dr. off Georgia Ave. NW). A fall music festival of workshops & performances celebrating the power of music to heal across culture and community. The festival will feature some of DC's best and most diverse musical acts, local artisans, breweries, food trucks, family games and crafts. Open to the public, with a suggested donation of \$10 to support

the musicians & creative artists. To donate, visit <https://downinthereeds.eventbrite.com> . For details & events schedule, visit <https://www.downinthereeds.com/>

~ Wed., Oct. 23, 7:00 pm: *To Prepare, Respond & Reclaim: Gun Violence & Houses of Worship* –

At Washington National Cathedral, 3101 Wisconsin Ave. NW (Underground parking. Enter from Wisconsin Ave. at light just south of Woodley Rd.; pay station machines accept cash or credit cards.) Every day in America, more than 100 people lose their lives to gun violence. Hundreds of thousands of survivors live the rest of their lives dealing with wounds and trauma from gun violence. As even houses of worship have become the scenes of deadly violence, we find ourselves asking: How do we become prepared? How do we respond? How will we reclaim our communities – both our streets and our houses of worship – as places of safety and sanctuary for all? As part of their commitment to convening important discussions in our civic and religious life, Washington National Cathedral invites the public to attend a discussion followed by a brief service of prayer, music, and reflection to inspire and guide us for the important work ahead. The discussion, moderated by Pierre Thomas of ABC News, will feature: Rev. Eric Manning, Mother Emanuel AME Church, Charleston, S.C.; Alan Hausman, Tree of Life Congregation, Pittsburgh, Pa. (invited); Rev. Canon Kelly Brown Douglas, Washington National Cathedral ; Ryane Nickens, TraRon Center, Washington, D.C.; Hurunnessa Fariad, ADAMS Center, Sterling, Va. Free & open to the public; **free registration requested** [here](#).

~ Thurs., Oct. 24, 10:00 am-2:00 pm: *State of the Ward 4 Senior Address* – At Riggs-LaSalle Recreation Center, 501 Riggs Rd. NW. Join Councilmember Todd and seniors from across Ward 4 for a day of information and fun, including health screenings, speakers, music, and a host of agencies. Continental breakfast and lunch will be served. **To RSVP**, contact Sam Stephens at 202-724-6663.



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We will be most appreciative!