

☀️ **JULY AT EAST ROCK CREEK VILLAGE** ☀️

Mondays, July 15, 22, & 29: 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 for lemonade or water and conversation afterwards, at about 10:00 am.
- Open to all – no reservations needed. Email info@eastrockcreekvillage.org or phone or text 202-656-7322 to be added to the weekly reminder email/call.

Wednesdays, July 17, 24, & 31: 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.
- Email info@eastrockcreekvillage.org or call or text 202-656-7322 if you have a question.

Fridays, July 19 & 26: 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- At 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, July 24: 12:00 noon

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

- At **Ghar-E-Kabab**, 944 Wayne Ave., Silver Spring (near Fenton). Parking is in the public structure across the street.
- The \$12 lunch buffet features tandoori & butter chicken, vegetable pakoras, & a variety of vegetarian dishes, or you can order off the menu.

- Please RSVP by Monday the 22nd to info@eastrockcreekvillage.org or phone or text 202-656-7322 so we can reserve a place for you. Service members may request a ride (please contact us a week ahead if you need a ride).



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

~ **Wed., July 17, 10:30 am: Diane Macklin, Storyteller** – Presented by Takoma DC Library at Busboys and Poets, 235 Carroll St. NW. Diane Macklin, master storyteller, stirs a savory blend of stories seasoned with truth, wit, and humor. This interactive feast for the ears is rich with family traditions, folk heroes, and the creative resilience of the African American experience. For details click [here](#). **Free**. Ages 6 and up.

~ **Thurs., July 18, 10:30am: Avalon Senior Cinema: “Yesterday”** – At Avalon Theater, 5612 Conn. Ave. NW. **Free**. The main character wakes up to find that he is the only one who remembers the Beatles!

~ **Thurs., July 18, 7:30pm: Dumbarton at Dusk – Jane Austen Garden Party** – Dumbarton House, 2715 Q Street NW. Enjoy a celebration of Jane Austen’s works at a garden party featuring period lawn games and Austen-inspired crafts. Drinks are served at a **cash bar**, otherwise the happy hour includes **free** light refreshments, music, and admission to the museum. For more information, call 202-337-2288.

~ **Fri., July 19, 9am-4pm: Self-Help Office: Legal Assistance** – At Iona Senior Services, 4125 Albemarle St. NW. AARP Legal Counsel for the Elderly offers **free** assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. **Appointment required**; call 202-895-9448 (option 4) for appointment.

~ **Sat., July 20, 3pm: Gallery Talk: Plans to Prosper You** – At AU Katzen Arts Center, 4400 Mass. Ave. NW. Anthropologist Delande Justinvil, who served as one of the curators on this exhibition, will be joined by historians and activists from historic black communities of Montgomery County and Dr. Adrienne Pine for a talk on *Plans to Prosper You*. **Free** and open to all, **RSVP requested**, click [here](#) or call 202-885-1300.

-- Our thanks to ERCV volunteer Rosalind Palmer for helping to compile events for the calendar



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