

☀️ **MAY & JUNE AT EAST ROCK CREEK VILLAGE** ☀️

Wednesdays, May 15, 22 & 29, 4:00 pm

ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW), walk for an hour, followed by tea or lemonade. **NOTE: The May 22 walk will start 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, May 17, 24, & 31, 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.
- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. All are welcome! Reservations are not required, but if you contact us (info@eastrockcreekvillage.org or 202-656-7322) we will schedule you for email or text reminders & notice of cancellations.

Monday, May 20, 10:00 am

ERCV MORNING WALKERS

- Meet at the home of Susan Davis, 1202 Hemlock St NW; we will walk to the Shepherd School lower field where we can sit a bit before walking back. Walkers are invited for lemonade or water and conversation afterwards.
- If you email info@eastrockcreekvillage.org or phone or text 202-656-7322 to let us know you're coming, we will send you a reminder on Sunday.

Wednesday, May 22, 12:00 noon

ERCV LUNCH DAY – PLEASE JOIN US! THE MORE THE MERRIER!

- At **Peaches Kitchen**, 6214 3rd St. NW in Manor Park; near the corner of 3rd & Sheridan with easy street parking.
- We will pay for our own lunches; enjoy Caribbean and American foods including jerk chicken, curry goat, mac & cheese, soups, pound and cheese cakes.
- **Please RSVP by noon on Tuesday the 21st** to info@eastrockcreekvillage.org or phone or text 202-656-7322 so there will be a place reserved for you. Do let us know if you need a ride.

Sunday, June 9, 3:00-5:00 pm

ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!

- At the home of an ERCV Board member, 6706 5th St. NW, near the corner of Aspen St.
- Join us for conversation, games, and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor! Feel free to bring your favorite game to share! And do **let us know of potential members you would like us to invite.**
- For more information, contact ERCV at 202-656-7322 or info@astrockcreekvillage.org.

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

- **Sunday, May 19, 3:00 pm: *Encore Chorale & Encore ROCKS Concert*** – At Cultural Arts Center of Montgomery College, 7995 Georgia Ave. Free & open to the public. Enjoy a varied program of choral music, including Gershwin favorites & a medley from “The Music Man.” Two ERCV members, Bill Foster & Gay Gellhorn, are among the singers! And if you like to sing, consider joining Encore, for adults 55 & older, no audition required: www.encorecreativity.org.
- **Tuesdays, May 21-July 30, 6:30 pm: *Free Fitness Classes at The Parks at Walter Reed*** – Enter at 1010 Butternut St. NW. Open to all ages & fitness levels! Bring your own yoga mat if you can. This will be a FREEDOM BARRE workout – combination of yoga & Pilates. Water provided on site. Dogs welcome with a leash.
- **Wednesday, May 22, 6:00 pm: *AARP Family CAREversations: Family Caregiving Event*** – Busboys & Poets Brookland, 625 Monroe St. NE. Free event, sponsored by AARP, for family caregivers to learn about local resources & key steps that will assist in the caregiving journey. Please register [here](#), or call 866-740-6947.
- **Tuesday, May 28, 6:30 pm: *Charles Ray Discussion/Book Signing*** – At Thornton/Shepherd Park Library, 2nd floor, 7420 Georgia Ave. NW. Sponsored by Friends of the Library, Potomac resident Charles Ray will discuss the latest (*Buffalo Soldier: The Lost Expedition*) in his 8-book series about the exploits of the legendary Buffalo Soldiers. Sergeant Ben Carter is sent to find geologist Wm. Heatherton & researchers, assumed to be lost in the Sangre de Cristo Mts. of NM. Come hear the rest of the story and how it was created.

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We will be most appreciative!