

☼ NOVEMBER CALENDAR UPDATE ☼



Maple-Leaf Viburnum, Rock Creek Park

Mondays, November 15, 22, & 29: 9:00 am

ERCV MORNING WALKERS

- We will walk at a leisurely pace on a wide dirt path in Rock Creek Park in the shade under the trees. Meet at the cul-de-sac where Juniper St. ends at the park (west of 16th St.). There is ample street parking in the area. Masks are not required for this walk.
- Reservations are not necessary, but if you email info@astrockcreekvillage.org or call **202-656-7322**, we can put you on the email or phone reminder list AND if you call the office OR email on Monday morning, we will wait for you before setting out.

Mondays, November 15, 22, & 29: 4:00 pm (Note change of time for winter.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. The pace, length, and route depend on the wishes of the group, but the usual walk is on mostly paved, fairly level sidewalks.
- Reservations are not necessary, but if you email info@astrockcreekvillage.org we will send you a reminder email on Sundays. If you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, November 16, 23, & 30: 10:00-11:00 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 other Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- Email info@eastrockcreekvillage.org or call **202-656-7322** for more information on Otago and to receive the Zoom link.

Thursday, November 18: 3:00-4:00 pm

BINGO ONLINE: CELEBRATE THANKSGIVING & WIN PRIZES



- Come play a few games and have fun with ERCV friends and neighbors. Win tasty treats.
- Sign up to get your 2 Bingo Cards: [HERE](#) or **RSVP** to info@eastrockcreekvillage.org. If you give us advance notice, we can even print and deliver your cards to your home.
- Join online by **Zoom**
<https://us02web.zoom.us/j/88566397039?pwd=SlpaM3R3cEgydHVUUUetTS3IHdW5ydz09>
- Or join by **phone**! Just call 301-715-8592. Then input the **Meeting ID 885 6639 7039** and **Passcode 677307** to join the game.

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

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. It is recommended for everyone.
- Email info@eastrockcreekvillage.org with questions about Zoom and to receive reminder emails each week. [Here](#) is the Zoom link to join the class.
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success> (The link is the same each week.)

Saturday, December 11: 4:00-5:30 pm

ONLINE BOOK DISCUSSION — SAVE THE DATE & START READING!

- The book is ***Snow-Storm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835*** by Jefferson Morley.
- The *Washington Post* review calls it, "Fascinating....an exploration of America's capital city at a time when the fault line over slavery had become impossible to ignore." Jefferson Morley is an author, journalist, and editor who has lived and worked in Washington DC for over thirty years.
- RSVP at info@eastrockcreekvillage.org and join us on [Zoom](#) for an informal discussion. Copies of the book are available at area libraries.

Access ERCV's events list [HERE](#).

Useful information . . .

COVID booster shots are now available for people over age 65 and those at risk because of health status or likelihood of exposure at home or at work. More detailed information is available on [ERCV's website](#). Email info@eastrockcreekvillage.org or call our office at 202-656-7322 if you need help arranging an appointment. And if you're homebound, DC Health will come to you. Call 1-855-363-0333 to request a home visit.

Are you eating enough? Check out Iona's *Nutrition Newsletter, Food for Thought* [here](#).



EVENTS OFFERED BY OUR SISTER VILLAGES (free & open to all Villages)

[Following is a sampling of Village shared offerings; for more, visit the website DMVVillageEvents.org.]

~ **Follow-up Session on Personal Medical Alert Systems: Monday, November 15, 3:00 pm** – On September 23 we had a very well-attended overview session on personal medical alert systems with Dr. Richard Caro. A number of participants at the session requested a follow-up program where Dr. Caro would walk us through the Tech-Enhanced Life website sections designed to help us answer the question: "Which medical alert system is right for me?" The website presents the wide range of features available, discusses the pros and cons of various features, provides senior-tested reviews of many brands, and offers a Selection Tool some might want to use. Anyone who missed the September 23 session should watch the [video of that talk here](#) as background to this presentation. All might benefit from exploring the medical alerts section of the [Tech-Enhanced Life website](#) before the session. [Find more info and register here](#). Offered by **Palisades Village**.

~ **Ageism Unmasked: Thursday, November 18, 11:00 am** – Tracey Gendron, Ph.D., an associate professor and Chair of the Department of Gerontology at Virginia Commonwealth University, will explore the phenomenon of ageism within all levels of society. The cultural narrative of aging as a single story of decline will be discussed and challenged. The negative impacts of ageism and stigma will be covered along with simple strategies for disrupting them in daily practice. For details and to **register**, click [here](#). Offered by **Northwest Neighbors Village**. (Many more of their events are listed on their [events calendar](#).)



Community opportunities . . .

~ **Smithsonian National Museum of Asian Art's free 30-minute online meditations: Mondays, Wednesdays, and Fridays at 12:00 noon** – Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness

practices. Sessions on Fridays include inspiration from art in the museum collection. For details and to register, click [here](#).

~ **Stroke Prevention: Discussing the Facts with Jason Freeman, M.D.: Wednesday, November 17, 7:00-8:00 pm** – Join us for a discussion on healthy living and stroke prevention. There are many ways the average person can actively prevent stroke, which is the number 5 cause of death and a leading cause of disability in the United States. Jason Freeman, M.D., a board-certified neurologist and stroke specialist, will help us identify the best ways to protect our brain and vascular health by preventing stroke. An interactive Q&A session will enable participants to be engaged and informed. Please register for this free event at your earliest convenience [here](#) or email jsmit470@jhmi.edu or call 202-364-7602. Presented by **New Morning Star Baptist Church** and the **Sibley Senior Association**.

~ **Counting Down the Top Scams of 2021: Tuesday, December 7, 11:00 am-12:00 pm** – Join the ElderSAFE Center for a countdown of the top scams targeting older adults in our communities. Attendees will learn how to spot, avoid, and report scams. Presented by Community Service Officers Dana Stroman and Demond Johnson from the Montgomery County Police Department, and Sergeant Andréa Sheehan from the Financial Crimes, Cyber Crime, and Pawn Unit of the Prince George’s County Police Department. **Register** online [here](#).

-- *Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling events for the calendar.*

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Our thanks to the DC Department of Aging and Community Living (DACL) and The Washington Home for their generous support.



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