

⚙️ JULY CALENDAR UPDATE ⚙️



(Ghost pipes – seen in Rock Creek Park)

Mondays, July 19 & 26: 8:00-9:00 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/text 202-656-7322**, we can add you to the Sunday evening email reminder list or send a Monday morning phone or text reminder; AND we will wait for you at the trailhead before we set out if you let us know you will be coming.

Mondays, July 19 & 26: 5:30-6:30 pm

ERCV AFTERNOON WALKERS

- We meet at the Learmonths' at 1309 Floral St. and walk on the very wide track in old Walter Reed. The pace and number of laps is determined individually. Masks are not required for this walk.
- If there is interest, we may divide the group, with some walking on the rougher and steeper path in Rock Creek Park – a 1 ½-mile route.
- Reservations are not necessary, but email info@eastrockcreekvillage.org or call **202-656-7322** if you would like us to wait for you before we set out or if you want to receive Sunday evening reminder emails.

Tuesdays, July 20 & 27: 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, July 22: 3:00-4:30pm



ARMCHAIR TRAVEL SERIES: VIRTUAL DOCENT-LED TOUR, "FAMILY AND HOME," SMITHSONIAN AMERICAN ART MUSEUM (SAAM) VIA ZOOM

- As the world opens up again here in the US, many of us are thinking about the importance of family, and what home has meant and continues to mean.
- Join your neighbors and Smithsonian American Art Museum docent Melissa Clark for an engaging discussion of how American artists have shared their ideas about family and home, and the significance of those connections.
- The photo (kindly supplied by SAAM) shows a work titled "*Camas para Sueño*" (*Beds for Dreams*) by the artist Carmen Lomas Garza.
- [Here](#) is the zoom link:

<https://smithsonian.zoom.us/j/88550754834?pwd=cXFEQ08vQkFtL1VqMTBja2NocVprZz09> For telephone audio connection: Dial 301- 715-8592, then enter Meeting ID: 885 5075 4834 and Passcode: 888511 when prompted (use if your computer has no microphone).

Note: In case you missed the June 24 SAAM art tour on "The Art of the Garden," there is a recording you can still enjoy:

<https://smithsonian.zoom.us/rec/share/5aDEke0k5iiZyuE46kYAv7zLW8OKX00GszDsW2376UoSWWTRE5Lpbr48KpRkvnDJ.ukgl8yFQuntVX9Lb> Access Passcode: 0Eh%SPur

Fridays, July 23 & 30: 3:00-4:00 pm (No class on July 16!)

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.)

NOTE about yoga: Are you interested in participating in **IN-PERSON CHAIR YOGA** at the above Friday time? We are looking forward to adding this option for Antonia's class if there is enough interest. We would meet at the Shepherd Park Library (7420 Georgia Ave.) in the upstairs meeting room. The library parking lot is tiny, but there is metered parking on Georgia Ave., or you can park on nearby neighborhood streets. We are looking into the technical means to have a hybrid class, both in-person and live-streamed on Zoom. Attendance in person would be limited, with masks required. **If you are interested in joining an in-person class** please let us know at **202-656-7322** or info@eastrockcreekvillage.org.

Thursday, July 29: 3:00-4:00pm (rescheduled from July 15)

BINGO ONLINE: CELEBRATE SUMMERTIME & WIN PRIZES

- We will play a few games and share summertime memories and plans. Pour yourself a nice cool drink, nibble on something sweet, enjoy time with ERCV friends and neighbors, and win prizes!
- **RSVP to 202-656-7322** or info@eastrockcreekvillage.org to be sent your special bingo cards. [Here](#) is the Zoom link to join the party.
<https://us02web.zoom.us/j/89656992585?pwd=NDFEZUJGQU56NDJNTUI0QmsxUzhvZz09#success>



Useful information . . .

Affordable senior housing: [Todd A. Lee Senior Residences](#), a 38-unit, all-affordable senior community located at 809 Kennedy St. NW in Brightwood Park, is now accepting applications for subsidized studio and 1-bedroom apartment rentals from DC residents who are 55 or older and receive between 30% and 50% of area annual median income – \$27,000 to \$45,150 for single persons, \$30,950 to \$51,600 for couples. This income threshold is aimed towards seniors who live on fixed incomes. The apartments are named after Todd A. Lee, the former director of the DC Housing Finance Agency, who dedicated his career to housing programs, with a special dedication to housing seniors. The building is accepting new residents to move in August 1st. Here is the [application link](#) for residents who meet the age and income criteria, or potential residents may

call the agent Antonye Proctor at 202-667-9100 to apply. **ERCV can help you apply – email info@eastrockcreekvillage.org or call 202-656-7322.**

Library updates: The **Takoma DC Library**, 416 Cedar St. NW, is reopening on Monday, July 19. Masks will be required for staff and patrons. The library offers printing and scanning services at no charge and computers are available. There is handicapped access through the 5th St. door. Parking is on-street. The **Shepherd Park Library**, 7420 Georgia Ave. NW, is also open and offers copying, printing, and scanning services at no charge for up to 20 pages per day. The parking lot is tiny, but pay parking is available on Georgia Ave. or patrons can park on neighboring streets. **Hours for both branches are 10-6 Monday, Tuesday, Wednesday, Friday, & Saturday, and 12-8 Thursday.**



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.]

~ **Intro to Abstract Art – Why it Still Mystifies: Tuesday, July 27, 3:00-4:00 pm** – How many times have you stood and wondered what an abstract art piece was meant to convey? Join Jacqueline Small, local Dial-a-Docent guide, as she discusses abstract art and its use of shape, form, color, and line to create compositions that are not cemented to visual references but rather to form illusions or symbols of visible reality. To **register** (required by July 26) email park21217@aol.com. Zoom link will be emailed upon registration. Offered by **North Bethesda Village**.

~ **Game Hour – Trivial Ponderings: Friday, July 30, 3:00-4:00 pm** – The world abounds with facts, so let's share some in a friendly hour of testing what we know and what we don't. Everyone gets an equal chance to play. Even wrong guesses may be rewarded points based on creativity or knowledge displayed. We try to make the trivia interesting as well as give quick background tidbits to put the trivia into a meaningful context. Category examples: All Creatures Great and Small; Fabric Thread and Design; In the Kitchen; Things Presidential; Poetic License; Earth, Wind & Fire. To **register** (required by July 27) email park21217@aol.com. Zoom link will be emailed upon registration. Offered by **North Bethesda Village**.



Community opportunities . . .

*[Note: Events offered by AroundTownDC are free, but they require you to set up an account in order to register. **This is easy to do!** Click on the "Create a free account" button on the*

registration page and fill in the information requested. Then all you have to do is create a password. Once you have done this, you can register for any event by clicking the “Login” button on the registration page.]

~ **Exploring New Restaurants in DC: Tuesday, July 20, 3:00-4:00 pm** – Are you familiar with Yelp? Open Table? Door Dash? Uber eats? Mariyam Sali is a summer intern at Iona and a senior at Towson University majoring in Gerontology, who enjoys trying new restaurants in her free time. She will teach us about some useful tools to help us explore new restaurants in DC. She will also share some of her favorite YouTube channels and cooking shows, share some restaurant recommendations, and tell us why lamb chops are her favorite dish! For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ **Beginners’ Drawing Classes with Dominique Hughes (new hybrid program): Wednesdays, July 21-Sept. 8, 1:00-3:00 pm** – Want to learn how to draw? *No experience needed!* Anyone can learn how to draw and success comes down to clear explanations and logical progression. Each step-by-step tutorial is built on the principles of shape, simplicity, and structure, combining drawing theory and practical examples with worksheets and drawing practice. Join artist and teacher Dominique Hughes for this in-person or virtual class. To **register for the virtual class**, click [here](#). To **register for the in-person class** (held at Iona Senior Services, 4125 Albemarle St. NW), click [here](#). Offered by **AroundTownDC**.

~ **Untold Histories – Exploring the Clotilda Story and its Legacy Today: Friday, July 23, 3:00-4:00 pm** – Join us virtually to learn about the discovery of remains of the *Clotilda*, the last slave ship to enter the U.S., in Mobile Bay, AL. We will listen to excerpts from *The New York Times*-recommended podcast series created by Vera Carothers from her reporting in *Africatown*, and she will answer questions about the history and her reporting process. Carothers is a writer, producer, and educator based in Brooklyn, NY. She wrote and produced [The Clotilda Series](#), a radio documentary. For details and to **register**, click [here](#). Offered by **AroundTownDC**.

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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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Thanks!