

## ☼ JANUARY CALENDAR UPDATE ☼

Thursday, Jan. 14: 3:00-4:30 pm



### NEW YEAR BINGO EXTRAVAGANZA!

- Please join us for our first-ever online game day — have fun and win gift card prizes with ERCV's New Year Bingo Extravaganza!
- Click on this link – <https://mfbc.us/v/b6at6q9> – and fill in your name in the box to receive your personal ERCV Bingo Cards. Keep your Bingo Cards screen open to play online, or you may print your cards to play “for real.” With advance notice, we will happily print and deliver cards right to your door!
- At 3:00 click on this [Zoom link](#) to join the game. It's fun, it's easy, and it's a great way to start the new year together.

Mondays, Jan. 18 & 25: 9:00 am

### ERCV MORNING WALKERS

- We will meet on the track at the Shepherd Field. Gates on both Jonquil & Kalmia are open, and there is currently plenty of parking on both streets, so you can do all your walking on the springy surface of the track. We walk the track in pairs, wearing masks – you choose the pace and distance; we usually walk and have conversation for about 30 minutes.
- Reservations are not necessary, but if you email us or call or text 202-656-7322, we can add you to the Sunday evening email reminder list or the Monday morning phone or text reminder.
- We are open to changing the day and the location (we could walk on the track inside old Walter Reed instead) if that would increase participation.

Mondays, Jan. 18 & 25: 4:00 pm

### ERCV AFTERNOON WALKERS

- We will meet at the Learmonths' porch (1309 Floral St.) and will walk on the track inside Walter Reed. Other routes are possible, including on pavement or the dirt Valley Trail in Rock Creek Park. We will walk masked, in pairs.

- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails, or if you have questions.

Tuesdays, Jan. 19 & 26: 10:00 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 Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, Jan. 22 & 29: 3:00-4:00 pm

### **ZOOM CHAIR YOGA WITH ANTONIA**

- Our long-running class is now online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. Wear loose clothing. You just need a chair and a device connected to the internet — the bigger the screen, the better.
- [Email](#) us or phone or text 202-656-7322 to receive reminders. Here is the Zoom link to join the class:  
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09>

Thursday, Jan. 28: 3:00-4:30 pm

### **ARMCHAIR TRAVEL SERIES VIA ZOOM: Off to the Far East!**

- Come explore the wonders of China, Thailand and Cambodia through the eyes of master photographer and ERCV volunteer leader Ralph Blessing. Once again, we are the beneficiaries of Ralph's and his wife Debby's world travels. See the Great Wall of China, Angkor Wat in Cambodia, and so much more. Let stir-crazy friends and neighbors know they are welcome to join us, fix a nice cup of tea, and ENJOY!



- All are invited! Join us via [Zoom](#).
- If you need help with Zoom, call the office at 202-656-7322 or [email](#) us and we will be glad to help.



[INAUGURATION UPDATE](#): Mayor Bowser extended the public health emergency in the District through January 24<sup>th</sup> and urges DC residents to stay home during the January 20<sup>th</sup> Presidential inauguration. To receive public safety and other alerts on your phone,  
Text INAUG2021 to 888-777



## COVID VACCINE DISTRIBUTION IN DC

**The COVID vaccine is now being distributed in DC for people 65 years or older.** There is high demand, so it is important to be both persistent and patient. To set up an appointment or be put on a list for notification of availability, go to <https://coronavirus.dc.gov/vaccinatedc> or call 855-363-0333. ERCV is glad to help you in any way we can, including finding someone to drive you to your appointment.

**Vaccines for DC seniors will be administered at several locations.** In Ward 4 these locations include Safeway Pharmacy (6500 Piney Branch Rd. NW), Hattie Holmes Senior Wellness Center (324 Kennedy St. NW), Mary's Center (3912 Georgia Ave. NW), and Safeway Pharmacy (3830 Georgia Ave. NW). Here is the [full list of vaccine centers](#) across the District. Input your address and expand the search to 10 miles.

**When you go to your appointment,** take your mask, the confirmation code you received when you made your appointment, a photo ID, and your health insurance card if you have coverage. Also, please wear a loose-fitting shirt so you can be vaccinated on your upper arm. There is no charge for the vaccine.

Ward 4 Councilmember Janeese Lewis George plans to hold a **Virtual Town Hall** meeting to address concerns about the COVID-19 vaccine rollout on **Thursday, January 21, at 3:00 pm**. For details, call ERCV or check your neighborhood listserv.



## Community opportunities . . .

~ **Black Mountain College Artists: Thursdays, Jan. 14-Mar. 4, 1:00-2:00 pm** – From 1933-1957, an experiment in a non-traditional education and arts community was unfolding in the foothills of North Carolina. At Black Mountain College, students and faculty collectively designed and constructed the classrooms and studios. Through the work program, students grew food for the community as well as maintained the buildings and grounds, etc. Students and faculty of every discipline conversed and collaborated on a daily basis, shared meals, and held concerts, exhibitions, readings, plays, and dance performances. Though the existence of Black Mountain College was relatively short-lived, those affiliated with the college and its summer institute had a profound and lasting impact on the 20<sup>th</sup> c. cultural scene in the United States and beyond. In this class, we'll look at some of those artists, poets, and craftspeople. For details and to **register**, click [here](#). Free event offered by AroundTownDC.

~ **Cooking with Chef Susan Barocas: Thursday, Jan. 21, 3:00-4:15 pm** – Cold winter days and nights are perfect times for warm, comforting stews. Cooking stews is also a great way to use whatever food you have in the house. Drawing from flavors around the world, Chef Susan will lead us in preparing a couple of stews along with sharing tips for creating your own stews. For details and to **register**, click [here](#). Free event offered by AroundTownDC.

~ ***“A Life in Dance” with Dana Tai Soon Burgess: Thursday, Jan. 21, 7:00 pm*** – Burgess is a leading American choreographer, dancer, and cultural figure and founder of the Dana Tai Soon Burgess Dance Company in DC. For details about his work and accomplishments, and to **register** for this free event, click [here](#). Offered by Palisades Village.

~ ***Unracism: Monthly Discussions with Courtney Tolbert: Tuesday, Jan. 26, 1:00-2:00 pm*** – This is one in a series of monthly discussions on how we can move forward at this time and improve our world. Each week will explore a different topic using Zoom. For details and to **register**, click [here](#). Free event offered by AroundTownDC.

~ ***“What if . . . ?” series: films and conversation: Thursdays, Jan. 28, Feb. 11, and/or Feb. 25, 1:00-2:15 pm*** – At each session we will view a short film and discuss it. For details and to **register**, click [here](#). Free events offered by AroundTownDC.

~ ***“Our Search for Belonging,” with Howard Ross: Friday, Jan. 29, 2:00 pm on Zoom*** – Author Howard Ross will join us to discuss what we are learning about the human need to belong, and how it shapes our understanding of the world, impacting our sense of community and feelings about racial equity, and what we can do to build allyship, connection, and a new possibility for the future. [Read more and register here](#). (You will need to create a free account to register.) Free event offered by Iona Senior Services.

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Our thanks to the DC Department of Aging and Community Living (DACL)  
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We will be most appreciative!