

⚙ FEBRUARY CALENDAR UPDATE ⚙



Mondays, Feb. 15 & 22: 9:00 am

ERCV MORNING WALKERS

- We meet on the track at the Shepherd Field at 9am. Gates on both Jonquil & Kalmia are open, and there is 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
- 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 send a Monday morning phone or text reminder.

Mondays, Feb. 15 & 22: 4:00 pm

ERCV AFTERNOON WALKERS

- We meet at the Learmonths' at 1309 Floral St. and walk on the very wide track in old Walter Reed, finishing before 5pm.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder/cancellation emails.

Tuesdays, Feb. 16 & 23: 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](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, Feb. 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](#) us 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>

Thursday, Feb. 25: 3:00-4:30 pm

HONORING BLACK HISTORY MONTH: ARMCHAIR TRAVEL SERIES CLOSER TO HOME: A VISIT TO THE SMITHSONIAN AMERICAN ART MUSEUM (SAAM) VIA ZOOM

- Do you miss being able to visit museums? Artful conversations don't have to stop just



because the Smithsonian's wonderful museums are temporarily closed. Join Melissa Clark, a docent at the Smithsonian American Art Museum, for a close look and lively conversation about selected works from SAAM's expansive collection of works by African American artists. Among them will be *Landscape with Rainbow*, the painting Dr. Jill Biden chose as a backdrop for one of the ceremonial events of Inauguration Day.

- We hope you'll mark your calendars and plan to attend! **(Photo is a detail from *Swing* by Sam Gilliam, courtesy of Smithsonian American Art Museum. Sam Gilliam is an African American color field painter and lyrical abstractionist artist associated with the Washington Color School, a group of Washington DC area artists who developed a form of abstract art from color field painting in the 1950s and 1960s.)**
- Here is the Zoom link:
<https://smithsonian.zoom.us/j/84159203176?pwd=MjV1Qy9RZlFsd3EweU4yTHoza2JKZz09>



COVID Vaccine Updates

New Location for Safeway and Hattie Holmes Second Shot Appointments: Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW, is closing for all vaccines, both first and second shots, on Monday, February 15. Those who already have an appointment to get a second shot at Hattie Holmes after the 15th will instead have appointments for the same day and time at a larger venue, **Lamond Recreation Center**, 20 Tuckerman St. NE (near the intersection of Tuckerman and Eastern Ave.).

Assistance in scheduling a second shot: Contact ERCV by [email](#) (preferred) or by phone at 202-656-7322 for assistance in making an appointment for a second shot if your first shot was at a Safeway pharmacy, Senior Wellness Center, or Lamond Recreation Center. Your second shot should be 28-31 days after the first one.

Vaccine Volunteers make appointments through DCHealth: ERCV's group of volunteers are continuing to go online with DCHealth to obtain vaccine appointments for those 65 and older in northern Ward 4. On Thursday mornings they sign up for vaccine seekers living in zip code 20011 and on Friday mornings for those in 20012. Contact ERCV to request this service. Contact ERCV [here](#) to request a Volunteer.

List for end-of-day or this-morning vaccines: ERCV members 65 and older, including newly-enrolled members, can be referred to be on a list to get vaccines in downtown DC on very short notice – 45 minutes to get downtown after a phone call. Availability is unpredictable. Contact us by [email](#) if you would like to get on the list.

Free medical rides including to vaccine appointments: ERCV members can request rides to medical appointments. Membership is open to residents of Ward 4 living east of Rock Creek Park and north of Missouri Ave. and is free during the pandemic. Contact ERCV [here](#) to inquire.



Useful information . . .

AARP Foundation Tax Preparation Services for DC Residents: If you have questions or need help with your federal or DC tax return, contact the DC Tax-Aide Help Desk: Send a text or leave a message at 202-642-9037 or email <mailto:DCTaxAide.Help@gmail.com>. One of their counselors will get in touch with you by email or return your call using the number 617-675-4444. The counselor will be able to answer your questions and explain the **no-contact** services available. If your 2019 or 2018 tax return was prepared at one of the AARP DC Tax-Aide sites, be sure to include the name of the site in your message.

Focus on the Facts: COVID-19, the Vaccines, & Communities of Color: This is an informative moderated webinar on vaccine-related information focused on DC. You can listen anytime to the presentation by several health officers, and also read a transcript of answers to many questions that were asked after the presentations. The webinar was sponsored by Kaiser Permanente and DC Health Link. Click [here](#) to access the website.



Winter Robin (courtesy of Bill Foster)

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

DC Villages "Wellness Wednesdays"

~ **Living Long and Living Well: Wed., February 17, 1:00-2:00 pm** – Guest speaker Dr. Alka Gupta will provide information on how to live long and live well as a healthy lifestyle for senior adults. To **register** for this program, click [here](#). Offered by **Kingdom Care Senior Village**.

~ **Eating for Heart Health: Wed., February 24, 1:00-2:00 pm** – February is Heart Health Month. Ever wonder how the foods you eat affect your heart? Learn to eat for your heart, manage cholesterol and hypertension, and improve your numbers (and your health). Emily Massi, RDN, LDN at Giant Nutrition, will provide heart-healthy product recommendations and inspiration you can add to your cart. To **register** for this program, click [here](#). Offered by **Northwest Neighbors Village**.

Other Village Events

~ **LGBTQ Storytelling: Let's Laugh!: Sat., February 27, 4:00-5:30 pm** – Capitol Hill Village invites LGBTQ community members of all ages to join the virtual table and share the funny stories from your life as we continue to find new ways to survive and thrive in 2021. To **register** or get more information, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.



Community opportunities . . .

~ **Technology Tuesdays with AroundTownDC:**

- **Tues., February 16, 11:00 am – Intro to Social Media: Twitter**
- **Tues., February 23, 11:00 am – Intro to Social Media: Facebook**
- **Tues., March 2, 11:00 am – Intro to Personal Archiving** – Do you have boxes of images and slides in your basement or attic? Have you always wanted to surprise your loved ones with a family video but don't know where to start? Take this online workshop and learn the first steps. Among other things, we'll cover principles of personal archiving, archiving workflow, and digitizing. Be ready to take some notes! *Open to all levels.* To maximize your learning experience, you should be comfortable using your smartphone and computer. For details about Technology Tuesdays and to **register** for these free programs, click [here](#).

~ **The Black Church: This is Our Story, This is Our Song: Tues., February 16 and Wed., February 17, 9:00 pm on WETA** – This 4-hour, 2-part series by Dr. Henry Louis Gates traces the 400-year-old history of “the Black church in America, all the way down to its bedrock role as the site of African American survival and grace, organizing and resilience, thriving and testifying, autonomy and freedom, solidarity and speaking truth to power.” The series reveals the broad history and culture of the Black church and explores African American faith communities on the frontlines of hope and change. Featuring interviews with Oprah Winfrey, John Legend, Jennifer Hudson, Bishop Michael Curry, Cornel West, Pastor Shirley Caesar, Rev. Al Sharpton, Yolanda Adams, Rev. William Barber II, BeBe Winans, Bishop Vashti Murphy McKenzie, and more.

~ **New Documentary Film Club, Shepherd Park Library: Tues., February 23, 5:00 pm** – This group will meet virtually (online) to review and discuss featured documentaries, beginning with "Botswana's Untamed Wilderness." This documentary is available on [Kanopy](#), a free streaming site provided by the DC Public Library. Please visit us [here](#) if you need a library card. For more information and to **register** for the discussion event, please send an e-mail to shepherdparklibrary@dc.gov.

~ **Black Power in DC, with G. Derek Musgrove: Fri., February 26, 3:00-4:00 pm** – Join Professor Musgrove (a Shepherd Park resident!) to learn about the history of Black Power in DC. He will show us his new website, which uses geographing maps, historical photos, and text to illustrate the evolution of this influential social movement over space and time. For details and to **register** for this free event, click [here](#). Offered by AroundTownDC.

~ **ShowTime Singers virtual concert, “Wishes and Dreams:” Listen anytime** – The ShowTime Singers are a mixed voice adult show chorus — all volunteers — under the direction of Cathy Johnson. Singers hail from all over central Maryland and Washington DC. In March 2020 the COVID pandemic hit, and the ShowTime Singers were particularly mindful of data which indicated that ensemble singing was a super-spreader. This is their first virtual performance: two full ensemble chorus songs and four specials, all tied together by a common theme: Wishes and Dreams. Enjoy the concert here: [The ShowTime Singers Virtual Winter Concert](#)

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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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