

## ☼ SEPTEMBER CALENDAR UPDATE ☼



*Spotted Jewel-weed  
(now blooming in Rock Creek Park)*

Fridays, September 17 & 24: 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](mailto: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.)

Mondays, September 20 & 27: 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

16<sup>th</sup> 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@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.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, September 20 & 27: 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](mailto: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, September 21 & 28: 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](mailto:info@eastrockcreekvillage.org) or **call 202-656-7322** for more information on Otago and to receive the Zoom link.

Thursday, September 23: 3:00-4:30pm

### **ARMCHAIR TRAVEL: THE WASHINGTON COLOR SCHOOL**



- Did you know that in the 1960s a group of Washington DC artists developed their own “school” of painting style? Join Smithsonian American Art Museum (SAAM) docent Melissa Clark for a look at the work of six painters whose work broke away from that of the Abstract Expressionists as part of the “color field” movement that lasted into the 1970s.
- We'll look at works by Gene Davis, Kenneth Noland, and others, and learn how an influential art critic from New York had a hand in turning the attention of the art world away from Abstract Expressionists and toward the work of the Washington Color School. (The title of the artwork is "Hot Beat" by Gene Davis.)
- Join Zoom Meeting <https://smithsonian.zoom.us/j/85990065190?pwd=K2RMV0ZKNXd4eGVUSTJNR3hleI9PdZ09> Meeting ID: 859 9006 5190 Passcode: 680259

**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



## Useful information . . .

**New area code for DC:** Since 1947 the area code for DC has been 202. However, the North American Numbering Plan Administration has determined that we will run out of numbers in area code 202 in the middle of 2022. We will thus begin to see new numbers assigned in DC with an area code of 771. No numbers currently with a 202 area code will be changed by this.

Currently, if you have a 202 area code, you can call another number with the same area code by dialing only 7 digits. However, beginning in October, you will have to dial all 10 digits (i.e. including the area code), even calling within the 202 area code.

To be on the safe side, make sure you update life safety systems, speed dial settings, contact lists, call forwarding settings, and safety equipment like medical alert devices. You might also need to update things like pet ID tags or personal checks. [information from the Crestwood listserv]

**Metro Senior SmarTrip saves you money:** The Washington Metropolitan Area Transit Authority (WMATA) is upgrading its fare management payment system and fare gates, which means SmarTrip cards issued prior to 2012 will stop working due to their old chip technology. If it's time to update your card, or if you've recently turned 65, make sure to get a Senior SmarTrip card. Metrobus and Metrorail customers who are 65 years and older qualify for reduced fares. You can purchase a Senior SmarTrip card by showing a valid photo ID with proof of age. For details on where/how to obtain cards and how to transfer your card to your iPhone or Android phone, as well as specific fare information, visit <https://wmata.com/fares/reduced.cfm>.



## 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](http://DMVVillageEvents.org).]

**~ Medical Alert Systems – How to Choose the Right One for You: Thursday, Sept. 23, 2:00 pm –**  
There are so many companies and so many options — Land line or GPS? Fall detection?  
Necklace or wrist band? Who is called — A trained operator? Your neighbor? Ambulance?

What can an Apple watch do? Or is my cell phone enough? What do these things cost? And how fast can they get help to me in a real emergency? Dr. Richard Caro of Tech-enhanced Life knows these systems but doesn't work for any of them. He will zoom in from CA, give us an overview, and answer our questions. If you would like to familiarize yourself with some of the options before the program, check out their site [here](#). To learn more about Dr. Caro and his group, click [here](#). To send questions in advance, email [burkedillongroup@yahoo.com](mailto:burkedillongroup@yahoo.com). Put "alarm questions" in the subject line. To **register** (required), click [here](#). The zoom link will be sent to you the morning of the program. Offered by **Foggy Bottom West End Village**.

**~ 2021 LGBTQ Intergenerational Symposium online: Thursday, Sept. 23, virtual kick-off, 6:00 pm; Friday, Sept. 24, 12:00-5:00 pm & Saturday, Sept. 25, 10:00 am-2:00 pm** – This event is open to LGBTQ individuals and allies of all ages. For more information email [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778 x204. Anyone can register by clicking [here](#) or calling 202-543-1778. Sponsored by the **DC Dept. of Aging and Community Living, Capitol Hill Village, and the DC Villages**.



## **Community opportunities . . .**

**~ 2021 National Book Festival from the Library of Congress: Sept. 17-26** – The National Book Festival takes place with a variety of programs and formats. On **Sept. 17 at 10 a.m.** 35 [video-on-demand programs](#) will become available to watch anytime. The [full Festival schedule](#) of live programs features 38 virtual author conversations, nine audience Q&A sessions for children and teens, two in-person events with simultaneous live streaming, and five interactive presentations with Library of Congress experts. This year, the Festival also features a national television special and related events on PBS, NPR podcasts, and author interviews on Washington Post Live. **All programs live streaming from the Book Festival website will be held Sept. 17-26, between noon and 8pm on weekends and between 3pm and 8pm on weekdays.** All live programs will include time at the end for audience Q&A. Only one program will livestream at any given time, meaning this year you won't need to make any tough choices on which program to attend! [Check out the schedule online](#) or [download a printable pdf](#) (PDF 895KB)

**~ National Symphony Orchestra "In Your Neighborhood" final events: Wednesday, Sept. 22** – Emery Recreation Center, 5701 George Ave. NW.

- **5:30-7:15 pm: IYN Mural Painting** – In partnership with DCPS, this year's pre-concert live mural painting activity will be led by students from Coolidge High School and will be presented during the full orchestra concert that evening.
- **6:00-7:00 pm: Meet the Composer Workshop** – Kennedy Center Composer-in-Residence, Carlos Simon. *Face masks are required.*
- **7:30 pm (doors open at 7:00 pm): Full Orchestra Concert** – Joseph Young, Conductor. *Face masks are required.*

~ **Used Book Sale at Juanita E. Thornton-Shepherd Park Library: Friday, Sept. 24, 2:00-5:30 pm & Saturday, Sept. 25, 10:00 am-4:00 pm** – Over 1000 books for sale, priced to move. Some discounts are offered. Bring reusable shopping bags to fill; bags are also provided. Books displayed both inside and outside the library (7420 Georgia Ave.). All proceeds go to Friends of the Library to help keep the Library open and in the neighborhood.

~ **Art All Night Brings Film & Fun to Georgia Ave.: Friday & Saturday, Sept. 24 & 25** – Upper Georgia Ave. Main Street is organizing a weekend of fun for the city's annual Art All Night celebration on Sept. 24 & 25. On **Friday, September 24, kick off the weekend at 7 pm** at Cinema Night + Art All Night Launch on the Great Lawn at The Parks at Walter Reed. Then, come out again on **Saturday, September 25 at 7 pm** for four more Art All Night activities along Georgia Ave.:

- Arts walk featuring jazz at Nile Ethiopian Restaurant, visual arts at Tomoka Coffee House, poetry readings led by *Huffington Post* contributor and founder of Day Eight Robert Bettmann, Zenith Gallery pop-up and mobile woodshop at PS2G, and more in the **7300-7800 blocks of Georgia Ave. NW**.
- African cultural bands and ping pong in the **6400 block of Georgia Ave. NW**.
- Family-friendly comedy talk show led by Brandon Wetherbee, who has performed at the Kennedy Center and was featured in *Washingtonian Magazine*, at the Emory United Methodist Church, **6100 Georgia Ave. NW**.
- Latin American cultural bands with art and retail vendors in the **6000 block of Georgia Ave. NW**.

~ **Lynching Memorial Walk and Ceremony: Sunday, Sept. 26** – The Montgomery County Lynching Memorial Project will remember two men lynched in Rockville in the 19<sup>th</sup> century. A walk through Rockville past sites central to the experience of Rockville's African American community and to the lynchings themselves will be followed by a ceremony to collect soil to be sent to the Equal Justice Initiative in Montgomery, AL, as part of EJI's Community Remembrance Project. For details and to request a ride, contact the ERCV Office at **202-656-7322** or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

~ **Dental Health—It's More than a Nice Smile: Thursday, Sept. 30, 3:00 pm** – We would all like to have an attractive smile. But oral health has implications for your general health and your future well-being. Dr. Sal Selvaggio had a private practice in Washington for 35 years, and is a Board member of the District of Columbia Dental Society Foundation. For details and to **register**, click [here](#). Offered by **AroundTownDC**. *[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.]*

~ **Open Streets Returns to Georgia Ave.: Saturday, Oct. 2, 10:00 am-3:00 pm** – Save the date! Open Streets will return to Georgia Ave. in Wards 1 and 4. During that time period, a miles-long

stretch of Georgia Ave. will close to cars and will instead host an urban festival of activities with food, drinks, fitness classes, obstacle courses, children's games, live music, and other educational and entertainment programming.

-- 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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#### **SUPPORT ERCV WHEN YOU SHOP AMAZON**

ERCV is registered with AmazonSmile Foundation. If you register us as your charity and bookmark the following link, all your eligible shopping will benefit us:

<http://smile.amazon.com/ch/46-3491502>

Thanks!