

## ⚙ OCTOBER CALENDAR UPDATE ⚙



Fridays, October 15, 22, & 29: 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, October 18 & 25: 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, October 18 & 25: 5:30-6:30 pm

### **ERCV AFTERNOON WALKERS**

- We meet at the Learmonth's' 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, October 19 & 26: 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, October 28: 3:00-4:00 pm

### **BINGO ONLINE: CELEBRATE HALLOWEEN & WIN PRIZES**



- Come play a few games and have fun with ERCV friends and neighbors. Halloween costumes are encouraged, but not required. Win tasty treats.
- **RSVP** to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to be sent your special bingo cards. [Here](#) is the Zoom link to join the party.

*-- Volunteer Appreciation Cookout on October 9 --*



## Useful information . . .

### **Change in hazardous waste, electronics recycling, and document shredding in DC:**

DPW recently announced new hours at Fort Totten Transfer Station. Resident hours will now be Monday through Friday from 10am-2pm and Saturdays from 7am-2pm. For more information, check out their [website](#).

**Library hours:** The DC Public Library is opening ALL neighborhood libraries on Sundays from 1-5pm starting Sunday, Oct. 17. Check out the Library's full hours on its [Hours and Locations Page](#) - and don't forget - the Library is open 24/7, 365 days a year online.

**DC Ticket Amnesty Program Extended to the End of the Year:** Mayor Bowser has [extended](#) the [ticket amnesty program](#), which forgives all late penalties and fees from parking and traffic tickets, as long as you pay the original principal amount of the ticket, to December 31, 2021. The program has helped more than 32,000 drivers clear their debt to the District for a total of \$44 million in revenue, most of which comes from Maryland and Virginia drivers.



## 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).]

**~ Theatre J production of *Becoming Dr. Ruth* – SPECIAL OFFER TO DC VILLAGE MEMBERS:**  
**October 4-24** – ". . . a laugh-filled story of resilience and love in the face of catastrophe." DC Village members use code **VILLAGES** for a discount on tickets. There are 3 ways to see the show: in person/regular; in person/socially distanced; or streaming. More information on [Theatre J's website](#) or call the box office at 202-777-3210.

**~ *Changes in Journalism over a Lifetime in the News*: Tuesday, October 19, 7:00 pm** – Terence Samuel, Managing Editor, NPR, will discuss how journalism has changed over the course of his career, from work at the Village Voice to the Root.com, to newspapers in St. Louis, Philadelphia, and Washington DC. Livestreaming provided by the DC Public Library. For details and to **register**, click [here](#). Offered by **Cleveland & Woodley Park Village**.



## Community opportunities . . .

**~ *The Parks at Walter Reed Neighborhood History Project Community Meetings*:**

- **Saturday, October 16, 9:00-11:00 am:** In person and outdoors at the Arts Plaza on The Parks campus, 6803 Cameron Drive NW. **RSVP** [here](#).

- **Wednesday, October 27, 7:30-9:30 pm:** In person and outdoors at the Arts Plaza on The Parks campus, 6803 Cameron Drive NW. **RSVP** [here](#).
- **Thursday, November 4, 7:30-9:30 pm:** A virtual meeting on Zoom. **RSVP** [here](#).

The Parks at Walter Reed is partnering with the DC History Center on a history-gathering project this fall to uncover historical facts and stories from the people and neighborhoods surrounding the former Historic Walter Reed Army Medical Center. They want to honor and elevate the stories of people who worked, lived, and played on and around the campus. Specific focus will be placed on the historically Black communities surrounding the campus in the neighborhoods of Shepherd Park, Colonial Village, Brightwood, North Portal Estates, Takoma, and environs. To receive updates on the process, provide your [contact information through this brief form](#). Have stories to tell? Know a neighbor who does? Get out your photo albums! Spread the word to a neighbor or friend who's been around for a while, and come to one of these community meetings, which will be followed by individual interviews. Questions or suggestions? Contact [info@theparksdc.com](mailto:info@theparksdc.com) with "history" in the subject line.

~ **Council Hearing on Redistricting in Ward 4: Thursday, Oct. 28, 10:00 am** – The Council Subcommittee on Redistricting will hold a virtual public hearing dedicated to redistricting Ward 4. Sign up to testify at [this link](#) by 5pm on October 26. Find more details about the hearing [here](#). Make your voice heard! For more info on the redistricting process, check out this [piece](#) in Petworth News.

~ **6<sup>th</sup> Annual Journey to Hope D.C.: Saturday, October 30, 12:00 noon-6:00 pm** – Virtual Conference for Alzheimer's Family Care Partners. A FREE conference to get updated on Alzheimer's disease, care, and research. **Registration** is required. Email Juliet Smith at [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu) or call the Sibley Senior Association office at 202-364-7602.

-- 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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Thanks!