

⚙ DECEMBER CALENDAR UPDATE ⚙



SAVE THE DATE: Sunday, January 9, 2:00-5:00 pm **Post-Holiday Holiday Party -- IN PERSON**

An ERCV Board member in Shepherd Park is opening her home for an indoor/outdoor festive post-holiday in-person gathering! Stay tuned for more details.



Fridays, December 17 & 31 (no class on Dec. 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 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, December 20 & 27: 9:00 am

ERCV MORNING WALKERS

- We are walking the neighborhood rather than in the park. Bundle up and join us at 9:00 am at 1312 Juniper St NW.
- No reservation is necessary but if you email info@eastrockcreekvillage.org before 8:30 am or call 202-656-7322 before 9:00, we will wait for you before we set out. There is a Sunday reminder email about this walk.

Mondays, December 20 & 27: 4:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. The pace, length, and route depend on the wishes of the group, but the usual walk is on mostly paved, fairly level sidewalks.
- Reservations are not necessary, but if you email info@eastrockcreekvillage.org we will send you a reminder email on Sundays. If you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, December 21 & 28: 11:30 am (NOTE new time.)

ZOOM OTAGO FALL PREVENTION 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.
- When done regularly, this exercise routine is proven to prevent falls.
- The program is tailored to those who attend -- we can help you get back in shape. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information and the Zoom link.

(POSTPONED FROM DECEMBER 11) Saturday, February 19, 4:00-5:30 pm. And we are now pleased to welcome author Jefferson Morley to the discussion that afternoon.

ONLINE BOOK DISCUSSION — SNOW-STORM IN AUGUST BY JEFFERSON MORLEY

- ERCV Volunteer leader Brenda Mejia will facilitate an informal discussion of the book *Snow-Storm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835* with author Jefferson Morley.
- The *Washington Post* review calls the book, "Fascinating....an exploration of America's capital city at a time when the fault line over slavery had become impossible to ignore." Jefferson Morley is an author, journalist, and editor who has lived and worked in Washington DC for over thirty years.
- Copies of the book are easily available at area libraries. You now have plenty of the time to read the book before the February discussion! We hope you will plan to join us then.
- You can register for this event on the ERCV website at [Book Discussion](#) anytime and you will receive a confirmation (and reminders) with the Zoom link and directions for joining by phone. Or email or call us to register.

Thursday, December 16: **12:00-1:30 pm (Note new time.)**

ARMCHAIR TRAVEL: VIRTUAL JAZZ CLUB PRESENTING ELIJAH JAMAL BALBED & SUNNY SUMTER



- By popular demand, ERCV volunteer leaders Roger Glass and Skip McKoy will once again host an Armchair Jazz Club event online.
- Our special guests will be **Elijah Jamal Balbed**, who has been named Best Tenor Saxophonist and Best New Jazz Musician by the *Washington City Paper*, and **Sunny Sumter**, President and CEO of the DC Jazz Festival (DCJF) will be speaking with us as well.
- Elijah will share with us his influences as a musician, the challenges he faces as a young artist in the world of jazz, and the innovative ways in which he and his band members were able to keep working and growing as musicians during the pandemic.
- Sunny will introduce us to the DC Jazz Festival® (DCJF) organization which provides enriching and entertaining jazz performances and programs for students and adults from all walks of life to jazz, our nation's singular original art form. DCJF presents a selection of the jazz genre's most acclaimed artists as well as emerging artists, and provides enhanced exposure for the rich treasure trove of musicians from the Washington, DC area.
- RSVP at info@eastrockcreekvillage.org
- **Zoom Link:**
<https://us02web.zoom.us/j/84729913918?pwd=WGlxdXJZSkdaS2JlYzhRanlSZ0lmUT09> or listen on the phone by calling 301-715-8592 and inputting the Meeting ID: 847 2991 3918 and Passcode: 978433 when prompted.

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

ERCV OPEN HOUSE HOLIDAY PARTY VIA ZOOM



- Join members, volunteers, and friends of East Rock Creek Village to celebrate the holiday season in a COVID-safe way via Zoom. Fix yourself a festive drink and ENJOY our virtual gathering.
- If you have a favorite seasonal photo or picture of handicrafts you've made, please send them to info@eastrockcreekvillage.org. We will share them online during the party and hope you'll tell us your stories.
- RSVP to info@eastrockcreekvillage.org or call the office at 202-656-7322 if you need any assistance to join by zoom or share your photos.
- **Zoom Link:**
<https://us02web.zoom.us/j/88456433356?pwd=NmNUNFNPOVhYMEppWjFNNUNKSHlnUT09> or join by phone by calling 301-715-8592 and input the Meeting ID: 884 5643 3356 and Passcode: 907099.

Access ERCV's events list [HERE](#).

NOTE:

If you are willing to be interviewed for a future ERCV Portrait, please contact Brenda Mejia at 202-746-2714 or brenda.mejia@compass.com

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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!