



7707 13th Street, NW
 Washington, DC 20012; 202-656-7322
www.eastrockcreekvillage.org info@eastrockcreekvillage.org

⚙ MARCH CALENDAR UPDATE ⚙



Thursday, March 17: 3:00-4:00 pm
ERCV SAINT PATRICK'S DAY BINGO VIA ZOOM



- Join members, volunteers, and friends of East Rock Creek Village to celebrate St. Patrick's Day together via Zoom. Wear or bring something GREEN and ENJOY our virtual gathering.
- Register [HERE](#) to get the Zoom link and reminder emails.
- Get your bingo player code [HERE](#) and play online or print your own cards.
 if you would like us to print and deliver your bingo cards or need any other assistance to play. info@eastrockcreekvillage.org
- Call the office at 202-656-7322 or email

Thursday, March 31: 1:00-2:00 pm

LUNCH BUNCH GATHERING AT OLIVE LOUNGE

- Join us for lunch on the outside covered patio of the Olive Lounge at 7006 Carroll Ave., Takoma Park, MD. The Olive Lounge specializes in Middle Eastern fare but also has burgers and tacos on their long menu. Nothing is more than \$15. Click [here](#) to see the menu.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway beside Mark's Kitchen. Parking in the lot costs \$5 but it is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll, or there is free street parking along Willow St. across the DC line, and in the lot behind the former bank on the northwest corner of Carroll and Willow.
- Please RSVP by email to info@eastrockcreekvillage.org or to **202-656-7322** so we can reserve you a place. And let us know if you need a ride.

Tuesdays, March 22 (no class on the 15th): 8:00-9:00 am

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.

Tuesdays, March 15 & 22: 4:00-5:00 pm

STRONGER MEMORY PROGRAM WEEKLY CHECK-IN

- The Stronger Memory Group will provide encouragement and support at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- The first group is now filled. Email info@eastrockcreekvillage.org to be put on a wait list for a second cohort to begin this summer.

Fridays, March 18, & 25: 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.)

Monday, March 21 & 28th, Noon

ERCV NOT QUITE MORNING WALKERS

- The weather is beginning to warm up, but we will continue our "almost morning" walk at noon this month. We will meet at 1312 Juniper Street, NW, and walk in the neighborhood for about 40 minutes. Walkers may include a sweet Husky dog named Gracie and her owner Evelyn.

- No reservation is necessary but if you call 202-656-7322 before noon, we will wait for you before we set out. Email info@eastrockcreekvillage.org if you would like to receive an email reminder on Sundays. Winter weather can lead to walk cancellations. Please call 202-656-7322 to be sure a walk is happening.

Mondays, March 21,& 28: 4:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. We will choose the route depending on the group and the Walter Reed demolition schedule. We may walk on the path in Rock Creek Park but will avoid steep downhill dirt trails.
- 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. Winter weather can lead to walk cancellations. Please call 202-656-7322 to be sure a walk is happening.

Check out ERCV's YouTube channel to watch Feb 2022 Armchair Travel,
[Mama Addie's Scrapbook](#)



Villages in the DC area work closely together and share resources. Below are programs open to our Village. For more options, visit DMVVillageEvents.org

~ Maintaining Brain Health: Do's and Don'ts -- Wednesday, March 23, 7:00 pm – Speaker: Jesse G. Brand, Ph.D., ABPP, Board Certified in Clinical Neuropsychology. How do thinking abilities change as we age, and what can we do about it? Gain insight into research-supported lifestyle changes that can build resilience against dementia. Learn more about which brain health products are falsely advertised and what the evidence really suggests about optimizing memory. Register [HERE](#). Offered by **Northwest Neighbors Village** and the **Chevy Chase Citizens Association**

~ Warhol's Women -- Thursday, March 31st, 2:00pm -- Speaker: Blake Gopnik. Some people may have heard about Andy Warhol's close, lifelong relationship with his mother, but that relationship was about more than just love and blood. New research shows that Julia Warhola played an important role in her son's artmaking, as did several female colleagues who influenced him. Blake Gopnik is the author of [Warhol](#), the first comprehensive biography of the Pop artist. He has been the staff art critic at the Washington Post and Newsweek and is now a regular contributor to the New York Times. He has a PhD in art history from the University of Oxford. Register [HERE](#). Offered by **Northwest Neighbors Village**.

~ Announcing March PT Shorts—Physical Therapy in only 15 minutes: March 22, & 29
– GWU/Physical Therapy Department graduate students will design and conduct 5 special PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. Register for any one or all 5! All sessions will be on zoom and recorded so that you can make them part of your weekly fitness

routine. See details following. If you have any questions, please contact Nadia Taran at nadiataran@mindspring.com. Offered by **Foggy Bottom West Side Village**.

1. **Energizing Full- Body Morning Stretch, Tuesday, March 22, 12:30-12:45 pm** – Is your get-up-and-go still stuck in bed? Join Kate, Allison, Emma and Brianna for a head-to- toe easy routine that will leave you ready to face the day. **Register [here](#).**
2. **Benefits of Maintaining Muscle Mass, Tuesday, March 22, 1:00-1:15 pm** –Remember the saying “use it or lose it?” In just 15 minutes, Rachael, Kate, Hannah, and Kristina will show you ways you can maintain your muscle mass and what effect it can have on your daily life! **Register [here](#).**
3. **Keeping Arthritic Joints Healthy and Happy, Tuesday, March 29, 12:30-12:45 pm** – Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian, and Chloe for a brief overview of arthritis and learn some do’s and don’ts. The team will show you exercises you can do at home to improve your range of motion safely. **Register [here](#).**
4. **Exercises/Stretches after Long Sedentary Periods, Tuesday, March 29, 1:00-1:15 pm** – They say that “sitting” is the new smoking. If you can’t break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much-needed stretch break. Warning: the exercises may be habit forming. **Register [here](#).**

... AND COMMUNITY OPPORTUNITIES ...

~ Discussion group: The Invasion of Ukraine – What it Means for Democracy – Thursday, March 17, 24, 31, 1:00-2:15pm via Zoom -- Join us to discuss the invasion of Ukraine and what it means for democracy abroad and at home. Bring your questions, concerns, and thoughts. Together we’ll explore what the Ukrainian situation means from the perspective of democratic citizens. Join us online for small-group discussions in this 3-event conversation series in March. These discussions will be facilitated by the [Interactivity Foundation](#). [Read more and register here](#). Offered by **Around Town DC**

~ Friends of the Juanita E. Thornton-Shepherd Park Library Book Sale: Friday, March 18, 2:00-5:30 pm; Saturday, March 19, 10:00 am-3:00 pm – 7420 Georgia Ave, just north of Geranium. Except for books for children and young people (less than half the current total), ALL books will be on sale for the first time! Plus CDs, DVDs – and for those who like to put the “old” into “old school,” audio cassettes and VHS tapes! No item more than \$1!

~ Takoma Park Neighborhood Library, Friends Book Sale: Saturday, March 26, 10:00am-4:00 pm -- from the Friends' Room on the Lower Level

~ Cooking with Chef Susan Barocas – Wednesday, March 23, 3:00pm -- It’s in the can! Join Chef Susan to explore tasty and healthy ways to use canned salmon and tuna, economical, easy, and versatile sources of good protein. [Read more and register here](#). Offered by **Around Town DC**

~ Tidal Basin Memorials Walking Tour with Jane Khoury – Thursday, March 31st, 10:00am-12:00pm -- Jane Khoury, Certified Guild Guide, will meet the group at 10am at the Smithsonian metro stop, 12th Street exit. Walk to Martin Luther King Memorial (20 minutes). Tour the MLK Memorial, the FDR memorial, the George Mason Memorial, and the Jefferson Memorial. Learn

about the famous Cherry Blossom Trees. [Read about other tours and register here.](#) Offered
by **Around Town DC**

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!