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⚙️ NOVEMBER CALENDAR UPDATE ⚙️



There is a complete listing of all events on the
[ERCV website](http://www.eastrockcreekvillage.org)

Please register online for ERCV events that are held in-person or on Zoom. Click on the event title to see the registration page and to get more information. Click on the red registration button to provide your information. You will immediately receive a confirmation email with instructions including the Zoom link for online programs and reminder emails prior to the event. Online event reminders will include a **Join Meeting Now** button for easy access. If you have questions, please call the office at 202-656-7322 or email info@eastrockcreekvillage.org.

Tuesdays, November 15, 22, & 29: 8:00-9:00 am
ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an online Otago exercise practice designed for those who have Otago experience or experience with other Strength and Balance Classes. This exercise is suitable for almost anyone, with an easy-to-learn routine. Ankle weights are optional.
- 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.

Wednesdays, November 16, 23, & 30: 9:00-10:00 am

MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL

- An ERCV walking group gathers on the track behind Shepherd School. Some of us are using walking poles. Some are counting our circuits of the track. Some are wearing masks and we will put one on if you request it. Any pace or length of walk is OK. There is lots of conversation
- You can enter the track from Kalmia Rd. or Jonquil St. between 14th and 16th St. There is plenty of street parking on both sides. Besides the one-fifth mile artificial turf track, there is also an exercise area for pre- or post-walking stretches or other exercises, and a long flight of stairs which will really get your heart beating fast. We usually finish up before 10:00 am.
- Reservations are not needed, but if you email info@eastrockcreekvillage.org or call/text 202-656-7322 we will look out for you and also add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Fridays, November 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. (The link is the same each week.) Meeting ID is 8562 878 5908 and passcode is 618672.

Mondays, November 21, & 28: 9:30 am

ERCV MORNING WALKERS

- We will meet at 1312 Juniper St. NW and take a leisurely stroll around the neighborhood with lots of attention to autumn trees and gardens.
- No reservation is necessary, but if you call 202-656-7322 by 9:30 am, we will wait for you before we set out.

- Email info@eastrockcreekvillage.org if you would like to receive an email reminder on Sunday evening.

Mondays, November 21, & 28: 4:00 pm (Note new time.)

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW, at 4:00 pm now that the days are shorter. We usually walk on the track inside Walter Reed or may go on the path in Rock Creek Park, avoiding steep downhill dirt trails.
- Reservations are not necessary, but if you email info@eastrockcreekvillage.org we will send you a reminder email on Sunday evenings. 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.



Thursday, November 17: 3:00-4:30 pm

CELEBRATE ERCV CREATIVES: AUTHOR TALK via ZOOM, SKIP MCKOY, *REUNION IN PARADISE*

- Don't let the pseudonym fool you. . . L.W. Harris is none other than longtime ERCV member Skip McKoy! His recently published third novel *Reunion in Paradise* is an international thriller and family drama set in 2028. Skip takes readers from Washington, DC, to Honolulu, Shanghai, Hong Kong, Havana, and Mexico City.
- Come hear Skip read some of his favorite passages and talk about his writing process and his inspirations. There will be time for Q&A and discussion.
- "L.W. Harris [AKA Skip McKoy] is a DC-based novelist who is a retired public and private sector executive, business consultant, writer, and lecturer. He has been a manager in a Fortune 50 company, the White House, and several local governments. He has lived in Guatemala and traveled extensively in Latin America, East Africa, Asia, Europe and Hawaii. He has a bachelor's degree from Hamilton College and master's degrees from the University of Pennsylvania and Harvard University. Writing as John H. McKoy, the author has previously published two novels: *Paying to Play in Hong Kong* and *Son of the Maya*."
- Go to [Reunion in Paradise: A Novel by L. W. Harris](#) to read reviews or purchase the book online. Ask the DC Library to order it!
- Register [HERE](#) for the Zoom link to this Author Talk.
- Email info@eastrockcreekvillage.org or call 202-656-7322 if you have any questions

Sunday, November 20: 2:00-4:00 pm

VOLUNTEER TRAINING via ZOOM

- Are you newly retired? Do you have an hour or two a month to help a neighbor? Please consider becoming an ERCV volunteer! Do you know someone who might like to be a volunteer?
- Register for the November training [HERE](#). The zoom link will be sent after a brief screening interview and the needed forms are filled out.
- New volunteers must be at least 18 years old, must complete a 2-hour orientation/training session, undergo a background check, and be fully vaccinated and boosted. A photograph will be taken for an ID badge. Those who plan to be volunteer drivers will have their driving records checked.
- Volunteers may live outside our service area and need not be an ERCV member.
- We need more drivers to offer rides to medical appointments, do light in-home tasks, and give technical assistance. Once trained, you can choose your assignments and set your own schedule. Volunteers can also help behind the scenes to keep our Village strong and growing. Vetted volunteers will be able to get additional online training to become Tech Coaches in the new year.
- Please email info@eastrockcreekvillage.org if you have any questions or want to be trained but can't make this date.
- Click [HERE](#) to view a short video of ERCV Board member Roger Glass describing his experiences as a volunteer.

Thursday, November 24:

THANKSGIVING DAY

Sunday, December 4, 3:00-5:00 pm

ERCV HOLIDAY PARTY!!



- Put your party shoes on and come celebrate the holiday season with your ERCV neighbors and friends!
- We will gather at the Washington Ethical Society at 7750 16th St. NW, Washington, DC 20012 for food, fun and prizes!
- For everyone's well-being we will ask that partygoers be fully vaccinated and boosted, be feeling well that day, and take a COVID home test prior to arrival (or one will be provided at the door).
- There is easy street parking available and an accessible entrance.
- RSVP [HERE](#) and email info@eastrockcreekvillage.org or call 202-656-7322 if you would like to volunteer to help or need a ride.



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

Villages in the DC area work closely together. We share resources and invite each other to participate in our larger programs. Below is a sampling of programs we have been invited to attend by other DC Villages. For more, visit

DMVVillageEvents.org

~ Chair Yoga via Zoom: Mondays & Thursdays, 4:00-5:00 pm – Robin Blum invites you to enjoy free, relaxing yoga sessions. Stretch your spine and control your breathing. Release tension and stress. Join class online [HERE](#). Offered by **Capitol Hill Village**.

~ Oral Health—It's More than a Nice Smile: Thursday, November 17, 5:30-6:30 pm via Zoom – Dr. Sal Selvaggio DDS shares his extensive knowledge on the importance of oral health for well-being. Sal is a graduate of the Georgetown U. School of Dentistry and completed a General Practice Residency at Providence Hospital in DC. He had a dental practice in DC for 35 years, retiring in 2015, and was a volunteer dentist for the Catholic Charities' Spanish Catholic Center from 1985-2019, serving as President of its Board for six years. To **register** and receive the zoom link, contact the

Georgetown Village office at 202-999-8988 or email info@georgetown-village.org. Offered by **Georgetown Village**.

~ Notre Dame—Restoring an Icon: Tuesday, November 29, 1:00-2:00 pm via Zoom – The devastating fire that engulfed Notre Dame Cathedral in April 2019 destroyed beloved parts of that iconic structure, including the timber roof framework and crossing spire. But other crucial elements, notably the 13th century stone vaults and flying buttress support system, miraculously survived. Join art historian Judy Scott Feldman PhD for a discussion on hard questions of historic preservation and what constitutes a proper reconstruction of this iconic cathedral. RSVP to director@bmavillage.org to receive the zoom link. Offered by **Bethesda Metro Area Village**.

For **[Washington Area Villages Exchange \(WAVE\)](#)** activities in the region, check out their new website.



. . . AND COMMUNITY EVENTS . . .

Go to Around Town DC to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and look at the “In-Person Events” under “Upcoming Events” or email community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there.

~ Technology Tuesday: Tuesdays, November 15, 22, & 29, 11:00 am via Zoom – Learn to take better photos with your smartphone Organize your Iphone & Android apps (11/15), Schedule a meeting using Google, Yahoo, Outlook, & Apple Calendar (11/22), Email FUNDamentals – spam, ads, search, etc. (11/29). Refresh your skills on a variety of topics with B. Milenkovic from the [Labs at MLK library](#). Sign up [HERE](#) for the program to receive the zoom link.

~ Congresswoman Norton Town Hall with National Park Service, Wed, Nov 16, 6:00-7:30pm– Congresswoman Eleanor Holmes Norton’s office will host a [Town Hall Meeting](#) with representatives from the National Park Service to provide updates and respond to constituent questions, comments, and concerns about federal park lands and issues under NPS jurisdiction in the District. RSVP at this [link](#).

~ Turkey Giveaway, Emery Rec Center, Sat, Nov 19, 10:30am-12:30pm – the Friends of Emery and the Vernon Davis Foundation are teaming up for a [Turkey Giveaway](#) at Emery Heights Community Center (5701 Georgia Ave NW). The event is free and open to the public, and will include live music, fun, entertainment, and — of course — turkeys.



HEALTH INFORMATION

Medicare open enrollment for 2023 is from October 15 to December 7, 2022:

During the Medicare open enrollment period, you can make changes to your Medicare health and drug coverage that will take effect on January 1, 2023. During Medicare open enrollment, you can review your existing coverage and make changes to it. Specifically, you can:

- switch from Original Medicare to a Medicare Advantage plan;
- switch from a Medicare Advantage plan to Original Medicare;
- switch from one Medicare Advantage plan to another;
- switch from one Medicare Part D drug plan to another;
- join a Part D drug plan; or
- drop your Part D coverage.

Visit [medicare.gov](https://www.medicare.gov) to compare Medicare plans.

For more helpful information, click here to read [AARP's Medicare Enrollment Guide](#).

Under Age 65?

DC Health Open Enrollment for 2023 is November 1, 2022 – January 31, 2023. [Shop, compare and save on plans that fit your needs and budget](#). Need help choosing a plan? Get free expert help!

- [Call \(855\) 532-5465](#)
- [Make an appointment with an Enrollment Center](#), or
- [Find a Broker or Assister](#)

Vaccine Walk-Up Vaccine Clinics at Ward 4 Congregations

Faith communities in Ward 4 are stepping up to host several walk-up COVID vaccine clinics in the coming days in partnership with DC Health. These clinics will offer first dose, second dose, and booster shots for community members over the age of 12. In addition to these clinics, residents can also visit the [Ward 4 COVID Center](#) at 4704 13th Street NW (open Monday-Saturday) for their COVID shots, boosters, masks, tests, and flu shots.

- **Church of Christ** (4801 16th Street NW) at 10am-2pm on November 16
- **First Baptist Church** (712 Randolph St NW) at 10am-12pm on November 21

MORE HELPFUL INFORMATION...

DC Public Library Expands Hours

Starting **Monday, November 14** DC Public Library is [adding 15 more hours of operation](#) at its libraries across DC, including all of its Ward 4 and Ward 4-adjacent locations! The new hours will run from 10am-9pm on Mondays, Tuesdays and Wednesdays; 1pm-9pm on Thursdays; 10am-6pm on Fridays and Saturdays; and 1pm-5pm on Sundays. This will give residents more hours to pick up books, make it easier to reserve rooms for community meetings, and provide more opportunities for events and workshops. Learn more from [DCPL](#).

Metro's Silver Line Extension to Open Tuesday

The long-awaited expansion of the Silver Line is finally here! On **Tuesday, November 15 around 2pm**, Metro will begin operating its six new Silver Line stations with service to Dulles Airport and Loudon County, Virginia. A [ribbon-cutting](#) will be held earlier in the day. Here are the [details](#) about the trains that will run on the expanded Silver Line!

Winter Ready Supplies

The DC Public Service Commission is giving away free [home weatherization items](#) (while supplies last) such as self-stick weather seal, poly foam pipe installation, and window insulation to help neighbors cut energy costs and protect their home throughout the colder months. They're also providing information on utility assistance programs that may be helpful. Please visit one of the other [citywide distribution points](#) to pick up your weatherization supplies.

[DC Water](#): Water Main Replacement Project in Manor Park

As part of its Capital Improvement Program, DC Water is replacing existing 12-inch and smaller cast iron water mains in various locations throughout the city. Construction for this project will occur in the [Manor Park neighborhood](#). These efforts will help improve water quality and system reliability, increase water pressure in some areas,

and maintain adequate flows throughout the system.

SCOPE OF WORK

- Installation of approximately 7,387 linear feet of 6-inch up to 8-inch water mains
- Replacement of service lines - including free private side replacement of lead and galvanized iron pipe
- Replacement of fire hydrants and valves
- Restoration of all surfaces disturbed by the project construction upon completion of the work

SCHEDULE

- Construction start: November 2022
- Construction completion: February 2023
- Normal work hours: 7:00 AM to 7:00 PM, Monday through Friday

The contractor may, at times, need to work at night or on weekends, dependent upon certain construction activities, or due to inclement weather.

IMPORTANT INFORMATION

- For all planned temporary water service shut-offs, affected residents will be notified 48 hours in advance. Service interruptions should be minimal.
- Construction activities such as these may cause temporary discolored water or low water pressure. If you experience discolored water, it is recommended that you flush your cold water tap from the lowest point inside your property for approximately 15 minutes. If your water does not clear after this process, please contact DC Water's Water Quality and Technology Division, or our 24-hr Emergency/Command Center.

Thanks to Ward 4 Councilmember Janeese Lewis George's newsletter for many of the listed events and resources. Sign up for her weekly newsletter [HERE](http://www.janeeseward4.com/newsletter/). www.janeeseward4.com/newsletter/



**Happy Birthday to ERCV members
born in November!**

Matt Chambers
Evon Ervin
Charlotte Gardner
Judi Geizhals
Gay Gellhorn
Pati Griffith
Magruder Murray

**Please let us know if you prefer not to be included
in our monthly birthday list.**

info@eastrockcreekvillage.org

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Our thanks to the DC Department of Aging and Community Living (DACL)
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<http://smile.amazon.com/ch/46-3491502>

Thanks!