

☀️ **DECEMBER & JANUARY AT EAST ROCK CREEK VILLAGE** ☀️

**Friday, Dec. 13: 12:00 noon [Note this is a Friday instead of the usual Wednesday.]**

**ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!**

- Join us at **El Aguila Restaurant**, a Salvadoran/Tex/Mex restaurant, 7926 Georgia Ave., Silver Spring. Parking is in the rear off Eastern Ave.
- We will pay for our own lunches; lunch buffet or order from large and varied menu.
- RSVP by return email by clicking on [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like us to reserve a space for you.

**Fridays, Dec. 13, 20, & 27; January 10, 17, 24, & 31 (no Jan. 3): 3:00-4:00 pm**

**CHAIR YOGA FOR SENIORS**

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 to be added to the weekly reminder list.

**Sunday, December 15: 3:00-5:00 pm**

**ERCV HOLIDAY PARTY!**



- At Takoma Co-Housing's Common Room, 6827 4<sup>th</sup> St. NW.
- Join other Village members, volunteers, & friends for appetizers, holiday sweets, festive beverages, & drawing for holiday gifts! Feel free to bring a guest.
- RSVP by return email by clicking on [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like to attend.

**Mondays, Dec. 16, 23, & 30; Jan. 6, 13, 20, & 27: 9:00 am**

**ERCV MORNING WALKERS**

- Meet at the home of Susan Davis (1202 Hemlock St NW). We will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back.

- Open to all – no reservations needed. New walkers welcome! **Note:** We will not walk if it is very cold or there is snow or ice on the sidewalks. Phone or text 202-656-7322 or email
- [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to be added to the weekly reminder email/call, or to receive notice of weather cancellations.

Wednesdays, Dec. 18; Jan. 8, 15, 22, & 29: (NOTE TIME FOR WINTER) 3:30 pm

### **ERCV AFTERNOON WALKERS**

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by hot tea or cider and conversation by the fire.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Saturday, Jan. 11, 3:00-5:00 pm

### **ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!**

- At the home of an ERCV Board member, 6706 5<sup>th</sup> St. NW, near the corner of Aspen St.
- Join us for conversation, games, and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor. Feel free to bring your favorite game to share. For more information, contact us at 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). Please let us know of potential members you would like us to invite!



## **Respite Care: A new service available from ERCV**

ERCV is launching a new service to provide respite care to ERCV family caregivers. We can now offer support to families charged with providing round-the-clock care to relatives or loved ones **who are frail or suffering from** dementia, Alzheimer's, or similar challenges. Often caregivers have little respite or relief, and their own immune systems may become weakened from stress and exhaustion. ERCV would like to help by providing much-needed relief to these vital family caregivers.

Our service includes up to three hours of respite care on any given day. The caregiver may remain in the house to rest and renew, or attend to needed tasks, or may leave the home during this time.

Our first group of volunteer respite caregivers has been trained. If you are an ERCV member and would like to request this service, please contact us at 202-656-7322 to discuss your needs. As part of the process, Barbara Scott, ERCV case manager, will visit the individual who needs care, to make sure the volunteers are prepared to provide what is needed.



☀ . . . and reminders of some interesting community events . . . ☀

~ **Saturday, Dec. 14, 5-6:30 pm: *The Parks Holiday Tree & Menorah Lighting*** -- The Parks at Walter Reed, 1010 Butternut St. NW. Join friends and neighbors to sing holiday songs and participate in a nondenominational blessing as the 20-ft. tree and 12-ft. menorah are lit. Decorate cookies, create a holiday card for local veterans and seniors, or simply enjoy hot beverages, a fire pit, and s'mores. As a special treat, Imani Grace (Wash. Nat'l Cathedral jazz band's lead vocalist) will perform. Onsite parking is available.

~ **Sunday, Dec. 15, 3 pm: *Free Holiday Concert by Encore Chorale & Encore Rocks*** -- Cultural Arts Center, Montgomery College, 7995 Georgia Ave, Silver Spring. Choral ensembles of Encore Creativity for Older Adults will perform seasonal holiday classics and a variety of other choral and rock-and-roll favorites. Park free in the garage behind the auditorium. For more information, contact Encore at 301-261-5747 or visit the website: [www.encorecreativity.org](http://www.encorecreativity.org) .

~ **Sunday, Dec. 15, 3 pm: *Montgomery Symphony Orchestra: Sounds of the Season*** -- Sligo Seventh Day Adventist Church, 7700 Carroll Ave., Takoma Park. The MSO invites you to a concert featuring a selection of classical favorites for the winter season by Bizet, Holst, Custer, Anderson, Strauss, Vivaldi, and more. All are welcome.

~ **Tuesday, Dec. 17, 4-6 pm: *Scott Code: Technologies for Aging in Place*** -- Iona Services, 4125 Albemarle St. NW. Scott Code is an expert on technology that helps older adults stay independent and socially engaged. Topic areas will include technology as related to communication, health & wellness, home safety & security, and lifelong learning. Space is limited, so please register [here](#). For more information, call 202-895-9485.

~ **Wednesday, Dec. 25, 6-7 pm: *All-Star Christmas Day Jazz Jam*** -- Kennedy Center, 2700 F St. NW. In a tradition going back 18 years, the Kennedy Center will host free jazz performances at Millennium Stage. In the elegant Grand Foyer, the show is a great place to bring all those out-of-town family members for a free after-dinner treat. For more information, call 202-467-4600.

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling events for the calendar

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We will be most appreciative!