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info@eastrockcreekvillage.org**

⚙ MAY UPDATE ⚙



USEFUL INFORMATION ...

Senior Citizen, Homestead, and Disability Property Tax Relief

Residents can apply [online](#) or use a paper form that's accessible by calling 202-727-4829. Seniors over the age of 65 with household income below \$149,400 can claim a 50% reduction in their property taxes! If you need assistance applying, please contact ERCV at (202) 656-7322 or email info@eastrockcreekvillage.org

WMATA News: Yellow Line Is Back and Improved Red Line Service

After eight months of extensive rehabilitation work, the **Yellow Line** [reopened](#) between Huntington and Mount Vernon Square with trains running every 8 minutes on weekdays and every 12 minutes after 9:30pm and during weekends. Additionally, riders are now getting [improved service](#) on the **Red Line** with trains coming every 6 minutes during weekday peak hours (6am-9am and 3pm-7pm) and every 8 minutes during other daytime and evening hours.



Upcoming ERCV Events

Mondays, May 15, 22, & 29: 9:30 am **ERCV MORNING WALKERS**

- We will meet at 1312 Juniper St. NW and take a leisurely stroll around the neighborhood.
- 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, May 15, 22, & 29: 5:00 pm **ERCV AFTERNOON WALKERS**

- The Monday afternoon walkers will meet at 1309 Floral St. NW. Most weeks we will be walking on the dirt paths in Rock Creek Park avoiding steep downhills. If the group prefers or the weather dictates, we will walk around the Walter Reed development -- the old walking track is officially closed now. The walk will likely be an hour or a little longer.
- 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 5:00 pm Monday, she will wait for you to arrive before setting out.

Tuesday & Thursday, May 16, 18, 23, 25, & 30, Shepherd Park Library: 1:15-2:15 pm **OTAGO FALL PREVENTION EXERCISE CLASS IN-PERSON!**

- Otago (pronounced oh-tah-go) is an 8-week series of 17 exercises that can reduce falls in frail older adults by building balance, strength, and agility. The program is appropriate for anyone who can walk, including those who use a cane. If you are concerned about falling, this may be the class for you!
- The class welcomes new participants. We meet in the upstairs meeting room at the Juanita Thornton/Shepherd Park Library at 7420 Georgia Ave. NW. The class is

accessible by elevator or stairs and there is an air purifier in the room. All in-person participants wear masks during classes. Ankle weights are encouraged, but not required.

- For more information contact info@astrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class and to assist you in getting the adjustable ankle weights.
- There is a small parking lot in front of the library which is often full. There is free and metered street parking in the area. We can try to arrange a ride to class for you.

Wednesdays, May 17, 24, & 31: 9:00-10:00 am

MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL

- An ERCV walking group gathers on the track behind Shepherd School. Any pace or length of walk is OK. You can expect lots of conversation!
- 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.
- Reservations are not needed, but if you email info@astrockcreekvillage.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!

Thursday, May 18: 3:00-4:00 pm

BLOOMING BINGO!

- Our neighborhoods are in full bloom. Pour yourself a cool drink and come say hello to new and longtime friends.
- Register [HERE](#), and download your Blooming Bingo cards [HERE](#). Call 202-656-7322 or email info@astrockcreekvillage.org if you have questions or need help printing your cards.

Fridays, May 19, & 26: 1:00-2:00 pm

ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, leads 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 encouraged, but not required.
- The program is designed for those who have already learned the Otago routine and is tailored to those who currently attend.
- Email info@astrockcreekvillage.org or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Fridays, May 19, & 26: 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. Meeting ID is 8562 878 5908 and passcode is 618672.

Thursday, May 25: 1:00-2:30 pm
LUNCH BUNCH AT LOTUS CAFE

- Come enjoy lunch with friends on the patio at the [Lotus Cafe](#), 8077 Georgia Ave, Silver Spring, MD 20910. When driving north on Georgia Ave., turn right on Sligo Ave. and then make a very quick right onto the access road. There is metered street parking and a small parking lot nearby with meters. Each person will order and pay for their own meal while enjoying time together.
- The Lotus Cafe is a delicious Vietnamese restaurant. Enjoy the \$9.99 lunch specials that include a choice of salad, Spring or Summer Rolls, or try a Vietnamese pho noodle soup while seated on a covered patio.
- Please **register** [HERE](#) or **RSVP** by email to info@eastrockcreekvillage.org or phone 202-656-7322 so we can save a seat for you and arrange a ride if needed.

Monday, May 29 — Memorial Day

SAVE THESE DATES in JUNE



Sunday, June 4: 4:00-6:00 pm
ALL THAT JAZZ LIVE AT THE PARKS AT WALTER REED

- Attention music lovers! East Rock Creek Village is proud to present a live jazz event on Sunday, June 4th from 4:00-6:00pm at the Arts Plaza located at the beautiful Parks at Walter Reed. Whether you're a die-hard jazz fan or simply looking for a fun and relaxing way to spend your Sunday afternoon, this event promises to deliver an unforgettable experience.
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- “All That Jazz,” will be a live performance featuring students from the [Washington Jazz Arts Institute \(WJAI\)](#). Founded in 1998 by Davey Yarborough and his wife Esther Williams, the Institute is celebrating its 25th year devoted to the preservation of the past, the promotion of the present, and preparation for the future of jazz in DC.
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- The ERCV gathering will take place at The Parks at Walter Reed “Arts Plaza,” 6310 Cameron Dr. NW, from 4-6pm. Seating and light refreshments will be available. Parking on streets nearby, including Main Dr. and Cameron Dr. Paid parking is available (70 spots) in The Vale parking garage at 6803 Cameron Dr. NW. **Register [HERE](#)**. Members who need rides may contact the ERCV office at 202-656-7322 or email info@eastrockcreekvillage.org

Sunday, June 11: 3:00-5:00 pm
VOLUNTEER APPRECIATION

- This will be a wonderful opportunity to connect with other volunteers, share stories, experiences and celebrate the impact we’ve made on our community.
- We will have food, drinks and a fun time together so be sure to mark your calendars and RSVP [HERE](#).

*Please [register online](#) for ERCV events that are held in person or on Zoom.
 If you have questions, please call the office at 202-656-7322 or
 email info@eastrockcreekvillage.org.*

*There is a complete listing of all events on the
[ERCV website](#)*





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

~ Two Weeks is Too Short & Too Tragic: Coping with Uncertainty: Wednesday, May 17, 1:00-2:00 pm via Zoom – Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. Register [HERE](#). Offered by **Northwest Neighbors Village**.

~ Care Planning & Care Giving, Wednesday, May 17, 7:00pm via Zoom – As a loved one ages and their ability to negotiate daily life decreases, the entire family is impacted, but as a society, we do not emphasize the importance of formulating a care plan for a senior the way we do for the birth of a child. A willingness to brave some awkward conversation and difficult decisions can save both the senior and their family a great deal of anxiety and hardship in the future. Chisanna Waldrop will present a blueprint of the topics a family should consider before a crisis occurs. Register [HERE](#) to receive the Zoom link. Offered by **Greater Brookland Intergenerational 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.

~ Senior Fair: Aging Unbound, Monday, May 15, 10:30am-2:30pm at Xi Omega Center

– Alpha Kappa Alpha Sorority’s Xi Omega Chapter will host a [senior fair](#) in partnership with the Department of Aging and Community Life (DACL) at the Xi Omega Center (4411 14th Street NW). Free activities include live music; packaged lunch; blood pressure, glucose, and glaucoma screenings; senior care; finance and retirement planning; information on aging in place safety; health information; and food demos, prizes, and grocery gift card giveaways.

~ Updated Dates for Mutual Aid Grocery Distribution, Dept of Parks & Recreation Summer Programs Sign Up, Beginning Tuesday, May 16, Noon – [Ward 4 Mutual Aid](#) will be providing free gift cards, diapers, and other items at Brightwood Park UMC (744 Jefferson St NW) to the first 100 families that arrive on the following dates: **Saturday, May 20 at noon; and **Saturday, June 24 at noon**.**

~ Dept of Parks & Recreation Summer Programs Sign Up, Beginning Tuesday, May 16, Noon

– Next week, residents can [start signing up for summer programs](#) on a first-come, first-serve basis. Registration for aquatics programs only will begin on **Tuesday, May 16 at noon**, while registration for all other programs will begin on **Wednesday, May 17 at noon**. DPR will utilize a virtual “waiting room” on both program registration days to manage the high demand for programs. Available programs include learning to swim, aquatic fitness, senior aquatics, water polo, lifeguard instruction, soccer, pickleball, tennis, adult basketball, co-ed softball and fitness classes like bootcamp, Zumba, cardio, bike-spin, yoga, and senior fitness.

~ Movie Matinee: The Secret Life of Bees, Wednesday, May 17, 2:00pm-4:30pm, Shepherd Park Juanita E. Thornton Neighborhood Library – Come to the Shepherd Park Library movie matinee at 2 pm to view The Secret Life of Bees. Queen Latifah, Dakota Fanning and Alicia Keys head a cast in this movie based on the novel The Secret Life of Bees by Sue Monk Kidd.

~ Ward 4 CARE Day in Manor Park, Wednesday, May 17, 4:00-7:00pm, starting at Fort Slocum Park Pavilion – Join Councilperson Janeese Lewis George for the first in a series of Ward 4 CARE Days starting in Manor Park at the Fort Slocum Park Pavilion (5800 Kansas Ave NW). Come to a resource fair with DC agencies, help outreach to check in on neighbors, get constituent services support, and enjoy a day of bringing our community closer together. Please RSVP [online](#).

~ Takoma Flea Market, Saturday, May 20, 10:00-4:00pm, Takoma Main Street – Takoma Flea Market will take place on Grant Avenue in Takoma Park with an outdoor market of clothing, jewelry, housewares, furniture, records, and more — as well as great food options. Find event details on the Takoma Main Street [website](#). This event was originally supposed to take place on May 13, but was postponed due to rain.

~ Free Skin Cancer Screening, Tuesday, May 23, 6:00-8:00pm, Johns Hopkins Health Care & Surgery Center, Suburban Hospital – Located at: 6420 Rockledge Dr., Bethesda, MD 20817. Schedule an appointment at 2023skincancerscreening.events.sibley.org. This skin cancer screening is free, but appointments are required.

~ Race, History & Rock Creek: History of Jazz at Carter Barron, Thursday, May 25, 5:30-7:30pm via Zoom – Hosted by the [Rock Creek Conservancy](#), this panel discussion will explore the history of Jazz at the Carter Barron Amphitheater. From Duke Ellington to Ella Fitzgerald and many more--the Carter Barron was a hub of jazz music in the DC area. Local musicians and community leaders will discuss how the Carter Barron helped shape the local Jazz community in the DMV area and explore what it meant for performers to play at the iconic venue. This event is presented in collaboration with the DC Jazz Festival. Sunny Sumter, President and CEO of DC Jazz Fest, will moderate a discussion with local jazz musicians and past performers at the Carter Barron. Register [HERE](#).

~ Ward 4 Farmers Markets Are OPEN~

- [Uptown Farmers Market](#) at 5501 Colorado Ave NW on **Saturdays from 9am-1pm**
- [Chevy Chase Farmers Market](#) at Lafayette ES on **Saturdays from 9am-1pm**
- [Petworth Community Market](#) at 9th & Upshur NW on **Saturdays from 9am-1pm**
- [Takoma Park Farmers Market](#) at 6931 Laurel Ave on **Sundays from 10am-2pm**



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

Paula Blair
Charlie Daniel
Linda Glass
Elaine Johnson

Patricia Koskinen
Delphina Lester
Kathleen Sheekey
Debby Thomas
Howard White

Please let us know if you prefer not to be included
in our monthly birthday list or if we missed your birthday
and you would like to be added.
Email info@eastrockcreekvillage.org.



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

Mid-month Update: Shelley Moskowitz

Our thanks to the DC Department of Aging and Community Living (DACL)
and The Washington Home for their generous support.



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&
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