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⚙ JUNE UPDATE ⚙



~ Knockout Roses ~

HIGHLIGHT:

**ERCV JAZZ EVENT AT THE PARKS AT WALTER REED
WAS A GREAT SUCCESS!**



To see more photos, news updates and info on ERCV & the Village movement,
[explore ERCV's new & improved website](http://www.eastrockcreekvillage.org) launched today!
www.eastrockcreekvillage.org



Upcoming ERCV Events



Thursday, June 15: 3:00-4:30 pm
FATHER'S DAY ONLINE OPEN HOUSE

- Come say hello to new and longtime friends! We will also share updates about ERCV programs and hear what you've been thinking about. Do you have favorite fatherhood

stories or pictures? Send photos to info@eastrockcreekvillage.org and we will share them with the group.

- **Register** [HERE](#) or call 202-656-7322 if you have any questions.

Tuesday & Thursday, June 15, 20, 22, 27, & 29, 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. 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.
- For more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class and for assistance in getting the adjustable ankle weights.

Fridays, June 16, 23, & 30: 1:00-2:00 pm
ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Susan Davis will be the substitute teacher until Antonia returns on the 23rd. 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 online class is designed for those who have already learned the Otago routine and is tailored to those who currently attend our in-person classes.
- Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Mondays, June 19, & 26: 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, June 19, & 26: 5:00 pm
ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at 1309 Floral St. NW. The group will decide the route – neighborhood sidewalks, around the construction area at The Parks at Walter Reed, or a dirt path in Rock Creek Park.
- Reservations are not necessary, but if you call or text Judith McCullough at 202-255-2390 before 5:00 pm Monday, the group will wait for you to arrive before setting out.
- Email info@astrockcreekvillage.org if you would like to receive a reminder message on Sunday evening.

Wednesdays, June 21, & 28: 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, June 22: 4:00-5:30 pm
HAPPY HOUR AT OLIVE LOUNGE

- Let's enjoy happy hour outside on the 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. Click [here](#) to take a look.
- 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 and 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.
- **Register** [HERE](#) or by email to info@astrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.
- **NOTE:** this event was originally scheduled as a Lunch, but is now changed to a Happy Hour.

Fridays, June 23 & 30: 3:00-4:00 pm (NOTE: No class on June 16)
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.

SAVE THE DATE in JULY



Monday, July 10: 10:45-3:00 pm
FIELD TRIP TO THE NATIONAL PORTRAIT GALLERY

- You are invited to join other members, volunteers, and friends of East Rock Creek Village to visit the National Portrait Gallery on Monday, July 10 from 10:45am until about 3pm. A free tour of the highlights will be from 12 noon - 1pm.
- The group will meet at 10:45am at the entrance to the Takoma Metro. We will walk from the Gallery Place station to the F St. Lobby of the Gallery (and back to the Metro at the end of the visit).
- Each person will purchase their own meal at the gallery cafe. (The gallery has a spacious covered atrium to have lunch) Return approximately at 3 pm after some more time to explore the art.
- Register [HERE](#) or call (202) 656-7322

*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

~ *An Untold Story: The race to save our birds, Friday, June 23, 1:30pm, West End Library, 2301 L Street, NW* – Anders and Beverly Gyllenhaal will walk through highlights of their new book, *A Wing and a Prayer: The Race to Save Our Vanishing Birds*. This is the story of what's being done to save birds in the midst of dramatic downturns in North American populations. Register [HERE](#). Offered by Foggy Bottom/West End Village.

~ *Mindful Knitting* – If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started. Offered by Palisades Village.



. . . 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.

~ Senses of Freedom: The Taste, Sound, and Experience of an African American Celebration, Juneteenth Community Day: Saturday, June 17, 11:00 am-3:00 pm – National Museum of African American History and Culture. During this year's Juneteenth Community Day, visitors can explore the gifts of gardening and the culinary arts, hear stories, listen to music, and discover their inner artist with crafts for all ages. We invite the public to visit the Museum's galleries, grounds, and Sweet Home Café to create memories and learn more about this historic holiday both inside and outside the museum. For more information, click [HERE](#).

~ Jazz on the Lawn at Northminster Presbyterian Church: Saturday, June 17, 4:00-7:00 pm
– Church is at 7720 Alaska Ave. NW. For more information, email info@northminsterdc.org.

~ Home Rule Music Festival at The Parks on the Great Lawn: Saturday, June 17, 5:00-8:00 pm – The Home Rule Music Festival is a family-friendly celebration of DC's rich and vibrant music and culture. Legendary jazz artists and musicians will enliven the Great Lawn with a plethora of fun activities, including a record fair, local food trucks, craft beverages, and more. Enter at 1010 Butternut St. NW. Gates open at 1pm. Free event.



~ Juneteenth Celebration, Monday, June 19, 11:00am – 5:00pm, ONE DC Black Workers & Wellness Center – Join us to celebrate liberation in community and black joy! With live music, Juneteenth history, spoken word and local vendors. Come to ONE DC Black Workers & Wellness Center at 2500 Martin Luther King Jr Ave, SE, Washington, DC 20020. Register [HERE](#).

~ African American Artists with Chichi Lovett: Wednesdays, June 21, & 28, 12:30-1:30 pm via Zoom – Explore the work of well-known and lesser-known African American artists and their predecessors with Garnetta 'Chichi' Lovett. She uses works of art created by African American artists to examine assumptions to stimulate conversations regarding issues of race, class, culture, the art market, and womanism/feminism (among other issues), while participants learn to 'read' a piece from an artist's perspective. She will allow time to look at this art and consider what it represents to you, the viewer, and why. Attend with an open and curious mind and a gentle heart. All are most welcome. **Register** [HERE](#) or phone 202-895-9485. Offered by **Around Town DC**.

~ Jazz Showcase at The Parks on the Great Lawn: Saturday, June 24, 5:00-8:00 pm – Free event presented by Capitol Bop. Biking, walking, and rideshare are recommended, as parking is limited. Enter at 1010 Butternut St. NW.

~ District of PRIDE Showcase at Lincoln Theatre, Thursday, June 29, 6:30pm, Lincoln Theatre, 1215 U Street, NW – Mayor Muriel Bowser and the Mayor's Office of LGBTQ Affairs present the District of PRIDE Showcase – Celebrating OUR Community! A free night of

entertainment and performances featuring the diverse talents of the LGBTQ+ community. Doors open at 6:30 pm; Performances begin at 7:00pm. Register [HERE](#).

~ Monday Movie Night with Topher Bellavia, “Fried Green Tomatoes” (1991): Monday, June 29, 7:00-9:30 pm via Zoom – Join us online for some escapist film and lively discussion! The movie ends at 9:00 pm, and will be followed by a discussion ending at 9:30. Topher Bellavia has written, produced, and performed in thirteen local and nationally award-winning films, each in a different genre. Register [HERE](#). Offered by Around Town DC.

~ 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 JUNE!**

Bettifae Fassler
Krayna Feinberg
Rita Goodenow
Julie Hayden
John Koskinen
Jean McDaniel
Maria Mokwe

Shelley Moskowitz
Ruth Ross
Barbara 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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&

Check out [ERCV's New Public Website!](#)

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