

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

Wednesdays, Jan. 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 or call or text 202-656-7322 if you have a question.

Fridays, January 17, 24, & 31: 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 or call or text 202-656-7322 to be added to the weekly reminder list.

Monday, Jan. 20 & 27: 10:00 am (Note new time and starting point.)

ERCV MORNING WALKERS

- Meet at the ERCV Office at the rear of 7707 13th St. NW. We will walk for about 1/2 hour down the hill to the field behind Shepherd School, around the track a couple of times, and then back to the office. Some walkers may want to do more circuits of the track or some stair climbing, while others may sit on a bench. All are invited into the office for beverages and conversation afterwards.
- Open to all – no reservations are needed, but emails to info@eastrockcreekvillage.org or a call or text to 202-656-7322 with your plans or questions are welcome. We send an email reminder (or rarely a weather-related cancellation) on Sunday afternoons.

Wednesday, Jan. 22: 12:00 noon

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

- Join us at **Mark's Kitchen**, 7006 Carroll Ave., Takoma Park, MD. Convenient street parking – metered in MD, free in DC a 2-block walk away. There is also a parking lot at \$3 for 2 hours (first hour free).

- American & Korean fare with many vegetarian & vegan options – sandwiches, omelets, fried rice, tempura, burgers, juices, and more; very reasonable prices, many under \$10. Visit www.markskitchen.com to see the entire menu.
- **RSVP** to info@eastrockcreek.org or phone or text 202-656-7322 so we can reserve a space for you. Service members: let us know a week ahead if you will want a ride.

Saturday, Feb. 1: 11:00 am-1:00 pm

ERCV VOLUNTEERS – SAVE THE DATE!

- ERCV is honoring our volunteers with brunch at the home of ERCV Board member Pati Griffith, 7707 13th St. NW. (Please come to the front door.)
- This is an opportunity to enjoy a delicious brunch, meet other volunteers, share your experiences, and accept ERCV's appreciation for your service. We hope to see you there and let you know how much we value your time and expertise! And we hope you'll come even if you haven't been active recently.
- **Please let us know** if you plan to attend by emailing info@eastrockcreekvillage.org or phoning 202-656-7322. You can also respond on our website: www.eastrockcreekvillage.org.



Thursday, February 13, 2:00-4:00 pm

SAVE THE DATE — VALENTINE'S DAY OPEN HOUSE AT ERCV!

Please see details on the flyer at the end of the Calendar Update.



EXERCISE PROGRAM TO HELP PREVENT FALLS

ERCV is committed to your health and wellness. We are the only DC Village to offer a special strength and balance exercise program called Otago, proven to reduce the risk of falls among seniors. A new 16-week program will begin on March 4. The class will meet from 2:00-3:00 pm on Wednesdays and Fridays at the Shepherd Park Library. Otago is recommended for those who can walk with or without an assistive device and want to improve their balance and ability to resist falls. This exercise program is free and open to the public but is limited to 15 participants. ERCV supporters and Village Voice readers have the first opportunity to sign up. **Registration is now open.** To register, or for more information, email info@eastrockcreekvillage.org or call 202-656-7322. You can also register on our website: www.eastrockcreekvillage.org.



☀ . . . **and some interesting community events** . . . ☀

~ **Thursday, Jan. 23, 7:00-8:30 pm: Author Talk: Tochi Onyebuchi** – At Petworth Neighborhood Library, 4200 Kansas Ave. NW, in partnership with Loyalty Bookstores. Discussion with author of *Riot Baby*. Rooted in foundational loss and the hope that can live in anger, *Riot Baby* is both a global dystopian narrative and an intimate family story with quietly devastating things to say

about love, fury, and the black American experience. Books available for purchase and signing. For more information click [here](#). Free event.

~ **Saturday, Jan. 25, 3:00-4:30 pm: Author Talk: Karine Jean-Pierre** – At Petworth Neighborhood Library, 4200 Kansas Ave. NW, in partnership with INKPEN. Discussion with former Obama White House staffer, now Chief Public Affairs Officer for MoveOn.org, author of *Moving Forward*. Political memoir by the naturalized daughter of Haitian immigrants and openly gay woman of color recounts her political education and path to activism following an unusual learning curve and offers a timely manifesto for progressive change. Books available for purchase and signing. For more information click [here](#). Free event.

~ **Monday, Jan. 27, 8:00 pm: Butterfly Gardening** – At Brookside Garden Visitors Center, 1800 Glenallan Ave., Wheaton. Butterflies and moths pollinate 8% of the world's flowering plants! Unfortunately, with habitat fragmentation and too many deer, some butterfly species are really struggling. What can you do? Plenty! With a bit of planning and a few simple tweaks, you can transform your patch of the world into a haven for butterflies. Whether you garden in a container or on several acres, you can make a difference – come and learn how from a Montgomery County Master Gardener! Refreshments provided by Silver Spring Garden Club members. Free & open to all.

~ **Thursday, Jan. 30, 6:30-8:00 pm: Congresswoman Norton's National Park Service Community Meeting** – Cleveland Park Library Meeting Room, 3310 Connecticut Ave. NW. Congresswoman Norton's district office is hosting its third quarterly meeting of D.C. residents and representatives of the National Park Service in order to better understand the issues that constituents are having with national parks in the District. Free and open to the public.

~ **Tuesday, Feb. 4, 7:00-8:30 pm: Suppressed: The Fight to Vote** – Shepherd Park Library, 7420 Georgia Ave. NW. Screening of a film produced by Brave New Films. Award-winning film about the 2018 election in Georgia features experts, poll watchers, and everyday Georgians speaking to the reality of voter suppression and the threat it poses in 2020. In a race that was ultimately decided by 54,723 votes, the film exposes that the basic constitutional right to vote continues to be an issue. For more information click [here](#). Free event.

See Valentine's Day Open House flyer on next page!

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SUPPORT ERCV WHEN YOU SHOP AMAZON

ERCV is registered with AmazonSmile Foundation, so if you register us as your charity and bookmark the following link, all your eligible shopping will benefit us—we will receive a yearly donation

from the foundation: <http://smile.amazon.com/ch/46-3491502>

We will be most appreciative!

You're invited to. . .

Valentine's Day Open House at ERCV



All are welcome!

Come and enjoy the company of
old friends and make new friends!

Think chocolate. . . home-made cookies. . .
libations. . . good conversation. . .

When: Thursday, Feb. 13, 2:00-4:00 pm

Where: ERCV Office, 7707 13th Street NW

(The entrance is in the rear, off the alley beside the house -
you'll see the ERCV sign on the door.)

For more information or to request a ride: 202-656-7322 or
info@eastrockcreekvillage.org