

DECEMBER 2023

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER

Celebrating Community & Renewing Bonds



The days are growing shorter, and the holiday season is upon us. During this time, as we reconnect with friends and family, please pause and appreciate the warm, strong community that East Rock Creek Village has become for so many of us. Working together, we have made it so.

In celebration, we are pleased to invite our members and supporters to our **annual holiday party on Sunday, December 17th from 3 to 5pm at the Washington Ethical Society**. We will provide tasty food, drinks, and surprises, but the party will be all the livelier if YOU are there to celebrate with us. To ensure everyone's safety, we ask you to make sure you're feeling well on the day of the party. Festive colored masks will be available, as will rides for members who request them. Please [RSVP online](#) now or call our office at 202-656-7322 so we can save you a seat and have more than enough food and drink for everyone to enjoy. As always, we welcome anyone who is willing to lend a hand, especially with setup and cleanup. I hope you will join us for an afternoon filled with laughter, merriment, and FUN.

We are also approaching the end of the year, so it's time to gently remind you to please [renew your ERCV membership](#) or, if you are not already a member, to encourage you to **become a new member or a donor**. Anyone over 50 years old who resides in our service area (Colonial Village, North Portal Estates, Shepherd Park, Takoma DC, Brightwood, and Manor Park), is eligible to become an ERCV member. Our annual dues are \$200 per household. Subsidies are available, and ERCV will not turn away anyone away for financial reasons. While ERCV dues are not tax-deductible because of the services offered, any amount over \$200 is both deductible and greatly appreciated. Becoming an ERCV member not only grants you access to the services offered by our volunteers and our social worker, Barbara Scott, but, just as importantly,

demonstrates your commitment to our organization's mission. Dues and donations help provide insurance for our volunteers and subsidized memberships for those who need our services. It also ensures that the numerous wellness, educational, and social events we offer stay free to all throughout the year. Your support is invaluable in helping to sustain our organization and our sense of community. If you have any questions or would like more information, please do not hesitate to contact us.

Post-Thanksgiving, in this world of unevenly distributed blessings, I want to express my gratitude to each loving member of the growing ERCV community. As we spend time with each other and strengthen our ties of mutual appreciation and service, may we continue to make ERCV a blessing for our neighbors and ourselves. I hope to see many of you on the 17th and wish you all good health, a joyous holiday season, and a very happy new year!

--David Mackoff



It's Holiday Party Time!

Sunday, December 17th

3:00-5:00 pm

Washington Ethical Society (WES)

7750 16th St. NW

RSVP [HERE](#) or call 202-656-7322

If you would like to attend, but have a question or need a ride, please contact the ERCV office and let us help. The party simply won't be the same without you.





Happy Birthday to ERCV members born in DECEMBER!

Victor Anyaso
Jean Bennett
David Dennison
Sara Gibbs
Roberta Hammond
Wilbert Knight
Mark Longaker
Andrea Murray
Fred Schirrmacher
Kathy Schwartz
Clyde Solomon

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.



SPOTLIGHT: Eight reasons why being part of a Village like ERCV is good for your health and well-being:

1. **Social Connections:** We offer opportunities to connect with neighbors and build lasting friendships. Our social events, gatherings, and activities promote a strong sense of community. Just ask anyone who comes to our Lunch Bunch or Happy Hours.
2. **Volunteer Support:** Members can access a network of trained & vetted volunteers who can assist with various tasks, such as transportation, errands, and small household tasks.

Being a volunteer also helps reduce stress, provides a sense of purpose, & nurtures new friendships.

3. **Wellness & Health Programs:** Our neighborhood walks, chair yoga, StrongerMemory Brain Exercise, and Otago Fall Prevention Exercise classes promote a healthy lifestyle, and our online bingo games offer extra fun.
4. **Educational & Cultural Programs:** We organize field trips and online docent-led art tours, consumer protection workshops, and will offer new “aging well” programs next year.
5. **Tech Support:** Our Tech Coaches help with technology-related issues so our members can stay connected in the digital age.
6. **Supportive Resources:** In times of uncertainty, it’s nice to be able to consult with a skilled social worker who can provide guidance and assistance.
7. **Flexible Membership Options:** Our annual dues are \$200 for up to 3 people in a household, and no one in our service area will be turned away for financial reasons.
8. **Peace of Mind:** Knowing there’s a community of support in times of need can offer a priceless sense of security.

So-o-o-o . . . it's time to join, or renew your [ERCV membership!](#)

**Checks may be written to East Rock Creek Village and mailed to:
ERCV
7707 13th Street, NW
Washington, DC 20012**

or [CLICK HERE](#) to pay membership dues online by credit card.

If you are becoming a new member, please use the same form, but include the names, email addresses, and birthdates of your household.
Feel free to call 202-656-7322 with any questions or concerns.

If you enjoy ERCV programs & activities, please consider making a tax-deductible donation before the end of the year.

[Click HERE to DONATE](#)

Your gifts enable ERCV to offer low and no-cost memberships to those who need our volunteer services and keep our programming open to all.

To learn more about the benefits of ERCV membership, please click [HERE](#) or call 202-656-7322.



HEALTH UPDATES

Medicare open enrollment closes Dec. 7th: During the Medicare open enrollment period you can make changes to your Medicare health and drug coverage that will take effect on January 1, 2024. During Medicare open enrollment you can review your existing coverage and make changes to it.

Medicare health and drug plans can make changes each year to features like cost, coverage, and which providers and pharmacies are in their networks. For Medicare plan information or to compare plans, call 1-800-MEDICARE or visit [Medicare.gov](https://www.medicare.gov).

For those under age 65, it's time to check out DC Health Link's open enrollment which ends on January 31, 2024. [DC Health Link](#) is an online marketplace created for individuals, families, and small business owners in the District of Columbia to shop, compare, and select health insurance that meets their health needs and budgets. Call 855-532-5465 for assistance.

~ If you are an ERCV member who needs help navigating a healthcare enrollment process, please contact us at 202-656-7322 or email info@eastrockcreekvillage.org. ~

Protect yourself and your family before holiday gatherings! It takes up to two weeks after getting a vaccine to have full protection, so now is the time to get your COVID, flu, and RSV vaccines.

- Our neighborhood CVS, Giant, and Safeway Pharmacies are taking walk-ins.
- DC Health will also bring vaccines to you at home. **If you need a home visit, call DC Health at 1-855-363-0333.** You will leave a phone number and they will call you in two business days to schedule. They are offering both Moderna and Pfizer COVID vaccines as well as the senior flu shot.
- Contact the [ERCV office at 202-656-7322](#) if you need a COVID test, a mask, or help.

More free COVID-19 test kits: DC residents can pick up free COVID-19 rapid tests at DC public libraries again, just in time for December holiday gatherings. Get yours at the Shepherd

Park/Juanita E. Thornton Library at 7420 Georgia Ave., and the Takoma Park Library at 416 Cedar St. Click [HERE](#) for more information.

You can also order an additional four at-home COVID-19 tests — free of cost — through the government. You can submit an order through [Covidtests.gov](https://covidtests.gov) for four individual rapid antigen COVID-19 tests. You can also call **1-800-232-0233** (TTY 1-888-720-7489) to request tests.



OTHER HELPFUL INFORMATION . . .

Trouble with your smartphone, tablet, or laptop? ERCV Tech Coaches can help!! We will pair you with a trained volunteer who can help you learn how to use your cell phone, tablet, computer, or other technology more easily. Once a week for an hour, your Tech Coach will come to your home for a personalized session. You decide what kind of help you want. The idea is to start with three or four sessions, and then you can keep going or wind down. The program is very flexible. If you are interested, contact Allyson Booth (moonbirdboot@gmail.com or 202-704-1677). Allyson is also the person to get in touch with if you'd like to become a tech coach.

Calling all shovelers! All signs are pointing to a snowy winter. We need to form a snow shoveler brigade. Are you able to extend a hand to a nearby East Rock Creek Village member? If so, please give us a call at 202-656-7322 or email info@eastrockcreekvillage.org. *We need you!*

Help deter & solve crimes: The Private Security Camera Incentive Program, administered by the DC Office of Victim Services and Justice Grants, encourages everyone to install security camera systems on their property and register them with the Metropolitan Police Department (MPD). This program is intended to help deter crime and assist law enforcement with investigations. The [Private Security Camera Rebate Program](#) provides a rebate for the cost of the camera and the [Private Security Camera Voucher Program](#) provides a private security camera system to eligible residents free of charge. District residents—either owners or tenants—who receive public assistance may be eligible to have a camera system installed at their home. If you have questions about the rebate or voucher program, please contact security.cameras@dc.gov or call 202-727-5124.



ERCV PORTRAITS - Your Participation Needed!



Brenda Mejia, ERCV volunteer and Board member who writes these columns, says: One of the things I love about writing the ERCV member portraits is that I get to hear the stories of all kinds of fascinating people! Nearly everyone I talk to starts out saying, "I'm really not that interesting." But after we have talked for a few minutes I inevitably learn that they indeed have had unique experiences and uncommon work, family, or travel histories, and they always offer great insights into how our Village makes a difference for our members and beyond. I feel strongly that each and every one of us has a compelling story to share. So far, fifty members have been featured here, but we currently have over 150 members, so there is ample opportunity to hear more from our wonderful community!

If you are hesitant about being featured, please be assured that you will be able to make final approval of the article and photo before they are submitted for publication. The interview requires only about thirty minutes of your time, and I'll come to you. I am grateful for the chance to write this column for ERCV and especially want to thank those members who have shared their stories already. If you haven't been featured, please consider doing so in 2024! If you're ready to jump in now, please get in touch with me right away to set up a time to meet: 202-746-2714 or brenda.mejia@compass.com.



ERCV DECEMBER EVENTS CALENDAR—



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

*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 Online Meeting Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email info@eastrockcreekvillage.org.*

Friday, December 1: 10:30 am-noon

JOIN THE ERCV PROGRAM COMMITTEE MEETING ONLINE

- Share your ideas about programs to offer through the fall, winter, and spring. Help plan the Holiday Party. Do you want to see more music & arts events, some financial and end-of-life planning sessions? What would make you smile and be an active ERCV member?
- Please **register** [HERE](#).
- Interested, but can't make this meeting? Email info@eastrockcreekvillage.org with your ideas or to set up a time to talk with Shelley.

Fridays, December 1, 8, 15, 22, & 29: 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 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.
- **Register** [HERE](#) to receive the zoom link & join the online class. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago.

Fridays, December 1, 8, 15, 22, & 29: 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.
- **Register** [HERE](#) to join the online class or email info@eastrockcreekvillage.org with questions or to receive reminder emails each week.

Mondays, December 4, 11, & 18 (no Dec. 25): 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, December 4, 11, & 18 (no Dec. 25): 4:00 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 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 4:00 pm Monday, the group will wait for you to arrive before setting out.
- Email info@eastrockcreekvillage.org if you would like to receive a reminder message on Sunday evening.

Tuesdays & Thursdays, December 5 & 7, 12 & 14, 19 & 21, 26 & 28, Shepherd Park Library:

12:15-1:15 pm

OTAGO FALL PREVENTION EXERCISE CLASS IN PERSON!

- Otago is recommended if your mobility is currently limited (you use a cane or walker) or if you walk regularly. We use a chair, the wall, or a table for support for the exercises. We have a set of ankle weights to loan out and will assist you in getting your own.
- Classes meet in an upstairs meeting room at the Juanita E. Thornton/Shepherd Park Library at 7420 Georgia Ave. There is an elevator. The room is large with an air filtering machine. Instructors and participants wear masks during class.
- There is a small parking lot in front of the library and some street parking on Georgia Ave. (some metered) and in the neighborhood along Geranium and 12th Streets. We can arrange rides for ERCV members.
- For more information contact info@eastrockcreekvillage.org or phone Susan Davis at 202-656-7322 to arrange an orientation before class.

Wednesdays, December 6, 13, 20, & 27: 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.
- If you plan to come, please email info@eastrockcreekvillage.org or call/text 202-656-7322 as several members of the group are taking a short break. If you let us know, we

will look out for you and add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Wednesdays, December 6, 13, 20, & 27: 4:00-5:00 pm

StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN — NEW MEMBERS WELCOME!



- Just 30 minutes a day, 3 simple exercises, [StrongerMemory](#) is a breakthrough program that helps improve brain health.
- The StrongerMemory Group participants will share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- You can **register** for the program by clicking [HERE](#) or by emailing info@eastrockcreekvillage.org or phoning 202-656-7322. If you are new to the program, you will receive a free StrongerMemory Workbook. If you have come before, you will receive additional math problems and writing prompts.

Thursday, December 7: 4:00-5:30 pm

HAPPY HOUR AT OLIVE LOUNGE

- Let's enjoy happy hour outside on the heated, 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. 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 across the DC line.
- **Register** [HERE](#) or by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.



Hanukkah: Sundown Thursday, December 7-Friday, December 15

Christmas: Monday, December 25

Kwanzaa: Tuesday, December 26 – Monday, January 1

Sunday, December 17: 3:00-5:00pm

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 (WES), 7750 16th St. NW, for food, fun and prizes!
- 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.

Thursday, December 21: 3:00-4:30 pm

OPEN HOUSE ONLINE

- Fix yourself a hot chocolate or cup of tea. Join us to see photos from our December 17th Holiday Party and other recent ERCV events, welcome new members and volunteers, and talk about our hopes for the coming year. If you have photos to share, please send them to info@eastrockcreekvillage.org.
- **Register** [HERE](#) or call 202-656-7322 if you have any questions.



Thursday, December 28: 3:00-4:00 pm

HAPPY WINTER WONDERLAND BINGO!



- We will say our farewells to 2023 and have an early welcome to 2024 with a fun Winter Wonderland-themed Bingo game online! Wear something festive if you feel so moved. Bring good cheer and enjoy time with your BINGO BUDDIES.

• Click on the link to [get your BINGO cards](#) and register [HERE](#) to get the Zoom link for game day! Call 202-656-7322 if you have any questions or need help printing your cards.

Please note:
ERCV's programs are free and open to all!
Anyone who needs help signing up for ERCV, Village,
or community events should feel free to contact
the ERCV office at 202-656-7322.



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

~ *Holiday Sing-Along: Sunday, December 3, 11:00 am–noon, Palisades Farmer’s Market –*

Open to all. Ring in the holiday season! Fun for all ages. Just show up; we will have song sheets. **Located:** 48th Place, NW and MacArthur Blvd NW. Street parking is available on MacArthur Blvd and neighborhood streets and at the CVS parking lot on U Street. Offered by **Palisades Village**.

~ *Retirement Living, Senior Housing & Specialized Residential Care Webinar, Part 2:*

Thursday, December 7, 1:00-2:30 pm via Zoom – This is the second session in a two-part webinar with Jennifer Marie Brown to discuss various retirement living scenarios—what to expect in support services and cost considerations. The first session explored independent living communities from subsidized senior housing to high end, luxury life planning campuses. This second program will address specialized residential care: assisted living, memory care, and long-term skilled nursing care. While it is beneficial to attend both webinars, each session stands on its own merits. **Register** [HERE](#). Call the ERCV office at 202-656-7322 if you need assistance to register. Offered by **Cleveland & Woodley Park Village**.

SAVE the DATE:

~ *Strategies to Cope with Decline in Vision, Coping with Uncertainty: Wednesday, January 3,*

1:00-2:00 pm via Zoom – Sandy Neuzil with the Prevention of Blindness Society will speak during the January Coping with Uncertainty group session. Sandy, who was born with legal blindness, is a graduate of Harvard and a retired research geologist. Join her as she discusses: what is low vision and how it can impact daily life; new approaches to solve what you think you can't do; & local and national resources. Technology galore is available to help! **Register** [HERE](#) to join the program online or by phone. Offered by **Northwest Neighbors Village**.

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

. . . AND OTHER COMMUNITY EVENTS . . .

~ **The Parks Holiday Celebration & Market: Saturday, December 2, 11:00 am-4:00 pm, The Parks Marketplace Plaza** – Celebrate the holidays with friends and neighbors on the Marketplace Plaza with a new holiday market. The event will include carolers, a new 30-foot holiday tree, children’s crafts, sweet treat giveaways, and nearly 20 artisanal and maker vendors from around the region. The Parks at Walter Reed is partnering again with Housing Up on their [holiday gift drive](#), which seeks to provide gifts to nearly 1,500 children in their permanent supportive housing program. [Bring a gift from their wish list](#) to the event (or make a [donation](#)), and there will be a wrapping station where you can help beautify these gifts for children around the city. All are welcome. FREE. For more information, click [HERE](#).

If want to explore the festivities together, ERCVers will meet at the entrance to Whole Foods Market between 11:00 & 11:15 am. [Let us know if you’re planning to come.](#) Call 202-656-7322.

~ **Alternative Gift Fair: Saturday, December 2, noon–4:00 pm, Takoma Park Presbyterian Church, 310 Tulip Ave, Takoma Park, MD** – At this in-person holiday festival you can celebrate with family and friends as you listen to live music from our local musicians, purchase a delicious treat from our scrumptious bake sale, play to win your favorite Downtown Takoma Shoppes raffle item, or receive a free 15-minute seated massage! Throughout the afternoon, you will be able to speak with the volunteers of the 14 participating small nonprofits and learn interesting details about the work they do in the world. With an Alternative Gift, holiday “shopping” means donating to nonprofits in the name of your loved ones. Can’t make the Alternative Gift Fair? No problem! You can shop the fair online at [aggw.org](#) until January 3. Want more detailed information about Alternative Gifts? Take a peek at their video [HERE](#).

~ **Let’s Talk About the Mighty Mushroom: Cooking Conversations with Danielle: Wednesday, December 6, 3:00-4:00 pm via Zoom** – One of the most sought-after foraging foods, mushrooms have long been revered for their medicinal, antibacterial, and antiviral properties. While there is much to learn about the many different wild mushrooms, the more common grocery store varieties also contain compounds to fortify your immune system. Spend an hour with culinary educator Danielle Cook, MS, to learn and participate in a cooking conversation about mushrooms in all their potential. **Register [HERE](#) or phone 202-895-9485.** Offered by **Around Town DC.**

~ **Get Ready for Winter: Tuesday, December 12, 4:00-6:00 pm, Tenley-Friendship Neighborhood Library, 4450 Wisconsin Ave, NW** – Get the supplies you need to prepare your home. District residents can receive a free home weatherization item (while supplies last) and get information on utility assistance programs. **Save the date, Wednesday, January 10,** for the same program at the **Shepherd Park/Juanita E. Thornton Library**. For more information, visit DC Public Service Commission’s website: www.dcpsc.org/WinterReadyDC.

~ **Mayor Bowser's 24th Annual Senior Holiday Celebration: Wednesday, December 13, 10:00 am-2:00 pm, DC Armory, 2001 East Capitol Street SE** – Join Mayor Bowser and the Department of Aging and Community Living (DACL) at this annual celebration. This event is open to DC seniors, age 60 and older. This year we will not require – but do strongly encourage – that all attendees be vaccinated, boosted, and wear masks. Phone 202-724-5626 for more information.

~ **Pablo Picasso's *Family of Saltimbanques*, The National Gallery of Art's Art of Looking bi-weekly program: Friday, December 15, 1:00-2:00 pm, online** – Picasso's beautiful work of art is the inspiration for this week's interactive conversation. Join us for a one-hour virtual session and share your observations, interpretations, questions, and ideas about this piece. The program is free, open to the public, and is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. **Register** [HERE](#) to get the link.

~ **Choral Concerts by Encore Chorale (Encore Creativity for Older Adults):** The same program is offered twice:

–**Wednesday, December 20, 11:00 am** – Schweinhaut Senior Center, 1000 Forest Glen Rd., Silver Spring. Accessible venue; large parking lot. **Free concert**, no tickets required.

–**Friday, December 22, 7:00 pm** – Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Free parking garage. **Free concert, tickets required**; order [HERE](#). Join the audience for a walk in a “Winter Wonderland” and enjoy other choral favorites in a variety of styles. ERCV members Gay Gellhorn and Bill and Nancy Foster are among the singers.

~ **Bereavement Support Group, On-Going** – Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call [202-537-4942](tel:202-537-4942) for more information or go [HERE](#) for more information. The WPO Newsletter also provides information on upcoming social events, conferences, grief groups, and personal reflections drawn from our community. Sign up to receive the bi-monthly newsletter by calling 202-537-4942 or emailing info@wpodc.org. Click [here](#) to view previous newsletters. Offered by **Widowed Persons Outreach**.

~ **Just US at the National Gallery of Art: Weekly on Mondays, 2:00-3:15 pm, National Gallery of Art** – Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov or call 202-842-6905.

~ **Dance for Parkinson's Disease (PD): Weekly on Tuesdays, 2:30-3:45 pm, online and at Maryland Youth Ballet (MYB), 926 Ellsworth Dr., Silver Spring** – [Maryland Youth Ballet partners with Dance for PD®](#) and Lucy Bowen to provide free weekly dance classes for people with Parkinson's Disease and their care-partners. **Sign up for the In-Person or Virtual Class**

[HERE](#). Check out the Dance for PD program website at <https://danceforparkinsons.org/> or call their toll-free hotline at 800-957-1046.

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling news & event updates.

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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



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