

MARCH 2024

East Rock Creek Village — 202-656-7322

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ERCV MARCH EVENTS CALENDAR



~ bloodroot, early spring, Rock Creek Park ~

There is a complete listing of all events on the [ERCV website](http://www.eastrockcreekvillage.org).

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.

Fridays, March 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, March 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, March 18, & 25: 10:00 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 10:00 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, March 18, & 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, March 19 & 21; 26 & 28, Shepherd Park Library: 12:30-1:30 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.
- **Register [HERE](#)** or for more information contact info@eastrockcreekvillage.org or phone Susan Davis at **202-656-7322** to arrange an orientation before class.

Wednesdays, March 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, March 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.



March 19: Spring begins!

Thursday, March 21: 3:00-4:00 pm

SPRING INTO SPRING BINGO ONLINE



- Let's celebrate the season of flowers and fun with your ERCV neighbors and friends.
- We shall see if Punxsutawney Phil's prediction of an early spring is coming true or not. We will sneak a peek at the online Cherry Blossom [BloomCam](#) and play our games online.
- **Register** [HERE](#) to get the Zoom link and reminder emails.
- Get your bingo player code [HERE](#) and play online or print your own cards.
- Call the office at **202-656-7322** or email info@eastrockcreekvillage.org if you would like us to print and deliver your bingo cards or need any other assistance to play.

Wednesday, March 27: 12:00-1:30 pm

SAVOR THE STANZAS: POETRY SALON WITH BRANDON DOUGLAS & LUNCH

- Join ERCV at [Takoma Village Cohousing](#) for an inspiring afternoon of verse, community, and connection at what we hope will become a quarterly Poetry

Salon in collaboration with [Day Eight](#), a leading Ward 4 literary arts nonprofit. Day Eight will bring in a complimentary lunch, and a guest poet.

- To kick off this new Poetry Salon program, we will hear excerpts from poet Brandon Douglas's debut collection *Dipped in Cerulean*. Winner of the 2023 DC Poet Project, Douglas encapsulates the journey from youth to fatherhood, inviting us into a realm of reflection and growth.
- What to expect? After social time and lunch, Brandon will read a few of his poems. And then the space is open for attendees to read their own poetry — and get feedback if desired — or to read a poem they like by someone else.
- Please **register** [HERE](#) or call the ERCV office at **202-656-7322** to reserve your seat. Let us know if you have any questions or need a ride to Takoma Village Cohousing, located at 6827 4th St. NW, in DC. We will be meeting in the Common House on the ground floor. We are exploring the possibility of making this a hybrid online AND in-person event. Stay tuned for updates.

Save these April dates:

Mondays & Wednesdays, April 1, 3 & 8

WILDFLOWER WALKS

- Early April is a wonderful time to enjoy wildflowers in Rock Creek Park. On Monday and Wednesday mornings and Monday afternoons, an ERCV Volunteer leader will share wildflower expertise while on the walk.
- The group will meet at Parkside Dr & West Beach Drive entrance to Rock Creek Park. No registration is required, but those who do register will receive an email reminder on Sunday or Tuesday evening. If walkers would like a ride to the start of the walk they should phone (202) 656-7322 or email info@eastrockcreekvillage.org at least a week before the walk they would like to join.
- Click on the links to register: [Monday April 1 10am - 11:15am](#); [Monday April 1 4pm - 5:15pm](#); [Wednesday April 3 9am - 10:15am](#), [Monday April 8 10am - 11:15AM](#); [Monday April 8 4pm - 5:15pm](#)

Thursday, April 18: 3:00-4:30 pm

ARMCHAIR TRAVEL: TO PATAGONIA & BEYOND WITH RALPH BLESSING



- Join ERCV member and world-traveling photographer Ralph Blessing for an armchair tour of Patagonia and surrounding vistas in Argentina and Chile, as well as a hop, skip, and jump to Easter Island.
- The main focus of the trip was exploring the mountains and glaciers in the "cone" of South America, nearly all the way to Tierra del Fuego, which he and his wife Debby did with 13 other folks of comparable seniority (average age of 75).
- **Register [HERE](#) or email info@eastrockcreekvillage.org or call 202-656-7322 for help signing up.**

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.



Photos from recent ERCV field trips to the National Museum of African American History & Culture and the National Aquarium in Baltimore plus Lunch Bunch at Miss Toya's Creole House



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

**Eugene Davis
Olive Franklin
Peter Kramer
Judith McCollough
Doris Spruell
Lee Tyner
Rich Van Metter**

**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.



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

~ DC Tutors & Mentors Initiative Info Session, Monday, March 18, 11:00am via Zoom – Want to connect with young people? The DC Tutors and Mentors Initiative (DCTMI) recruits adults who want to work with young people in grades 1-12 throughout the city. You get to select where'd you'd like to work, the age of the young person, etc. and DCTMI then matches you with one of their 50 partner organizations that meets your parameters. Two out of three students in DC are reading below their grade level. The need is great and volunteers in this program make a real difference in the lives of the children and teens they work with. Consider adding something new to your life. We will meet with Tom Pollac, the founder of DCTMI, to learn more about the opportunities and the logistics. Register [HERE](#). Offered by **Foggy Bottom/West End Village**.

~ Tips for Caregivers Who Are Helping Family or Friends with Dementia — 5 Helpful Apps: Wednesday, March 20, 2:00-3:00 pm via Zoom – If you are caring for someone who has dementia or know a caregiver, join our Zoom to hear speaker Kathleen McGuinness, an expert on aging in place and a Certified Dementia Practitioner. She will share information including the latest tech devices which might make the caregiver's job easier. Open to everyone. There will be time for questions. Register [HERE](#). Offered by **Friendship Heights Neighbors Network (FHNN)** in collaboration with **Little Falls Village**.

~ Birth to Earth, Womb to Tomb: Write Your Own Obituary, Wednesday, March 20, 3:00-4:30pm, via Zoom – Who would you trust to speak a true word about the life you have lived? “A little life well-lived is worth talking about,” wrote Jim Nicholson, long-time obituary writer for the Philadelphia Daily News. In today's era of online news, most obituaries are written by family members after a death, posted by mortuary services, and shared on social media. This workshop will help participants begin to write their own. **Speaker Bio:** Author and hospice chaplain Christina Kukuk started writing obituaries for her small-town local newspaper as a teenager at her after-school and summer job. She went on to earn both journalism and divinity degrees, publishing essays and preaching eulogies in Ohio, Minnesota, and now Oregon. Her book, [Loving What Doesn't Last: An Adoration of the Body](#), published with Morehouse Publishing Co. in 2021. [Register Here](#) for the Zoom link or call (202) 658-5958. Offered by **Greater Brookland Intergenerational Village**

~ Senior Fraud Presentation by the US Attorney's Office, Monday, April 1, Noon, St. Paul's Church, 2430 K Street, NW – Learn about the different types of scams, how to spot warning signs, and ways to prevent becoming a victim. Register [HERE](#). Offered by **Foggy Bottom/West End Village**.

Check out [Washington Area Villages Exchange \(WAVE\)](#) activities in the region,



. . . AND OTHER COMMUNITY EVENTS . . .



[Women's History Month Events](#)

~ Spring Art Market, Sunday, March 17, 1:00 – 5:00pm, Artspace Silver Spring Gallery, 801 Sligo Avenue – A wide range of beautiful art pieces from 11 of talented artist will be displayed, including paintings, African sculptures, pottery, prints, photo collages, and greeting cards. And if you're a foodie, don't miss out on XTra Mambo Sauce DC's Omar's food truck.

~ Senior Cinema Thursdays, Thursday, March 21, 11:00am, Avalon, 5612 Connecticut Ave, NW – Senior Cinema Thursday is a monthly event where current features are screened at a special discounted price for seniors held every third Thursday at 10:30am. Take advantage of the special \$6 ticket price. Caregiver tickets are free at the box office. The Avalon Theatre is wheelchair accessible and provides assisted listening devices to guests with hearing and visual impairments. All films in this program will be shown with open captions.

~ Friends Annual Baseball Season Preview, Wednesday, March 27, 7:30pm via Zoom – The Friends of the Juanita E. Thornton-Shepherd Park Library will present their annual baseball season preview. Mark Pattison will have just returned from eight days in Florida taking in spring training games. So too will have Dave Raglin, treasurer of the D.C. chapter of the Society for American Baseball Research. They will tell you what you need to know about the season ahead, even if it isn't necessarily what you

were hoping to hear. Just ask your questions in the chat function of Zoom and we'll have a lively and entertaining time. Register [HERE](#).



HELPFUL INFORMATION

Tax-time help: The [AARP Tax-Aide program](#) that provides free income tax preparation and filing is available to our Village community. You can have your taxes done in person at Emery Heights Recreation Center, 5701 Georgia Ave. NW. The days/hours there are Tuesdays & Thursdays, 10am-2pm. **Appointments are preferred.** Call 202-643-9263 and leave a message to make an appointment. In addition, several ERCV volunteers are also certified tax counselors in the AARP program. Call or email the ERCV office at **202-656-7322** to arrange tax prep assistance from one of the ERCV volunteers.



HEALTH UPDATES

Older Americans Should Get Another Covid Shot This Spring. The Center for Disease Control (CDC) is now recommending another round of vaccinations for Americans ages 65 and older. The CDC says people who recently had covid can wait at least three months to get their next coronavirus shot as there is strong immunity conferred from infection. CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. Adults 65 years and older are disproportionately impacted by COVID-19, with more than half of COVID-19 hospitalizations during October 2023 to December 2023 occurring in this age group. CDC continues to recommend that everyone stay up to date on their COVID-19 vaccines, especially people with weakened immune systems.

Viruses are on the rise again. If you feel that you are catching a cold or are running a fever, it is important to take a COVID home test and seek early treatment from your healthcare provider. If you test positive for COVID, starting on Paxlovid can lead to rapid improvement and Tamiflu will help with flu recovery. If you haven't yet gotten your COVID, flu, and RSV vaccines – NOW IS THE TIME!

- Our neighborhood CVS, Giant, and Safeway Pharmacies take 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.



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

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