

☀ **NOVEMBER AND DECEMBER AT EAST ROCK CREEK VILLAGE** ☀

NOVEMBER

Friday, Nov. 17, 3:00 p.m.

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; Antonia has been offering Chair Yoga at ERCV for several months. Classes last about 40 minutes and are accompanied by classical music. No need to sign up for the class ahead of time; service members may request a ride by calling the office.

DECEMBER

Fridays, Dec. 1, 8, 15, 29 (no Dec. 22), 3:00 p.m.

CHAIR YOGA FOR SENIORS (See description above.)

Sunday, Dec. 10, 5-7 p.m.

ERCV HOLIDAY PARTY

- Come and share good food and holiday cheer with your ERCV friends and neighbors at the ERCV office. Let us know you're coming! Let us know if you need a ride! RSVP by December 5: 202-565-7322 or info@eastrockcreekvillage.org

COMING YOUR WAY THIS WINTER AT ERCV — DETAILS TO FOLLOW!

- **Planetarium Program, Thurs., Jan. 4, 1 pm**, at Rock Creek Planetarium – “Under African Skies:” Learn about night sky stories from African cultures and how Americans escaping slavery used the night sky to guide them to freedom.
- **Tech Support Session with GTG Tech, Sat., Jan. 20**

☀️ . . . and some community events that caught our eye & might interest you: ☀️

- **Fringe Music in the Library** – Sat., Nov. 18, 2:30 pm, Shepherd Park Library: Kamyar Arsani, a multi-instrumentalist Sufi singer-songwriter from Iran, has played the Daf, an Iranian frame drum, since age 11. He now resides in DC where he teaches Daf and is the singer of the band Time is Fire.
- **Sparkling Succulent Terrarium Class**: Sat., Nov. 25, 2-3:30 pm – sponsored by *Washington Gardner*. Make a glass terrarium with succulents; no prior gardening experience needed; materials and care instructions provided; light snacks served. Must be 10 years old & over to attend. Location: Catylator Makerspace, basement of World Building, 8121 Georgia Ave., Suite LL1. Free weekend parking in county garage, Fenton & Silver Spring Ave. Register at: <https://www.brownpapertickets.com/event/3172229>
- **SEE ME at the National Portrait Gallery**: Tuesdays, Nov. 28, Dec. 12, Jan. 9, Jan. 23, 2-3:30 pm – Individuals with dementia and their care partners can discuss and engage with art during an in-gallery experience. In this pilot program, a team of museum educators and docents will facilitate small-group discussions about some of the museum's most treasured works of art, often incorporating a multi-sensory component (e.g. tactile exploration, smells, music) to help trigger memories/associations and enhance the art experience. By providing opportunities for cognitive, physical, communication and social stimulation, the program aims to improve the well-being of adults with dementia and their caregivers. **Registration required**: email access@si.edu or call 202-633-2921. National Portrait Gallery, G St. NW (use the entrance on G St.) – Gallery Place/Chinatown Metro