

☀ LATE SEPTEMBER AND OCTOBER AT EAST ROCK CREEK VILLAGE ☀

**NEW INFORMATION IS LISTED IN BLUE.**

If you would like a ride to any event, please call or e-mail us.

**SEPTEMBER**

Fridays, Sept. 15, & 29, 3:00 p.m. [note: no yoga on Sept. 22]

**CHAIR YOGA FOR SENIORS (continued)**

- No yoga experience, equipment or special clothing needed; no floor exercises

Saturday, Sept. 16, 3:00 p.m.-dusk

**ERCV PICNIC IN ROCK CREEK PARK**

- Burgers, hot dogs and drinks provided by ERCV
- Please bring a side dish, salad or dessert to share.
- You are welcome whether or not you are an ERCV member. Come and meet us and learn about our Village! Bring your friends and neighbors!
- **Directions to Site #9 (wheelchair accessible):** Enter the park from 16<sup>th</sup> Street at the Rock Creek Golf Course entrance. After entering bear left at the fork, make the 1<sup>st</sup> right towards Beach Drive and make a right at the stop sign, then keep straight up to the site on the right side. Please note there is no picnic shelter, so come prepared with sunscreen and a hat!
- **RSVP by Thursday, Sept. 14: email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322.**
- In case of inclement weather, please check our website to find out whether the event has been cancelled: [www.eastrockcreekvillage.org](http://www.eastrockcreekvillage.org)

Tuesday, Sept. 19, 12:00-2:00 p.m.

**MEET WITH ELEANOR HOLMES NORTON AT THE ERCV OFFICE**

- Congresswoman Norton will speak about national issues of interest to seniors, and her efforts on our behalf. **The topic will be [health care](#), but other questions will be welcome. Congressional committee staff members will be present.**
- A light lunch will be served following her presentation. Please join us for this opportunity!
- **RSVP by Friday, Sept. 16 – [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322 – so we can plan the menu.**

Saturday, Sept. 23, 7:00-10:00 p.m.

**OPERA IN THE OUTFIELD: VERDI'S AIDA**

- Watch the Washington National Opera perform on the big screen for FREE!
- Live simulcast at Nationals Ballpark; parking \$10 in the ballpark garage, or we can go together by metro.
- Bring a picnic or buy ballpark food.
- If you are interested in joining us for this fun event, email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call Susan Davis at 202-882-9527.

Sunday, Sept. 24, 3:00-5:00 p.m.

**ANNUAL MEETING!**

Monday, Sept. 25, 4:45-6:00 p.m.

**THE VALUE OF COMMUNITY AND CHOICE AS WE GROW OLDER**

- Live simulcast with Atul Gawande, MD, renowned surgeon and author of *Being Mortal*
- Hosted by Silver Spring Village at **Montgomery College Cultural Arts Center**, 7995 Georgia Ave., Silver Spring – parking in W1 lot, overflow parking in West Garage (student spaces only)
- More than 150 Villages across the country will be participating *via* simulcast in celebration of the Village movement – FREE and open to the public.

**OCTOBER**

Sunday, October 15, 3:00 p.m. (new date)

**CRAFTS FOR GRANDPARENTS AND GRANDCHILDREN TOGETHER**

- Bring your grandchildren – ages 5 to 9 – and join ERCV member **Rima Shaffer** to participate in a fun session of crafts! Materials will be provided.
- *You are also welcome to come on your own learn some fun activities to do with your grandchildren.*
- Rima is a fiber artist with long experience in working with children in after-school programs and in bringing together the arts and social studies.
- There is room for 8 attendees. **Please register** by e-mail [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or by calling the office at 202-656-7322.

Friday, Oct. 20, 7:30 p.m.

**MOVIE NIGHT AT THE ERCV OFFICE: IT'S COMPLICATED**

- This comedy stars Meryl Streep as a successful bakery owner and single mother of three who starts a secret affair with her former husband, played by Alec Baldwin, ten years after their divorce – only to find herself drawn to another man: her architect Adam, portrayed by Steve Martin.

## LOOKING AHEAD TO FUTURE ERCV EVENTS

- Another session of “tech support” with GTG Tech in January
- Tour of the African Art Museum
- An event at the planetarium at Rock Creek Park Nature Center
- Tour of the National Museum of African American History and Culture

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

- ***Friends of the Takoma DC Library used book sale:*** Sat., Oct. 14, 10 a.m.-4 p.m. Donate gently used books (no textbooks, study guides, computer manuals or magazines). Leave donations downstairs near the back door during business hours. Questions: Pam Ellison ([pcellison22@yahoo.com](mailto:pcellison22@yahoo.com)). ERCV service members: If you need help organizing, packing, or transporting donations, call our office and we will try to find a volunteer to assist.
- ***Iona Senior Services in Tenleytown: Memory Cafes.*** Memory Cafés offer a safe and supportive environment for individuals with memory loss, caregivers, family members, and friends to get together. Our goal is for guests to have a fun and stress-free evening out. All are welcome! Iona Memory Cafés will be held **every fifth Friday from 5:00 – 7:00 p.m.**, and will have a different activity each time. There will also be a light dinner served. Register by emailing [registration@iona.org](mailto:registration@iona.org). Iona is also requesting a \$20 contribution per twosome. If you have any questions, please contact Sharon O’Connor at [\(202\) 895-9469](tel:2028959469).
- ***Alzheimers Association of the National Capitol Area Programs, Caregiver Support Group. 2nd Saturday of the month, 1:30 - 3:30 p.m.*** For family and friends who are supporting a person with memory loss. Brighton Gardens of Friendship Heights, 5555 Friendship Blvd, Chevy Chase, MD. Phone Contact: [301.656.1900](tel:3016561900) to register or for more information.
- ***Hazardous waste drop-off:*** regular Saturday service from 8am – 3pm at the Ft. Totten Transfer Station, 4900 John F. McCormack Drive, NE – District residents may bring items such as pesticides, batteries and cleaning fluids to Ft. Totten, along with e-cycling items such as computers, televisions and other unwanted electronic equipment. For a list of all household hazardous waste and e-cyclables accepted by DPW, click on the HHW link at [www.dpw.dc.gov](http://www.dpw.dc.gov). If ERCV service members need help with gathering and transporting items, call the office and we will try to find a volunteer to assist.