

☀️ JULY AT EAST ROCK CREEK VILLAGE ☀️

Fridays, July 13, 20, & 27, 3:00 pm

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 one hour 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.
- **Note location:** 2nd floor conference room at the Shepherd Park Library, 7420 Georgia Ave. NW. There is limited parking at the library. There is an elevator to the second floor. All are welcome!

Sunday, July 15, 2:30-4:30 pm

SUPPORTING SENIORS THROUGH TRANSITION AND CRISIS

- How can village volunteers support neighbors when they encounter challenges & obstacles? How can we notice difficulties & know where to get the support or resources needed?
- Presenters: Caroline Scully & Michele Linnen. At **Shepherd Park (Juanita E. Thornton) Library**, 7420 Georgia Ave. NW; S2 or 70 16th St. bus line; get off at Hemlock St. All are welcome!

Sunday, July 22, 2:30-4:30 pm

RESOURCE GUIDE FOR WARD 4 VOLUNTEERS & CAREGIVERS

- Learn what resources are available in the community to help seniors: financial aid for medical matters, health, transportation, veterans, & social and legal community services.
- Presenters: Caroline Scully & Michele Linnen. At **Takoma Neighborhood Library**, 416 Cedar St. NW. All are welcome!

Saturday, July 29, 3:00-5:00 pm

ERCV OPEN HOUSE at the home of board member Peter Kramer, 6706 5th St., NW. Come and bring a friend or neighbor to socialize, enjoy light refreshments, and learn about ERCV! If you have questions, contact Peter at 202-723-2383.

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

- **Saturday, July 14, 10 am-4 pm: *Commemoration of the 154th Anniversary of the Battle of Ft. Stevens*** – Opening program at 10 am, followed by military & civilian reenactors, hourly musket firings, talks by Civil War historians, living history demonstrations, live period music & Civil War dancing, special programs for children & teens, ending with a memorial service at Battleground National Cemetery. **13th and Quackenbos Streets NW** (also known as Elizabeth Thomas Way), Washington DC. National Park Service contact is Park Ranger Kenya Finley, 202-829-2163. Volunteers needed – contact Loretta Neumann at lneu@rcn.com.
- **Monday, July 16, 10:30-11:30 am: *Abrams Hall groundbreaking at the former Walter Reed campus*** – Join Mayor Muriel Bowser, Deputy Mayor Brian Kenner and Councilmember Brandon Todd (Ward 4) for the groundbreaking of a new 80-unit senior affordable housing community on the Parks at Walter Reed. Please enter at the Walter Reed entrance at **6900 Georgia Ave NW at Butternut** - the main gate of the campus - to be directed to the site. Click [here](#) to register.
- **Saturday, July 21, 4-7 pm: *Jazz in The Parks***– The Parks at Walter Reed welcomes the neighborhood for an evening of DC jazz talent, fun, food (*via* food trucks), entertainment and community gathering. Limited seating available – bring lawn chairs or picnic blankets. Limited parking onsite. In case of inclement weather, the event will be rescheduled for the following day. Enter at **Georgia Ave. & Butternut St.**

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We will be most appreciative!