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☀️ APRIL & MAY AT EAST ROCK CREEK VILLAGE ☀️

Wednesday, April 18, 11:15 am

LUNCH AT PARKWAY DELI WITH FRIENDS FROM ERCV

- All are welcome! We will pay for our own lunches. There is ample parking in front and in the rear.
- Please sign up at 202-656-7322 or info@eastrockcreekvillage.org.

Fridays, April 20 & 27, May 4, 18, & 25 (no May 11), 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.

Sunday, April 22, 3:00-5:00 pm

ERCV OPEN HOUSE at the ERCV Office. Come and bring a friend or neighbor to socialize, enjoy light refreshments, and learn about ERCV!

Sunday, May 6, 3:00-5:00 pm

PLANNING FOR LONGEVITY—OUR FIRST FREE INFORMATIONAL EVENT OF THE SEASON!

- Offered by a consortium of volunteer-managed Villages through a grant from DCOA
- Featuring Miriam Kelty, Co-President of the Washington Area Villages Exchange and a consultant in bioethics and aging
- At the Washington Ethical Society, 7750 16th St. NW
- Please sign up at info@eastrockcreekvillage.org or 202-656-7322.

Sunday, May 20, 3:00-5:00 pm

VILLAGE GAME AFTERNOON AND OPEN HOUSE

- Join us at the ERCV Office for good company and light refreshments.
 - Village Game Afternoon: Enjoy board games, interactive games, & card games. Bring your favorite game and come have some fun!
 - Open House – Learn about ERCV membership and programs.

SAVE THE DATE!

“SWING INTO SPRING” – June 10, 5-7 pm

Washington Ethical Society

Mark your calendars—tell your friends & neighbors!
Food, dessert, libations from neighborhood restaurants—
If you have a favorite place to recommend, let us know.
If you can help in planning or in other ways—
Please contact us: info@eastrockcreekvillage.org

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

- **Thursday, April 19, 5 pm: 16th Annual Frank M. Snowden, Jr. Memorial Lecture—From *Burning Achilles to Black Athena*:** ERCV member Carolivia Herron, PhD, Adjunct Lecturer at Howard U. and “Epic City” host on WOWD-LP Radio, will share memories of her time as a student in Dr. Snowden’s Classics class and as a student protester. Howard University, Founders Library, Browsing Room (the building with the clock tower).
- **Thursday, April 19, 7 pm: *Reducing Anxiety through Meditation*:** Petworth Library, 4200 Kansas Ave, NW, lower level meeting room. Meditation helps us replace anxiety with joy and peace. Join David Newcomb, longtime meditator, for this informative lecture and short meditation sitting. Lecture will last one hour, with time for questions afterwards.
- **Friday, April 20, 2-3 pm: *Fraud Prevention Training & Local Advocacy Update*:** AARP Fraud Watch Network is a free training to help you protect yourself & your family from identity theft & scams. Chevy Chase Community Center, 5601 Connecticut Ave., NW.
- **Sunday, April 29, 2:30-5:30 pm: *How to Talk Across the Political Divide – Better Angels Skills Training Workshop*:** A free workshop to learn and practice skills for respectful conversations that clarify differences, search for common ground, and affirm the importance of the relationship. Location in Shepherd Park will be sent to registrants. Pre-registration is required. To register and for more information: paulayedwards@gmail.com
- **Saturday, May 5, 9am-4:30 pm: “*Journey to Hope*” conference for Alzheimer’s Family Care Partners:** Sibley Senior Association. Registration free to Alzheimer’s family care partners. Continental breakfast, light lunch, free parking provided, at Sibley Hospital. See “Journey to Hope” flyer on ERCV website for details.

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