

☀️ **MARCH & APRIL AT EAST ROCK CREEK VILLAGE** ☀️

Fridays, March 15, 22, & 29 and April 5, 12, 19, & 26, 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- **Location:** Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. There is limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. All are welcome!
- Reservations are not required, but if you contact us (info@eastrockcreekvillage.org or 202-656-7322) we will schedule you for email or text reminders & notice of cancellations.

Saturday, March 16, 3:00-5:00 pm

ERCV OPEN HOUSE – ALL ARE WELCOME!

- At the home of an ERCV Board member, 6706 5th St. NW, near the corner of Aspen St.
- Join us for conversation and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor! Or **let us know of potential members you would like us to invite!**
- For more information, contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org.

☀️ **Two important opportunities for seniors** . . . ☀️

- **Thursday, March 14, 2:00-4:00 pm: Information Session -- The Abrahams Hall Senior Apartments on the old Walter Reed site** is beginning the enrollment process soon. Information session is at the Hattie Holmes Wellness Center, 324 Kennedy St. NW. 80 1-bedroom rental units, targeting income levels of 30-50% Area Median Income, will be available; estimated rents around \$1,170. **Click [here](#) to learn more.** Susan Davis will be attending the information session; feel free to call her at the ERCV Office (202-656-7322) if you would like to ride with her. Or, if you cannot attend the session, she will be glad to share information with you afterwards.
- **The Senior Dental Services Program** is now accepting applicants and scheduling appointments, as announced by Councilmember Todd. At Marie Reed Health Center, 2155 Champlain St. NW. Anyone over age 65 with an annual household income under \$100,000

is eligible for discounted basic diagnostic, preventive, & restorative dental care. **Call 202-540-9862 to schedule an appointment.**

☀ **Events sponsored by other Villages.** . . ☀

Wednesday, April 10, 2:00 pm

FAKE NEWS & HOW TO SPOT IT

- At Silver Spring Civic Center, One Veterans Pl.; free and open to the public.
- A SPARKLE* Program sponsored by Silver Spring Village. Hear Thomas Meenan of the Newseum teach us how to navigate the media landscape of what's real and what's fake.
* *Senior Programs Aimed at Re-Kindling Lifetime Engagement*

☀ **And some community events that caught our eye & might interest you** . . . ☀

- **Friday, March 22, noon: Morehouse College Glee Club** – At First Congregational United Church of Christ, 945 G St., NW (at Metro Center metro stop). Free concert. Enjoy the all-male collegiate chorus performance of repertoire from African American heritage compositions to arrangements of modern popular music.
- **Tuesday, March 26, 7:30 pm: Emerald Ash Borer Update for Maryland** – At Kensington Library, 4201 Knowles Ave., Kensington; free and open to the public. Offered by Maryland Native Plant Society. Hear an overview of the current status of the emerald ash borer in MD and new projects for treatments, biocontrol, and genetic research. Presented by Colleen Kenney, a Forest Health Watershed Planner with the MD Forest Service.
- **Saturday, March 30, 10:00 am-3:00 pm: All Hands on Tech** – At Shepherd Park Library (see address under Chair Yoga, above). Free (proof of DC residence necessary). Connect DC & OCTOhelps staff will help you with your electronic device and answer your questions. **For pre-registration and complete information**, click [here](#).
- **Saturday, April 6, 2:00-4:00 pm: Divine Teatime: An afternoon of preparing & tasting sweet & savory treats** – At Smith Center for Healing & the Arts, 1632 U St., NW; presented by Seabury Resources for Aging. Tickets \$55; proceeds benefit Seabury programs. Ticket purchase enters you in a drawing for a KitchenAid Professional 600 Mixer. **Purchase tickets** on Eventbrite or www.seaburyresources.org/events.
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