

Georgetown Village

Neighbors Helping Neighbors

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Dear GV Members,

We hope you have been enjoying your summer, traveling, relaxing, and spending time with friends and family.

Remember, in this extreme heat, it is very important to stay hydrated, drink plenty of water, even if you are not thirsty!

As you know, we have had a few prospective membership meetings during the summer months, and we are happy to see our newest members joining us at programs and activities. One of our newest members, Mary Lou Kelly and her daughter Lynnette are hosting Happy Hour this month, at their home-2821 Q Street NW. They look forward to meeting more Georgetown Village members, please be sure to RSVP, by calling or emailing the GV office so they know how many people to expect.

As we are planning for the 2015-2016 program year, I am looking for YOUR suggestions and ideas! There is a planning meeting scheduled for August 19, please join us to share your thoughts-more information on back page.

Georgetown Village to the Rescue

Recently, one of our members had new windows put into their home. In order for the workman to get to one of the windows, they needed to remove a part of their desk. With one call to the office, we were able to find a volunteer who could go over to their home and help re-assemble their furniture.

I try to highlight some of our unusual requests each month to give you an idea of the vast variety of assistance our volunteers can offer. Remember, if you need something- JUST ASK! We will do our best to find you a volunteer, or vetted professional who can help solve your problem. Whether it is transportation, technology assistance, household issues or even grocery shopping, we have volunteers who are happy to help! Give us a call and we will get things arranged for you!

August Programs

Mondays

August 3

5:30 pm-Happy Hour-Daily
Grill Wisconsin Avenue

August 10

10:30 am-Book Discussion

The Elegance of the
Hedgehog-1243 34th Street
1:00 pm-Caregiver Support
Group-3240 O Street NW

Tuesdays

August 18

5:30 pm-Happy Hour-2821
Q Street NW RSVP Required

August 25

TBD-Movie Night & Dinner

Wednesdays

August 12

1 pm -Gourmet Dining Group
Luncheon-Osteria Morini-call
the office if you want to join
the group by 8/10

August 19

10:30 am-Brain Games-St.
John's Board Room-Use
Potomac St. entrance-Join us
for a lot of laughs and learn
some new games!
1:00-Program & Activity
Planning Meeting-St. John's

Thursdays

10:30 am Coffee Talk
St. John's 3240 O Street

Book Discussion-The Elegance of the Hedgehog-August 10- 1243 34th Street

The Elegance of the Hedgehog is a novel by French novelist and philosophy professor Muriel Barberry. The book follows events in the life of a concierge Renée Michel, whose deliberately concealed intelligence is uncovered by an unstable but intellectually precocious girl named Paloma Josse. Paloma is the daughter of an upper-class family living in the upscale Parisian apartment building where Renée works. This book is full of allusions to literary works, music, films and paintings. It incorporates themes relating to philosophy, class consciousness and personal conflicts. We are sure to have an interesting and provocative discussion about it. Summer is a great time to relax with a cool drink and a good book-join us for the discussion in August!

Our book discussion group meets monthly and alternates between fiction and non-fiction books. We usually get about a dozen participants each month, and there is a lively discussion and interesting thoughts shared. If a book sounds interesting to you, read it and join us! **There is no obligation to read every book or participate every month!** However, I should warn you, that many of our members join us once, and get hooked! Many of our regulars are people who joined us for "just one book", and wound up staying for the others- hopefully you will too! If you have any questions or suggestions of books you would like to discuss with others, please let us know.

2015-2016 Program Year Planning Meeting August 19 -1 pm

We are looking for members and volunteers who would like to get involved in program planning. Join us to brainstorm ideas for trips and activities for the 2015-2016 program year. We last held this type of meeting a couple of years ago, and it was very helpful to guide us in the right direction. We need your help again, whether you have suggestions, organizational skills, or just want to hear other ideas, please join us on August 19 at 1 pm. We will be meeting in the St. John's Vestry room following Brain Games.

I encourage you to come early and join us for **Brain Games at 10:30**. Bring a brown bag lunch and we will provide beverages. Although not everyone likes to play games, there are many scientific studies that have proven how beneficial games can be to help you keep your mind sharp. Our selection of games include word games, strategy games, and memory enhancement games. Verified health benefits of playing games include; relieving stress, improving brain function, and stimulating the mind and boosting creativity. In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Playing can boost your energy and vitality and even improve your resistance to disease, helping you feel your best.