

## Georgetown Village

### Neighbors Helping Neighbors

[www.georgetown-village.org](http://www.georgetown-village.org) T: 202-999-8988

Dear GV Members,

WOW, as I look over this month's calendar of events I am very excited about how diversified our activities are, and how many of them you have to choose from!

Our popular Tai Chi Classes and Writing classes are re-starting and we have a new exercise class led by the fabulous Dr. Justine Bernard, who so many of you enjoyed learning from at our Thursday Night HCAC Lecture!

In addition, this month, we are co-hosting a comedy show with other local Villages and the Methodist Home. Join us on Thursday, March 13 for the program, ActYourAge!, with Beth Urech at 1:30 pm.

We also have a new offering in our IT Series-Traveling through Cyberspace. This discussion is being led by Heidi Wachs who so capably taught us about internet safety and security last spring.

I hope you had the opportunity to see our member, Page Wilson and volunteer Jim Smith on the CBS news piece about Georgetown Village. If you missed it, or would like to show it to your friends or family members, there is a link to the video on the home page on the website. Also, on our website, are links to the videos from our HCAC lectures as well as some other resources provided by the speakers. In addition, there are other online resources our interns have found that might be of interest to you. Visit our website to benefit from these resources.

Please remember to call the office if you need any help or assistance.



#### March Programs

##### **Mondays**

**March 3**

**10:30-Book Discussion-**

Those Angry Days

**5:30 pm-Happy Hour- Daily**

Grill-1310 Wisconsin Ave

**March 10**

**1:00 pm Caregivers Support**

**Group-St. John's Church**

**2:00 pm –Senior Discussion**

**Group-St. John's Church**

**March 17**

**2:00 pm-Fitness for Life –**

Elements 2233 Wisconsin

**March 24**

**3:00 pm-IT Series- GV**

Office Conference Room

##### **Tuesdays**

**March 18**

**5:30 pm Happy Hour-(DG)**

**March 25**

**Dinner Out & Movie Night**

##### **Wednesdays**

**March 26-1 pm-Writing Class**

**GV Office Location**

##### **Thursdays**

**10:30 am Coffee Talk**

**St. John's 3240 O Street-**

use Potomac St. entrance.

**March 13-**

**2:30 pm-Tai Chi/Qigong**

**-Blake Hall**

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**Act Your Age! Written and performed by Beth Urech**  
**March 13 at 1:30 pm –Methodist Home -4901**  
**Connecticut Avenue**

Come spend 60 minutes with a sassy 70 year old! Having survived 6 broken bones, 2 broken marriages, and a broken spirit, Beth is now “breaking a leg” on stage! Beth is a warm and dynamic performer who invites you into her life.

Georgetown Village is co-sponsoring this performance with other local DC Villages and The Methodist Home. Seating is limited-to insure a ticket you must RSVP by March 7.

**Special Exercise Class-Fitness for Life-for GV Members**

Improve your balance, better align your posture, increase your flexibility, and strengthen your bones and muscles! Physical therapist Justine Bernard will teach an hour-long exercise class using a variety of creative exercises and active stretches. Those of you who attended Justine’s presentation, know what a great opportunity this special class is for GV members! These classes are called Fitness for Life and participating in them will definitely help YOU stay fit for life!

Classes will be held every other Monday, starting 3/17 at 2 pm at Elements, 2233 Wisconsin Ave. Suite 217. If you need to call the studio-202-333-5252. Sign up through GV office Special price for GV members is only \$12/session. Wear loose, comfortable clothing for class.

**IT Series-Traveling through Cyber Space-Heidi Wachs**

Many of you enjoyed Heidi’s presentation last spring about internet safety and we are thrilled to have her back to teach GV members about using the internet to book trips, find the best flights and airfares, and learn about destinations. Heidi is a world traveler and has used the internet extensively to prepare for her trips. This experience, coupled with her professional knowledge and experience as an expert in the area of internet security and safety, allows Heidi to offer us this extremely useful presentation.

Join us on Monday, March 24 @ 3 pm in the GV office location-3000 K Street NW. We are meeting in the lobby at 2:55 pm.

**Memoir/Creative Writing Class with Solveig Eggerz**

What is a story? You’ll examine your experiences to discover the story and its meaning. This popular class is re-starting on March 26 @ 1 pm and welcomes new and returning members.



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**Save the Dates-Special Programs**

**March 6, 2014**  
**Philadelphia Flower Show- NO Coffee Talk 3/6**

**March 13**  
**1:30 pm-ActYourAge!-see story on left.**

**March 17-**  
**2:00 pm-Fit for Life Exercise Class starts @ Elements**

**March 24**  
**3 pm-Traveling through CyberSpace**