

Georgetown Village

Neighbors Helping Neighbors

www.georgetown-village.org T: 202-999-8988

Dear GV Members,

We are beginning our **Sunset Strolls** now that the weather has improved. In addition, we have a couple of new group ideas that members have suggested. Our **German Discussion Group** is starting this month and we are looking to see who is interested in participating in a **Gourmet Dining Group**. We are thrilled that these ideas, and so many others, are coming from YOU, the **members!** We welcome your ideas, please call the office to share your thoughts or ideas for programs and activities.

On May 15, we have our re-scheduled **HCAC lecture** on Depression in Older Adults presented by Dr. Nicholas Schor, we know this will be a very worthwhile program.

GV has a private tour scheduled to visit the **Kreeger 20th Anniversary Exhibition** on June 6 at 11 am. Our private tour will last about 90 minutes and will cover the K@20 exhibition along with a selection of works from the permanent collection by artists such as Picasso, Claude Monet, Georges Braque, etc. The building itself was designed by Philip Johnson. There is a \$7.00 per person charge and you must call the office to RSVP as space is limited. Free parking is available on the premises.

Call the office if you need any help getting your yard ready for summer, help with spring cleaning, transportation, IT help, or other assistance.

GV Office is looking for some electronic donations-if you have a working, recent-model computer or laptop that you are no longer using we hope you will donate it to GV.



April Programs

Mondays

May 5

2:00 pm Fit for Life Elements
5:30 pm-Happy Hour- Daily Grill-1310 Wisconsin Ave

May 12

1:00 pm Caregivers Support Group-St. John's Church
2:00 pm –Senior Discussion Group-St. John's Church

May 19

2:00 pm Fit for Life Elements

Tuesdays

May 20

5:30 pm Happy Hour-(DG)

May 27

10:30-Book Discussion-The Orphan Train-Toni Russin's Dinner Out & Movie Night

Wednesdays

May 7

1 pm-Memoir Class-GV Office

May 21

6:15 pm-Sunset Stroll-Meet in lobby of 3000 K St. NW

Thursdays

10:30 am Coffee Talk

St. John's 3240 O Street- use Potomac St. entrance.

2:15 pm-Tai Chi/Qigong
Blake Hall

Depression in Older Adults-May 15-6 pm

Adults 65 and older are more likely to experience difficulties with health issues, loss and grief, memory problems, and isolation all of which contribute to feeling of sadness. Feeling of sadness can be a sign of depression, so often not recognized in older population. Dr. Nicholas Schor will be speaking about depression in older adults and how to recognize the symptoms. He will also answer your questions about depression. Dr Schor is a board certified psychiatrist.

NEW GV Groups Starting

Some Georgetown Village members have expressed interest in participating in a **German Discussion Group**. Our first meeting will be on May 13 at 2 pm at the GV Office location-meet us in the lobby at 1:55 pm. If you are interested in joining the group and unable to attend this meeting please call the office and let us know what days and times you are available.

We have had interest in starting a **Gourmet Dining Group** to eat at four star restaurants in the local area for lunch or dinner, on a monthly basis. Contact the office and let us know if you want to participate in this fun group.

Orphan Train Book Discussion May 27, 10:30 am

Our book discussion will be on this novel by Christina Baker Kline. Moving between contemporary Maine and Depression-era Minnesota, the book is a powerful tale of upheaval and resilience, second chances and unexpected friendship. We will be meeting at the home of Toni Russin, 3400 O Street NW, 202-338-1926.

GV Tour of Virginia Vineyards on July 16, 2014

We are joining with Sibley for a tour of the lovely Virginia Vineyards. We will leave Georgetown at 9 am and after picking up the Sibley people we will arrive at Breaux Vineyards, where you will enjoy a tasting of their internationally acclaimed wines while enjoying the beautiful view of the Blue Ridge Mountains. From there, we will be having lunch at Magnolias at the Mill, a premier restaurant located in Purcellville. After lunch we are off to Sunset Hills Vineyards, for another wine tasting. Sunset Hills Vineyard have made preservation of their building a priority and the tasting room is a fully restored 1878 German Bank Barn. Cost of the trip is \$125 which includes transportation, Winery tours and tastings, Lunch, taxes and all gratuities. Please call to RSVP as soon as you know you are interested to insure your space on the bus!

Save the Dates- Upcoming Programs

May 13

**2 pm German Group-
3000 K St.**

May 15

**6:00 pm-HCAC Lecture-
Depression Blake Hall
3240 O Street**

May 21

**6:15 pm Sunset Stroll-
3000 K St.**

June 6

**11 AM-Kreeger @ 20-
private tour-Kreeger
Museum**

July 16

**9 am-6 pm-Virginia
Winery Tour w/ Lunch-
see story on left and
RSVP quickly**