



# Little Falls Village

Neighbors Helping Neighbors

[www.littlefallsvillage.org](http://www.littlefallsvillage.org)

LFV Office Address: 4701 Sangamore Road, Suite S-232, next to the Safeway  
(301) 320-3267

## LFV doings! | May 2018



Please let us know as soon as possible when you need a ride, so we have time to find a volunteer to drive! While we'll always try to provide a ride, finding rides in less than 72 hours is very hard to fill. A week's notice is just right!



Remember that we can assist with more than just a ride. We can also help with household tasks, visits – in person or on the phone, transitioning back home after a post-acute stay, handyman assistance, errands, getting organized, helping to find answers to a variety of questions you may have, technical assistance and a whole lot more. Just call or [email](mailto:info@littlefallsvillage.org) the office



[Visit Our Website](http://www.littlefallsvillage.org)

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**NOTES:** M&V = for LFV Members and Volunteers Only

ALL = Open to the public

### RSVP FOR EVENTS OF INTEREST BY Calling (301) 320-3267 or Email

[info@littlefallsvillage.org](mailto:info@littlefallsvillage.org)

**(LFV Library Events are at Little Falls Library, 5501 Mass. Ave.)**

#### **WEDNESDAY 5/2, 5/9** Men's Bridge **10:00 AM – noon.**

Call the LFV office for location. Future dates will be announced when they are scheduled (M&V)

#### **THURSDAY 5/3** Game Day **1:00 – 3:00 pm** in the **Sumner Village Community Center, 4910 Sentinel Drive** – Bridge, Mahjong, Scrabble, Mexican Train, Rummy Cube and more! We give lessons and welcome game suggestions! (M&V)

**FRIDAY 5/4, 5/11, 5/18, 5/25** LFV Walkers Club **Meet @ 10:30 am** in the enclosed courtyard to the left of the Safeway. A great way to keep in shape and enjoy the warm weather! Will continue every Friday @ 10:30 am (M&V)

**SATURDAY 5/5** Saturday Brunch **noon – 1:30 pm** at **Pralines in Sumner Mall.** (M&V)

**TUESDAY 5/8** Little Falls Library Wellness Fair **11:00 am – 1:00 pm** Visit tables by LFV, Suburban Hospital for free blood pressure checks, & Montgomery County's Senior Health & Wellness Coordinator. **Little Falls Library** (ALL)

**THURSDAY 5/10** LFV Library Event: **Fit4 Function** by Stephanie Dailey from the National Institute of Aging (NIA). Get tips, exercises and motivation from NIA's exercise and physical activity campaign. **1:30 – 3:30 pm. Little Falls Library** (ALL)

**FRIDAY 5/11** Arts Outing: **Brookside Gardens Van leaves @ 1:30 pm** from parking lot in front of the Safeway, Sumner Place Mall. Join us for a leisurely stroll through Brookside Gardens & Conservatory, and the Wings of Fancy Live Butterfly & Caterpillar Exhibit – Brilliant live butterflies fluttering among budding spring flowers. **Will leave Gardens @ 4:00 pm.** Cost is \$15 for Van transportation. (M&V)

**MONDAY 5/14** LFV Men's Lunch **noon – 1:30 pm** **China Pavilion, 4611 Sangamore Rd.,** next to CVS in the Sumner Mall. Join us for great conversation & a tasty lunch buffet! (M&V)



**You make LFBV a  
Community of  
Neighbors Helping  
Neighbors!**

**23 Volunteers  
participated in April's  
Advanced Training,  
including many new LFBV  
Volunteers!**

Cecilia Bacigalupo, Deborah Bisio, Kay Bowman, Susan Brown, Grady Catterall, Elaine Ferat, Bill Grosshandler, Russ Hogya, Frank Huffman, Gary Lorenz, Katheryn Scott, Jing Yin, Luis Zavaleta **for driving, including vans!**

Dave Gries – **for planning the “Arts Outing” Simulcast**

Corrian Atwell, Elida Bessalel, Deborah Bisio, Lisa Grove **for yummy & friendly meals**

Shobha Abhyankar, Marie Anderson, Cecilia Bacigalupo, Elida Bessalel, Deborah Bisio, Anita Bollt, Jane Croft, Kay Bowman, Sharon Cochran, Lorraine Douglas, Gary Ender, Marietta Falzgraf, Elaine Ferat, Karen Goldstein, Dave Gries, Gabrielle Gruneau, Susan Harding, Austin Heyman, Eleanor Hillegeist, Martha Holdridge, Ann Humphrey, Sally McCarthy, Marilyn Nejelski, Hedy Ohringer, Margie Ott, Lisa Owen, Nina Serafino, Katheryn Scott, Todd Smith, Betty Taska, Nancy Wehr, Chuck Yost **for visits, shopping, tech/home support, administrative and planning assistance**

Todd Smith & Manuel Valencia **for LFBV Website Design & Transitioning to our new website**

**WEDNESDAY 5/16** National Museum of African American History & Culture **Van leaves @ 9:30 am from parking lot in front of Safeway (confirmed RSVPs only), tour 11:00 am – 2:00 pm.** This event is full, wait list only. Will be time to stop by the café for those interested. Transportation Cost per person is \$15 (M&V)

**THURSDAY 5/17** Senior Cinema at the Avalon **10:30 am showtime**, tickets \$5. Movie will be announced the week prior. Members usually carpool. Let us know if you need transportation (ALL, transportation only for M&V)

**SUNDAY 5/20** Sumner Garden Club Annual Garden Tour Open to LFBV Members & Volunteers as well as Sumner residents. **1:00 – 3:00 pm.** Cost \$10 per household. **Start the tour & get tickets/map @ 5919 Overlea Drive (M&V)**

**WEDNESDAY 5/23** LFBV Library Event: **Fidos For Freedom – Improving the Lives of Those in the Metro Area**, presented by Fidos for Freedom Members & their Certified Dogs. Join us to find out how Certified Service & Therapy Dogs can help you. Will be time for warm & fuzzy dog hugs! **1:30 – 2:30 pm.** Little Falls Library (ALL)

**THURSDAY 5/24** Happy Hour & Light Dinner **5:00 – 6:30 pm** Enjoy non- & alcoholic drinks, a little dinner & lively conversation with LFBV friends at **Passion Fin in Sumner Mall (M&V)**

**TUESDAY 5/29** Poetry Circle **10:30 – 11:30 am.** Bob Heiderer's house. Bring a poem to read & your poetic thoughts to share (M&V)

**WEDNESDAY 5/30** LFBV Book Club **1:00 – 2:00 pm.** First book will be “The Chaperone” by Laura Moriarty. Call the LFBV office regarding book reservations. Bring a packed lunch! After this meeting, the Book Club will meet every other month on the 1<sup>st</sup> Wednesday of each month. LFBV Office ‘Back Room’ (M&V)

*Planning Ahead – RSVP Now!*

**SUNDAY 6/3** Arts Outing: **National Gallery of Art Tour of the American Collection** by Docent (and LFBV Volunteer) Pickett Randolph. Will also be time for Solo Touring **Leave 1:00 pm from parking lot in front of Safeway, 2:00 pm docent tour, return @ 4:00 pm (M&V)**

**THURSDAY 6/14** LFBV Library Event: **Realizing Your Investment Profile & Goals** by Paul Sheppard **1:30 – 2:30 pm.** Little Falls Library (ALL)

**WEDNESDAY 6/27** LFBV Library Event: **Checklist for Longevity – The 10 Things We Should Complete & Share**, by Corewood Care **1:30 – 2:30 pm.** Little Falls Library (ALL)



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4701 Sangamore Road  
Suite# S-232  
Bethesda, MD 20816  
**301-320-3267**

The LFB office is staffed M-Th from 9:00 am to 5:00 pm and on Fridays service requests are responded to until noon.

**NOTES:**

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**Thank You for Your Support**



**Andrew B. Gibson**  
**David E. Weinstein**

**THURSDAY 7/12** LFB Library Event: **Stress Management**, by Marti Bailey from Sibley Senior Association **1:30 – 2:30 pm. Little Falls Library (ALL)**

**WEDNESDAY 7/25** LFB Library Event: **Fall Prevention Strategies** by Sumner Fitness Physical Therapist **1:30 – 2:30 pm. Little Falls Library (ALL)**

*Other Community Events*

**Monday 4/30 @ 6:30 pm, Multi-Community meeting of the Joint Intelligence Community Campus.** Waldorf School Auditorium.

**Friday/Saturday 5/4 - 5/5 @ 10:00 am – 6:00 pm, 79<sup>th</sup> Annual Flower Mart at the Washington National Cathedral,** 3101 Wisconsin Avenue, NW. Flowers, herbs, festival foods, children's rides, gifts. Free.

**Sibley Senior Association (SSA) Events of Interest / RSVP to SSA:**

- ❖ **Saturday 5/5 All Day Conference:** Journey to Hope DC – Conference & Expo for Alzheimer's Family Care Partners **Registration @ 8:30 am.** Call (888) 246-6812. Free for family care partners.
- ❖ **SSA Exercise Classes 2<sup>nd</sup> Quarter 2018:** Several locations & times. Call SSA Office (202) 364-7602. Free for SSA members, \$10 administrative fee per quarter for non-members.
- ❖ **SSA Laugh Café:** First Thursday of Every Month, noon – 1:00 pm. Call SSA Office (202) 364-7602. Free.
- ❖ **AARP Smart Driver Course:** 9:30 am 6/22 (refresher 4-hours), 9/21 (6 hour class for new students), 10/26 (6-hour class). Call (941) 249-4650. If no answer, call SSA @ (202) 364-7602

**Suburban Hospital (SH) Events of Interest / RSVP to SH:**

- ❖ **Tuesday 6/19 Embrace Your Age, with Dr. Ava Kaufman @ noon – 1:30 pm,** Kenwood Country Club, 5601 River Road. Dr. Kaufman will share insights and practical advice that will keep you living your life to the fullest no matter your age. Registration required, call (301) 896-3939. Free.
- ❖ **Thursday 5/10, Nutrition & Blood Glucose Stabilization @ 6:00 – 7:30 pm,** by Anastasia Snelling, PhD, RD, Kenwood County Club. Registration required, call (301) 896-3939. Free

