



The Village Update

Engage • Connect • Support

Lynn's Letter

Dear GV Members and Volunteers: We have several important items to share with you in this week's Village Update. First, we are passing along COVID safety reminders provided by Northwest Neighbors Village to help you stay healthy as COVID cases rise. As you may have noticed in our email communications last week, we are asking GV members and volunteers to mask while in cars. To learn more about the most recent COVID news, as well as what to do to mitigate the health effects of wildfire smoke, don't miss the Healthcare Discussion that will ... [CLICK HERE TO READ MORE](#)



As COVID Cases Rise, Take Steps to Stay Healthy

As COVID cases rise in the region, we are sharing some important reminders provided by Northwest Neighbors Village on how to stay safe and healthy. Our Health Care Committee is meeting on Tuesday, and we are sure that they will have recommendations for GV members and volunteers as well. As a reminder, we are requesting masking while in cars. Members should attend the Health Care Discussion virtually ([zoom link](#)) or in person on Tuesday at 10:30 a.m. to learn more.

Masks – As a reminder, the [CDC recommends](#) well-fitting disposable surgical masks and KN95 masks, and explains that well-fitting NIOSH-approved respirators (including N95s) offer the highest level of protection. Be sure to properly wear your mask over your nose, mouth, and chin.

Covid Testing - Because the public health emergency has ended, over-the-counter Covid Test Kits are not covered by Medicare Part B or most private insurances. Laboratory tests, like PCR tests, are still covered by Medicare. Free test kits are available at select locations for the uninsured, [click here to find a site](#). Most Covid Test Kits are still valid after the expiration date listed on the box. [Click here to check if the expiration on your Test Kit has been extended](#).

What if You Test Positive – Contact your physician. [If you are over 65, ask about Paxlovid](#). Please stay home for at least 5 days and isolate from others in your home. To track isolation, note that day one is the first full day after you had symptoms, which for some, may not coincide with the day you've taken the test. It's best to stay indoors until you test negative, but if you must go out, wait until after the first five days have passed and wear a mask until after day ten or after two sequential negative tests in 48 hours. [Click here to learn more about isolation](#).

Assigned Parking at Georgetown Village



Parking at the Fillmore Arts Center has been assigned, and Georgetown Village has received 8 reserved spaces. Each space is now numbered. Starting this week, when visiting the GV office or Village Square, please park in spaces 4-11. These are located in the front half of the parking lot (the side closest to the building). There are two handicap spots also available as needed. Additional parking will be available during larger events, and we will let you know ahead of those events where you can park.

GV Arts, Culture, & Connections



Learn & Play Big Boggle

Tuesday, September 12, 2 p.m.
GV Square | 1801 35th Street

Join us at the Village Square and put your brain to the test as we learn and play Big Boggle, a wildly popular word game with devotees around the world.



Social Hour in the Square

Wednesday, September 13,
4:30 p.m.
GV Square | 1801 35th Street

Join our fellow members and volunteers on September 13 from 4:30-6:30 p.m. as we gather in the

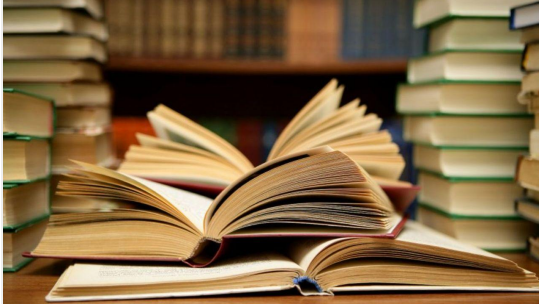
Please RSVP by emailing info@georgetown-village.org or calling 202-999-8988.

[CLICK HERE TO LEARN MORE](#)



Village Square for great company and refreshments. Please RSVP by calling 202-999-8988 or emailing info@georgetown-village.org.

[CLICK HERE TO LEARN MORE →](#)



GV Book Club Discussion

Monday, Sept. 18, 10:30 a.m.
GV Square | 1801 35th St.

Join the GV Book Club to discuss two books: *The Personal Librarian* by Heather Terrell and Victoria Christopher Murray and *An Illuminated Life* by Heidi Ardizzone. Both examine the life of prominent librarian Belle DaCosta Greene.

[CLICK HERE TO VIEW →](#)



Men's Lunch

Wednesday, September 20, 12 p.m.
City Sliders | 1529 Wisc. Ave.

The Men's Lunch is returning to City Sliders, which has reopened for lunch on Wednesdays, this month. Join the group for a great meal and conversation. For more information, call 202-999-8988 or email info@georgetown-village.org.

[CLICK HERE TO LEARN MORE →](#)



Women's Lunch

Thursday, Sept. 21, 12:00 p.m.
City Sliders | 1529 Wisc. Ave.

Don't let the men have all the fun! Join us for the Women's Lunch on Sept. 21 at 12 p.m. at City Sliders. Please RSVP by calling 202-999-8988 or emailing info@georgetown-village.org.



CCC: Adults Conquering Tech

Wednesday, September 27,
5:30 p.m.
Online via Zoom

Join us to learn how you, too, can conquer technology. Educator Victor Rezmovic, PhD, will show us how to advance our skills and make technology work better for us.

[CLICK HERE TO VIEW →](#)



Vineyard Tour & Tasting

Thursday, September 28, 11 a.m.

Chrysalis Vineyards - [Menu](#)

Don't forget to RSVP for GV's upcoming wine-tasting and lunch at Chrysalis Vineyards. We have rented a van, so please also let us know if you would like to secure a seat.

[CLICK HERE TO LEARN MORE](#)



[CLICK HERE TO LEARN MORE →](#)



Village Square Drop-In

Every Wednesday, 11 a.m.-4 p.m.

GV Square | 1801 35th St

We encourage you to drop by the Georgetown Village Square on Wednesdays to enjoy our communal space and say hello to fellow members and GV staff. As always, coffee, tea, and snacks are available. No RSVP needed!

GV Tech Hub



Tech Support

Tuesday, September 19, 2-4 p.m.

GV Square | 1801 35th St. NW

Have questions about your smartphone, laptop, or other device? Bring it to the Village Square and our tech-savvy volunteers will help. Please RSVP and let us know what device



Tech Coaching

Available Anytime

In a Member's Home or GV Square

Interested in strengthening your tech skills and expanding what you can do with your computer or smartphone? Our tech coaches can help. Sign up for Tech Coaching and receive one-on-

you are using, as well as the general topic you are seeking assistance with.

CLICK HERE TO LEARN MORE
→

one assistance directly in your home or in the Village Square.

CLICK HERE TO LEARN MORE →

GV Health and Wellness



Move Your Body

Mondays at 11:30 a.m. (except federal holidays)
GV Square | 1801 35th St.

This class focuses on the basics of functional movement. Great for first timers, deconditioned adults, and anyone looking to improve their activity level.

CLICK HERE TO LEARN MORE →



Stronger Memory

Mondays at 4 p.m. (except federal holidays)
Online | [Zoom Link](#)

This program, developed by Goodwin House, has been tested and proven to stimulate the brain's pre-frontal cortex, which governs our ability to retrieve memories.

CLICK HERE TO LEARN MORE →



GV Health Care Discussion

Tuesday, Sept. 12, 10:30 a.m.
Hybrid | GV Square & [Zoom](#)



Yoga Classes Coming Soon!

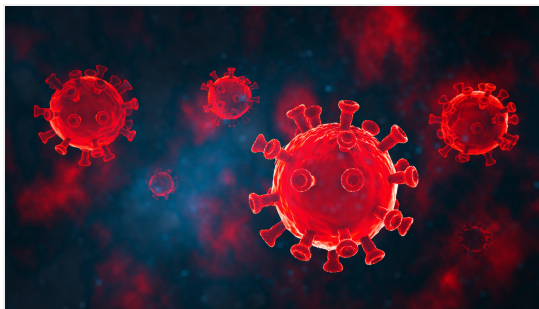
Thanks to the efforts of our volunteer Julien LeBourgeois, we are going to be offering a Yoga Class on Wednesday mornings starting in

Join us as the GV Health Care Committee discusses the rise in COVID cases, the latest variant, as well as wildfire smoke concerns. Dr. Rickles will be leading the discussion in-person at the Village Square. The meeting will also be accessible online via Zoom. Please RSVP by calling 202-999-8988 or emailing info@georgetown-village.org.

CLICK HERE TO LEARN MORE



October at 11:30 a.m. This class will be geared towards our members and we encourage you to join! The instructor, Alice Wylie, will be using October to get a sense of our members' interests and abilities to prepare to start the instruction in November. Please join us in October to give it a try. There is no charge for GV members to take classes; non-members are welcome, and the cost is \$15.00 a session.



BA.2.86 update

Brought to you by Your Local Epidemiologist: Katelyn Jetelina

Since the last BA.2.86 update, lab and epidemiological data have trickled in. Many of us took a big sigh of relief after seeing specific results over the weekend. The bottom line, according to Dr. Fred Rickles, head of the GV Healthcare Committee, is this: XBB vaccines from Pfizer and Moderna (both mRNA) and Novovax (protein) should be effective even if BA.2.86 becomes dominant. And Paxlovid continues to work! Click on the link below to read the article from Your Local Epidemiologist in its entirety.

CLICK HERE TO LEARN MORE



LET'S GET VACCINATED

GV Healthcare Committee's Recommended Reading: Fall Vaccine Guide

It's the first time we have vaccines for all three fall respiratory viruses that hospitalize and kill hundreds of thousands annually. This is a big deal, that is, if we utilize them. Learn more by reading [this full article](#) from Your Local Epidemiologist, and make sure to review the vital fall 2023 vaccine summary information Katelyn Jetelina has included. Please note, the GV Health Care Committee advises that members consult with their primary healthcare providers about their personalized vaccine strategies.

CLICK HERE TO LEARN MORE →



Capitol Hill Village

LGBTQ Community Coffee Drop-In

Mondays 10:00 am – 12 pm

Tai Chi

Mondays 11 am - 12 pm

[Click here to register](#)

Chair Yoga

Mondays & Thursdays 4 – 5 pm

[Click here](#)

LGBTQ Social Hour

Tuesdays 6 – 7pm

Cleveland & Woodley Park Village

Online Chair Yoga

Tuesdays 10:30 - 11:30 a.m.

[Register here](#)

Dupont Circle Village

Meditation with Patricia Ullman

Mondays and Thursdays

9:00-10:00 am

To sign up visit the DCV [Calendar](#)

Accessible Mat Yoga

Mondays 3:30-4:30 pm

Chair Yoga

Tuesdays 10:30-11:30 am

Feldenkrais Method Awareness Through Movement

Wednesdays, 10-11am

Greater Brookland Intergenerational Village

[Click here](#)

East Rock Creek Village

Otago Exercise w/Antonia

These exercises are proven to prevent falls. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information on Otago and to receive the link.

Kingdom Care Senior Village

[Click here](#)

Mt. Pleasant Village

Mindful Meditation Group

Contact janfenty@Gmail.com

Northwest Neighbors Village

[Click Here](#)

Palisades Village

Mindful Knitting

If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

Strength & Resistance Exercise Class with William Yates

Mondays @ 3:30 pm - In Person & Online

Register [here](#).

Village of Takoma Park

[Click here](#)

Waterfront Village

The events below are open to all DC Villages members.

[Click here](#)

Technology Boot Camp (Online)

1st & 3rd Wed. @ 3pm

Community Corner



Take This Survey on Georgetown's Transportation!

The DDOT is working with Georgetown Business Improvement District to identify transportation initiatives that will enhance mobility, safety, and equity in Georgetown. A key component of it is the survey, which asks you a variety of questions about how you get to and about Georgetown. GV will also be hosting a session on transportation for older adults in the Square on Sept 27.

[CLICK HERE TO TAKE THE SURVEY →](#)



Walk with Amal on Sept. 19 at 4 p.m.

GV's upstairs neighbor, the Laboratory for Global Performance and Politics, invites you to walk with Amal, a 12-foot puppet of a 10-year-old Syrian refugee child and a global symbol of human rights, especially those of refugees. Amal is journeying across the U.S. in one of the largest free public festivals ever. The Sept. 19 walk will start at Freedom Plaza and end at the U.S. Capitol Grounds.

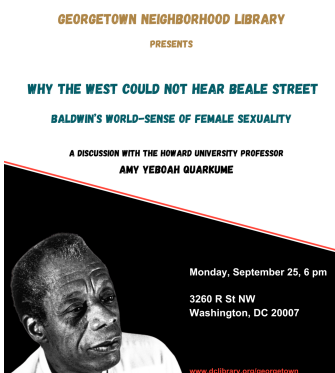
[CLICK HERE TO LEARN MORE AND RSVP →](#)



Notorious RBG: The Life and Times of Ruth Bader Ginsburg

This exhibition at the Capital Jewish Museum tells the stories of RBG's remarkable career and her efforts to expand "We the People" to include those long left out of the Constitution's promises.

[CLICK HERE TO LEARN MORE AND REGISTER →](#)



Why the West Could Not Hear Beale Street

Join us at the Georgetown Neighborhood Library on Sept. 25 at 6 p.m. for an insightful talk by Prof. Amy Yeboah Quarkume of Howard University. Prof. Yeboah will discuss "Why the West Could Not Hear Beale Street?" Her speech will explore Baldwin's view of female sexuality from an African-centered world-sense perspective.

[CLICK HERE TO LEARN MORE →](#)



Free Virtual 50+ Employment Expo

All age 50 or better jobseekers, it is time to reignite your job search at this expo on Tuesday, September 19th!

[CLICK HERE TO LEARN MORE AND REGISTER →](#)



Virtual Zumba Gold Tuesday with Around Town DC

Tuesday, Sept. 12, 11 a.m. - 12 p.m.; This event recurs every Tuesday.

[CLICK HERE TO LEARN MORE AND REGISTER →](#)



Encore Creativity for Older Adults Opens Registration

Do you love to sing? Join in song this fall with Encore Creativity for Older Adults. No audition required.

[CLICK HERE TO LEARN MORE →](#)

202-999-8988
Monday-Friday 10-6

@ info@georgetown-
village.org

1801 35th St.



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