



Georgetown Village **Neighbors Helping Neighbors Thrive** **Engage. Connect. Support**

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

Dear GV Members,

We have many exciting and informative programs scheduled for our members this month! In addition to our special programs, Our social hour this month will feature a fancy cocktail demonstration by Joseph Olchefske. This is a great opportunity to learn how to make some fun drinks for your next gathering!

Our book discussion group will be discussing the book "Killers of the Flower Moon" on April 8. Many of you watched the Movie in the GV Square and you are welcome to join the group to share your thoughts.

We have many important healthcare programs scheduled for this month. Join us to learn about Wearable Medical Devices, Living well with Hearing Loss and Community and Home-Based Healthcare Resources.

This month's movie is The Holdovers, winner of multiple awards this past season. Join us on April 4 to enjoy movie snacks, and a fun evening with GV friends.

Our Mah Jong classes are starting this month, if you are Interested in learning to play the game, or refresh your memory as to how to play, join us in the Village Square on Monday, April 15 at 1:30 pm. We have a couple of Mah Jong sets so all you need to do is show up!

We have started a new discussion group for our members in the Village Talk section of our website. This group, "Let's Go Out" is for members who wish to go out to shows, concerts, embassies, or other events with and want to invite other GV members to join them. You can add a post stating where you want to go and when; others can respond if they are interested in joining you. If you need assistance finding the Village Talk section or learning how to post on the website contact the office.

All the best,
Lynn

Mondays

April 1, 8, 15, 22 & 29-11:30 am

Basic Training 4 Your Body-
Georgetown Village Square-
(GVS) 1801 34th Street

4 pm-Stronger Memory Online

April 8-10:30 am

Book Discussion- @ GVS

April 15-1:30 pm

**Mah Jong-Learn to play or
refresh your skills @ GVS**

Tuesdays

April 9 10:30 am

Health Care Discussion
Online 827 2873 7032

Passcode: 539162

April 16-12 pm

Women's Lunch-Peacock Cafe

April 30

1 pm-Volunteer Training-Online

Wednesdays

11-4-Drop by GV Square

April 3-11 am

Genealogy Affinity Group-GVS

April 10 5:30 pm

Wearable Medical Devices w/
Dr. Hood-Hybrid Program

April 17

11:30-Program Committee Mtg

12 -Men's Lunch-City Sliders

5:30-Living Well with Hearing Loss

April 24

**Navigating Aging: Community
& Home-Based Care Resources**

Thursdays

April 4-5:15 pm

The Holdovers @ GVS

April 11-11:15 am

Tour of Lincoln's Cottage
4:30 pm

Social Hour-GVS

April 25-2-4 pm

Drop-in Tech Support

Wearable Medical Devices with Dr Colton Hood
April 10 5:30 pm-Hybrid Program-In Person and Online

We are extremely fortunate to have Dr. Colton Hood, Associate Director of George Washington University's Telemedicine and Digital Health Fellowship program, joining us to discuss the many wearable medical devices and their benefits. Join us in person, and bring your smart watches, mobile phones, etc to learn their full potential as medical devices.

If you are unable to join us in person, you can watch the presentation online using this Meeting ID-849 8349 2570, Password-598851

Tour of Lincoln's Cottage-140 Rock Creek Church Rd NW, Washington,
April 11-11:15 am

President Lincoln's Cottage is a historic site and museum located on a 250-acre campus in Northwest Washington, D.C. Here Abraham Lincoln made some of his most nation-changing decisions and developed the Emancipation Proclamation.

During the Civil War, President Lincoln and his family relocated to the Soldiers' Home for the "hot season." The tranquil surroundings at the Soldiers' Home offered refreshing breezes, a relief from White House protocol, and a place for the President to reflect on all-consuming decisions about military strategy, domestic policy, and foreign relations. The cost of admission to the Cottage is \$12.50 and participants will share the cost of transportation.

CCC-Living Well with Hearing Loss
Presented by Judy Alden
April 17-5:30 pm Meeting ID-898 8745 8833 PW-111423

Judy Alden will provide awareness, criteria, tools, and strategies to live well with hearing loss. The National Institute on Deafness and Other Communications Disorders reports 25% of seniors in their sixties; 50% in their seventies; 80% in their 80's experience functionally significant hearing loss. Treating hearing loss problems early is important for cognitive health, making it a public health concern (National Academies of Sciences) Learn what we can do to improve quality of life with hearing loss.

Judy Alden is the president of the Hearing Loss Association of America DC Chapter (hlaadc.org), Cohort with the Network of Hearing Assistive Technology Trainers (N-CHATT). facilitator of OLLI Hearing Matters study group.

Navigating Aging: Community and Home Care Resources
Presented by Carol Kelly & Dr. Fred Rickles
April 24 1:30 pm -Hybrid-In-Person & Online Meeting ID: 88635130494 PW: 830501

Board President, Carol Kelly will offer information about Medicare coverage, and other insurance options. Carol will also discuss online and community-based resources for health care. Dr. Fred Rickles will join Carol for the presentation and answer members' questions.