



Georgetown Village

Neighbors Helping Neighbors Thrive

Engage. Connect. Support

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

Dear GV Members,

We are busy planning for our fabulous gala, scheduled for May 16 at the beautiful home of Alan and Nancy Taylor Bubes. This year we are honoring Dr. Sachiko Kuno, whose generosity has allowed us to open the Georgetown Village Square and flourish in this fabulous location. You should have received your invitation in the mail. We appreciate so many of you buying tickets and showing your appreciation of Dr. Kuno's generosity. If you have not yet purchased a ticket, it is not too late!

Our book discussion group will be discussing the book "The Night Watchman" on May 13. The group always has an interesting discussion and welcomes you to join them.

This month's movie is "American Fiction", which received a 96% approval rating on Rotten Tomatoes. The movie follows a frustrated novelist, fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes, who uses a pen name to write his own outlandish "Black" book and is swept up in the madness he claims to disdain. We hope you will join us for the movie and discussion on May 9.

Our exercise class is now being offered twice a week, on Mondays and Thursdays at 11:30. Join us for one or both days. In addition, we are now starting a Meditation group on Wednesdays at 11. Give either or both a try!

We are excited to have a few new members who have joined us during the past few months. If you see someone you don't know, be sure to introduce yourself and welcome them. If you have friends who have not yet joined Georgetown Village feel free to bring them to one of our Social Hours to get to meet us and learn about Georgetown Village.

Best,
Lynn

Mondays

May 6, 13, 20-11:30 am

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

4 pm-Stronger Memory-Online

May 13-10:30 am

Book Discussion- **The Night Watchman @ GVS**

May 6, 13 & 20 -1:30 pm

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

**May 27-Memorial Day-
GV Closed**

Tuesdays

May 14-10:30 am

Health Care Discussion

Online 827 2873 7032

Passcode: 539162

May 21-2 pm

Genealogy Affinity @GVS

May 28-2-4 pm

Drop-In Tech Support @ GVS

Wednesdays

11-4-Drop by GV Square

May 8-11 am

Meditation Session

May 15

12 -Men's Lunch-City Sliders

May 22- 12 & 2pm

**"Dragons in Art"-at the
National Gallery of Art**

May 29

**1:30-Navigating Aging
Discussion@ GVS**

Thursdays

Exercise Class-11:30 -GVS

May 9-5:15 pm-Movie Nite

American Fiction @ GVS

May 16-GV Fundraiser

May 23-1:00 pm

Women's Lunch @ City Sliders

May 30-4:30-6:30

Social Hour-@ GVS

Mindfulness Meditation with Kay Lambert
Starting Wednesday, May 8 at 11 am

Join Kay Lambert for a serene 30 minute mindfulness meditation retreat where participants can cultivate inner peace and enhance well-being. The session will begin with gentle stretching to promote relaxation and alleviate tension in the body, then participants will be guided through various mindfulness techniques. These techniques include focused breathing, sound healing and body-scan meditation aimed to foster present-moment awareness, reflection, and reduce stress. This class is beginner friendly and intentional to bring a sense of tranquility into your day.

Kay is a certified Integrative Health Coach, Meditation Instructor and Retreat Coordinator, Within the last decade she has been devoted to her own soul care journey through mindfulness and intentional living. In 2021 she created Sun Soultastic.

Celebrate the Year of the Dragon with GV May 22
Tour of Dragons in Art at National Gallery &
Optional Chinese Food Lunch at Noon
Art Tour at 2 pm-National Gallery of Art

GV is celebrating the Year of the Dragon with a private guided tour of the "Dragons in Art" at the National Gallery of Art. We will be meeting in the South End of the Rotunda at 1:45 pm. Although there is a lift available, there are 5 steps that will need to be navigated during this tour. To make it a real celebration, we thought it would be fun to meet for lunch at Shanghai Lounge at noon first!

Shanghai Lounge is very close to the office at 1734 Wisconsin Avenue, and cars can be left in our parking lot. We plan to share rides to the National Gallery of Art after lunch. Please let us know if you are joining us for lunch, the tour, or both.

Georgetown Village Affinity Groups Take Off

Georgetown Village has seen the growth of Affinity Groups during the past year, and we are pleased that so many of you are taking us up on our offer to start a group that suits your interests. These groups have been started based on our member's requests and if you are interested in starting a group, just let us know and we will help you get it going.

Existing groups that all GV members are welcome to join include; Navigating Aging-a group that meets monthly to discuss aging issues, Genealogy-learn about tracing your roots and share information that you find, French discussion group-currently this group is at capacity, but if you are a fluent French speaker we can add you to the wait list, and Mah Jong- learn to play or refresh your skills with a regular game.