



•WATERFRONT•
VILLAGE

The Navigator

A neighborhood-based membership organization
of paid staff, volunteers, and vendors
supporting Southwest Waterfront and Navy Yard residents
who wish to age in place.

Issue 61 - March 2022

Village Nabs Cherry Blossom Tickets

The National Cherry Blossom Festival's signature Opening Ceremony is an artistic celebration of the 1912 gift of trees from Tokyo to Washington, D.C., and an annual tribute to the longstanding friendship between Japan and the United States. This unique, one-time-only performance will feature special performances from acclaimed artists with ties to both countries. Waterfront Village has acquired a limited number of tickets for members to attend the March 20, 2022, ceremonies from 5:00 p.m. - 6:30 p.m. at the Warner Theater.



"The Village is incredibly grateful to the Cherry Blossom Committee for making the tickets available to our members and their guests again this year," Len Bechtel, the executive director of the Village. He added that Barbara Ehrlich, the former president of the Village, made the ticket donations possible.

This unique, one-time-only performance will feature special performances from acclaimed artists with ties to both countries. To see the line-up of this year's entertainer's, click [Opening Ceremonies](#).

Tickets will be available on a first come, first serve basis. If you are interested in getting up to two tickets for the event, please call the office on 202-656-1834 or send an email to: celebrate@dcwaterfrontvillage.org. **Attendees will need to provide proof of vaccination and be prepared to wear masks during the event.**

Chamber Group Celebrates 25th Anniversary in April

In April, the Southwest Chamber Players, under the direction of Village Member David Ehrlich, celebrates its 25th year playing classical music for enthusiastic Southwest residents.



When Ehrlich founded the group in 1997, he hoped to capitalize on the huge pool of talented amateur musicians in the DC area. Like Ehrlich, many of the musicians hadn't performed since their school days but were eager to pick up their instruments again. Combining an array of musical instruments and a full chorus, the Players repertoire emphasizes works of the great composers of the classical and romantic eras.

In April, the Players will perform two concerts to mark its anniversary. These concerts will each be unique and together demonstrate the full range of the musical group. St. Augustine's Episcopal Church will be the venue for the event, and the Players have designated Waterfront Village as the recipient of event proceeds. The concerts are scheduled to complement the Cherry Blossom Festival and will take place on Friday, April 1 at 7:30 p.m. and Sunday, April 3 at 2:30 p.m.

Waterfront Village will provide additional details for these concert as they are finalized.

Village Launches New System

Waterfront Village will move its enterprise system, including its website and phone app, to a new provider beginning March 1, 2022. The new provider is Helpful Village, a software company which designed its software with Village operations in mind. Please consider attending training sessions that we will schedule throughout the month to help you learn how to use the new system.

Please also review your member profile. A lot of manual work needed to be done to transfer our data files. This may have resulted in some inadvertent errors. Let us know if you see any need for correction.

Village Hits Reset on In-Person Programs

With the quick and decisive decline in Covid-19 cases in the District of Columbia, the Village will restore in-person participation in events while continuing to provide virtual options for members.

"While we are happy to offer in-person programming again, the pandemic underscored that we have members with mobility challenges who benefitted from having virtual access to programs. We also know that not everybody is ready to mingle in a crowd again just yet," said Pam Troutman, assistant director for member services.

For the month of March, the Village will have a mix of program -- in-person, virtual and a hybrid of the two. For example, Walking Club events, the Fasnacht Day celebration and the Cherry Blossom Opening Ceremony will be in-person events. The monthly happy hour, meditation class, and all of our Committee meetings will still be virtual. The Book Club will combine the two in a hybrid approach.

Regardless of which meetings you decide to attend, you will be welcome. Please remember to use the new website to register for our programs. We use registrations to collect attendance information for monthly grant reporting, so registrations are important.



Waterfront Village Committee Meeting Dates

Waterfront Village is excited to announce the reconvention of Village Committees in March! Village committees provide an important platform for staff and members to collaborate directly together to enrich the Village. We would encourage all members to consider getting involved in a committee as a way to get to know people and represent member interest. Please call the Village on 202-656-1834 if you would like to volunteer for a committee.

Volunteer and Member Services, Thursday March 3, 1:00 p.m.

Membership, Tuesday, March 15, 1:00 p.m.

Program, Tuesday, March 22, 1:00 p.m.

Vendor Services: TBD

Please note all committees will meet by zoom. The link will be in the meeting day's daily bulletin.



Membership Directory is Here!

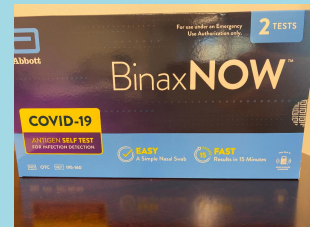
We are happy to share that nearly twenty people have given us the go-ahead to be listed in the directory.

We would love to see that number grow! Your directory listing would include your name, phone, and email. To be included, send an email to Pam Troutman at ptroutman@dcwaterfrontvillage.org.

The directory can be accessed on the new website by clicking the top tab called **Members** and then selecting the dropdown tab called **Member Directory**.

Member Covid Tests and Masks Available

As we continue to move forward through the pandemic and the omicron variant, rapid testing is an important tool to limiting the spread of covid.



If you are in need of a rapid at-home covid test or a mask, please call the office at 202-656-1834 or send an email to info@dcwaterfrontvillage.org and we will deliver a test to your home.



Hump Day Yoga, Wednesdays Starting March 2 noon- 1:00 p.m. Via Zoom

Using Ash Wednesday as an auspicious date to start the next series of yoga meditation workshop, Anandaropa will lead a 9-week yoga workshop on Zoom starting on Wednesday, March 2, 2022.

The five major religions – Hinduism, Buddhism, Judaism, Christianity, and Islam -- all practice forms of meditation. Many faiths also observe a time of preparation before a major event or season. That preparation can entail things like fasting, making pilgrimage or engaging in rigorous meditation and prayer.

During this two-month class, Village members can embrace the opportunity to adopt a positive sankalpa (resolution) through the practice of yoga nidra (psychic sleep). We will continue to review and systematically delve deeper into various meditation practices such as antar mouna (inner silence) and ajapa mantra (spontaneous meditation). Participants will be exposed to various free online apps to aid in the development of a regular daily practice. All levels are welcome.

Our yoga instructor, Anandaropa, has been studying yoga at the Bihar School

of Yoga BSY in India since 2001. Having finished his certificate 4-month course training in 2002 and a one-year residential stay at the ashram to train as a karma sannyasin in 2006, Anandaropa has been specializing in teaching yoga to students. He has taught yoga in Vermont at the Burr Burton Academy BBA and Long Trails School Long Trails.

The Village will be one of two groups participating in the course and practice sessions. The other participants will be volunteers supporting an organization which helps Afghan refugees settle in communities in Vermont.

Walking Club to Begin Second Weekly Session

Due to popular demand, the Walking Club (henceforth dubbed Waterfront Walkers) will add an additional walk to their schedule -- Thursdays, 3:00 p.m. Meet at 4th and M Streets at the Farmers Market site. This Thursday group will meet in March, April, and May, before the hot weather arrives this summer!



We will continue to meet on Tuesdays at 9:30 a.m. for a morning option.



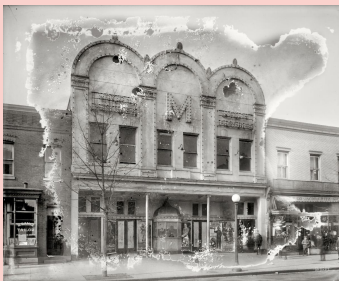
Fat Tuesday Fasnachts! Tuesday, March 1 at 10:30am 4th and M Streets

What's a fasnacht you say? It's a donut without a hole! This is a Pennsylvania Dutch tradition that has roots in many European countries. In Poland it's a paczki; in Canada it's a Bismark; in Russia it's a ponchiki; in Ukraine it's a pampushky; in Israel it's a sufganiyah, but any way you say it, it is delicious! We'll enjoy this treat from the famous Heidelberg Bakery in Arlington.

Preparing for Hospitalization Seminar Wednesday, March 9, 1:00 p.m.

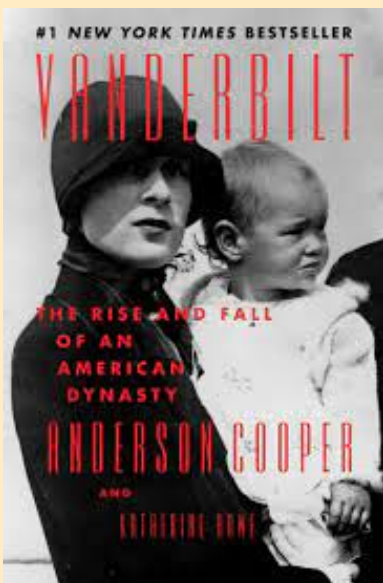
Join us for a Waterfront Village staff presentation on a topic that we would all rather avoid -- preparing for hospitalization. While we might want to avoid the topic, it makes a lot more sense to conquer our fears and be as prepared as possible. We often don't have a lot of warning before a hospital stay is required. Yet, the experience will be much better if you take the time to think through the steps you can take now to make the process go more smoothly if and when hospitalization is necessary. Stop by this zoom session to get some tips and hear from one of our members who has had multiple hospitalizations and came out on the other side stronger.





March Movie at the Miracle Theater March 11, 1:00 p.m.

We are excited to return to the Miracle Theatre on Capitol Hill for a viewers' choice movie. Respond to Sunday's (February 26) survey request to help select this month's movie. In order to host this private screening, we need 20 people! Sign up online, invite your friends, and let's go to the movies! Despite the decline of COVID infections in the DC area, the Village will request participants to wear masks except when they are eating or drinking. There is plenty of room in the theater to spread out too since all the seats are reserved for the Village. All participating Village members must be fully vaccinated (booster encouraged).



Village Book Club

Thursday, March 17 at 2:00 p.m.

Hybrid meeting, SW Library and Zoom

Vanderbilt, by Anderson Cooper, explores the fascinating history of the Vanderbilt family, the story of their rise to fortune, the ensuing fights over that same fortune, and the lifestyle it allowed them to live. There were triumphs and tragedies, and Anderson Cooper takes a look back at his own family history to tell this tale.

Village Artists at Work!

As part of our return to in-person events, Waterfront Village welcomed several of our artists to gather at the Village offices to express their creativity through collage art. The participants shared a bit about their journey and connection to art and craft and it was a wonderful way to connect with one another. No experience was required and the creations were beautiful.



If you have any interest in future creativity gatherings, please email Pam at prtroutman@dcwaterfrontvillage.org. We hope to gather again in April to enjoy this time together!

RECURRING EVENTS

Village Walking Club

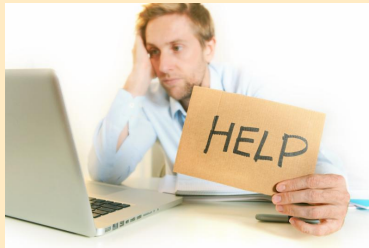
Tuesdays at 9:30 a.m.

Thursdays at 3:00 p.m.

Location: Meet at 4th and M Street

These walks will remain local walks; there is always the opportunity to do a shorter walk!

Check your email or call the office at 202-656-1834 on Tuesday mornings if the weather is questionable.



Technology Boot Camp

Wednesdays, March 2 and 16 at 3:00 p.m.

Location: Zoom Session

Lacking confidence in your ability to use videoconferencing platforms, or hoping to use your smart phone for more things? Attend these meetings with our technology team for conversation and get helpful hints on how to use computers, smart phones, televisions, and tablets.

Music and Movement with with Bob Sacheli and Roy Barber

Thursdays at 11:00 a.m. via zoom

This program is a very special offering that we are happy to include on our calendar. Bob and Roy are highly trained, caring individuals who aim to support you on your journey by providing this class. The class will help you embrace movement of both body and spirit. The first class is free, additional classes are by donation, suggested amount is \$5-10; payment can be made via paypal at @RobertSacheli. Please email Pam to be included on the zoom link distribution class.



Grocery Shopping Shuttle

Thursdays at 1:00 p.m.

Join us on Thursdays for a trip to Harris Teeter! We are happy to provide a grocery shuttle to Harris Teeter and back. Register for this service on the Village website or email Pam at ptroutman@dcwaterfrontvillage.org

This program is currently available for full members; we will keep you posted if we can

offer it for all members in the future! Harris Teeter offers a 5 percent discount on all purchases made on Thursdays.

Chair Yoga with CHV Thursdays at 4:00 p.m. Location: Zoom Session

Chair Yoga is a version of Yoga that does not depend as much on balance and strength but still provides movement and flexibility exercises. Led by Capitol Hill Village.



Alzheimer's Support Group

**Location: Zoom Session
March 24 at 11:00 a.m.**

If you or someone you know is caring for a relative with Alzheimer's Disease, please know we are here for you! Taking care of yourself is critical; connecting with others who are going through this journey is one of the best ways to get needed

assurance and support. This monthly group currently meets via zoom. For information on the meeting, please email Carroll Quinn at: sequin643@gmail.com.

Three easy ways to register for and attend Village events:

1. Log into our website and hit the Events tab to learn more, and then RSVP online*
2. Email your request to: ptroutman@dcwaterfrontvillage.org
3. Call the Village at 202-656-1834

Check the Village's daily email for Zoom meeting links.

***Call 866-457-2582 weekdays 8:30 am - 7 pm for help with your online registrations**



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Thank you to our members renewing during the month of January:

Max Aguilar
Ann Cronin
Johanna Cummings
Judith Farley
Duggee Hatry
Jane Jorgensen
Kier Jorgensen
Marlene Johnson
Vihn Ly
William Long
Brigitte Merklein
Helmut Merklein
Karen O'Brien
Victoria Peckham
Jeanne Wolf

Special Welcome to New Members Joining Us in January:

Sara Glendinning
Steven Shulman
Jean Shulman

Amazon offers an identical yet parallel website called Amazon Smile. Each time you shop and order on this website instead of the regular Amazon website, Amazon will donate a small portion of the order amount to a charity of your choosing.

Please consider shopping on Amazon Smile and designating the Waterfront Village as your charity!

Click below to learn more.

Amazon Smile for
Waterfront Village

Don't forget to sign up for a training session using the new system. Check the website calendar for specific dates and times.

For Causes You Cherish

While it's understandable to not want to talk about legacy plans, getting your inheritance wishes in order is one of the greatest gifts you can bestow upon your loved ones. If Waterfront Village is a cause you cherish, please call the Village on 202-656-1834 to learn more about legacy giving.





Waterfront Village is a 501(c)(3) public charity (EIN 81-1859871) incorporated in the District of Columbia is a member of the DC Villages collaborative and the Village to Village Network, operating under the guidance of the District of Columbia Department of Aging and Community Living.

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