

•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 76- June 2023

Art of Ages: Community Exhibition Opens Friday

More than a dozen artists across an array of disciplines will display their work tomorrow and Saturday at Saint Matthew Lutheran Church, making a bold statement for art created by artists aged 60 and better. The exhibit, *Art of Ages*, is sponsored by Waterfront Village and promotes the work of older artists in Southwest DC and the Navy Yard.

"Art of Ages is more than just a great art exhibit," said Len Bechtel, executive director of Waterfront Village. "It documents that older adults are still a major part of our neighborhood's identity and culture." All artists will have a direct link to the local area whether as a current or former resident or as an employee of a local business. The exhibit will include paintings, photographs, mosaics, and crafts.

Starting with an opening night reception, the hours for the exhibition will be 6:00 – 9:00 p.m. on Friday, June 9, and 11:00 a.m. to 5:00 p.m. on Saturday, June 10. While there is no cost for the exhibition, the fee for the opening night wine reception is \$25. Advance tickets may be purchased prior to June 5 at a discounted rate of \$20 on the Village website under the events tab.

Please contact the Village with any questions or to make accessibility arrangements by calling the Village Office on 202-656-1834.



[Purchase Tickets for the Opening Reception Here](#)

Support the Village Art Exhibit... Five Easy Ways You Can Contribute!

1. Buy a ticket for the Opening Reception. Buy a ticket for a friend.
2. Sign up to be an exhibit host. Hosts will be stationed throughout the exhibit to welcome guests and represent the Village. Click the button below to see the volunteer sign-up sheet.
3. Reception set-up. We are looking for 3-5 volunteers to assist with some of the food set-up. Again, click the button below to see the sign-up sheet.
4. Take down crew. We are looking for some folks who can be available Saturday night from 5-6:30 pm as we take down the exhibit. St. Matthew has been a wonderful partner for the Village so we want to leave it better than we found it.
5. Donate a bottle of red or white wine to the Village for the Opening Reception. Drop it off at the Village on any weekday before June 6. Call 202-656-1834 when you are leaving your home, so we know you are on the way.

[Volunteer Sign-Up Sheet](#)

Village Members

Celebrate Great 7th Anniversary

Village memberships celebrated the organization's seventh anniversary with a festive program, emotional speeches from recipients and their families, and excellent food. The special event and awards ceremony took place on May 6, 2023, at Masala Art restaurant.



The 2023 Annual Award recipients (from left to right) Kathy Trickey, Deborah Greenstein, Ellen Spencer and Phullis Dillinger (The Washington Home), flanked by Executive Director Len Bechtel and Vice President Peter Eicher.

Executive Director Len Bechtel shared remarks that highlighted the important work of the Village as a tool to combat the national health crisis of loneliness. Earlier in the week, the United States Surgeon General Dr. Vivek Murthy issued a health advisory about the serious health and mortality impacts of loneliness.

The anniversary brunch underscored the role that the Village can play in providing opportunities for members to promote connections and make a difference in the lives of older adults.



Nearly sixty people enjoyed a delicious brunch at Masala Arts, a local favorite



Providing opportunities to members for staying connected is one of the things that the Village does best

Departure Date Announced



Executive Director Len Bechtel stands with Village members in front of the Jefferson Memorial during the peak of the cherry blossoms earlier this year. He announced last month that he will retire from his Village position on New Year's Eve. He also pledged to support the Village in different ways.



Jug Bay Half Day Trip Wednesday June 28, 9:00 a.m.

We are excited to take a trip just 30 minutes away to the Jug Bay Wetlands Sanctuary. This sanctuary protects about 1,700 acres of unique tidal freshwater marshes, forested wetlands, upland and riparian forest,

creeks, meadows, pine and sand barrens, and fields along the Patuxent River. This protected land provides a safe haven for a high diversity of plants, insects, mammals, amphibians, reptiles, birds, fish and microbes, and to rich Native American cultural resources.

This is a high adventure outing, so come prepared with sneakers and be ready to walk on the trails. RSVP by clicking the link below. RSVP's are due by Thursday, June 23.

[Register for Jug Bay](#)

Morning and Short Afternoon Walking Club Updates

The short afternoon walking group has gotten off to a good start, and we are glad to have this opportunity available for those who are interested in a 30 minute, easy-paced walking group. We will be switching the day for this group

to **Wednesdays**, the time will remain at 1pm.

The Tuesday morning walking group will move our June start time to 9am, beginning Tuesday, June 6.

The group's new meeting day will be Wednesday at 1pm. We will meet at 4th and M Street. Please check the daily bulletins for weather updates; in the event of hot weather the walk will be cancelled.

EVENTS THIS MONTH



Golfing at Hains Point Tuesday June 6 at 8:00 a.m

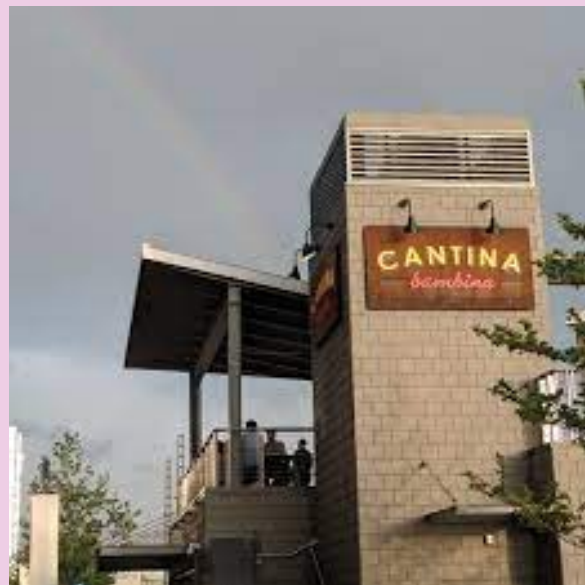
Whether you are a PGA caliber golfer or just want to learn the game, you will not have more fun playing golf than with our team of nine-holers (18 holes is just too much golf!). Please sign up in advance so we can schedule the tee time with enough slots for everyone. "Four!"

Register to go with the
group

Coffee and Conversation Thursday June 8 at 10:00 a.m.

Meet at Cantino Bambino at the Wharf, BYO Coffee!

This is a new event that is designed to give members a chance to get to know one another in a casual setting and a chance to check out the local coffee shops! Pick up a cup somewhere at the Wharf (or bring some from home) and join us at the outdoor seating near Cantina Bambino which is near the Water Taxi.

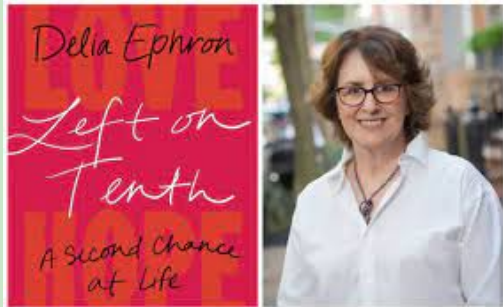


**Looking for Another Opportunity to
Connect?**



Village Coffee Hour at the Village Office
Wednesday, June 14, 10am

This group will gather to catch up and chat about any suggestions members have for future Village programming. We look forward to hearing from you about your ideas for the second half of 2023.



Book Club
Dinners with Ruth
Thursday June 15 at 2pm
at the Library or via zoom

Author Delia Ephron, the bestselling, beloved writer of romantic comedies like *You've Got Mail* tells her own late-in-life love story, complete with a tragic second act and joyous resolution. Delia Ephron had struggled through several years of heartbreak. She'd lost her sister, Nora, and then her husband, Jerry, both to cancer. She channeled her grief the best way she knew: by writing a *New York Times* op-ed. The piece caught the attention of Peter, a Bay Area psychiatrist, who emailed her to commiserate; after several weeks of exchanging emails and sixties folk songs, he flew east to see her. They were crazy, utterly, in love. But this was not a rom-com: four months later she was diagnosed with AML, a fierce leukemia.

In *Left on Tenth*, Delia Ephron enchants as she seesaws us between tears and laughter, navigating the suicidal lows of enduring cutting-edge treatment and the giddy highs of a second chance at love. With Peter and her close girlfriends by her side, with startling clarity, warmth, and honesty about facing death, Ephron invites us to join her team of warriors and become believers ourselves.

Great Decisions
Friday, June 23, 1:00 p.m.
Southwest Library

The topic for this month's current event discussion group is Politics in Latin America. We had some really wonderful discussions and look forward to seeing some more this session!



Women of the Freer Art Gallery-
A Docent-Led Tour by Village



Member Jeanne Wolf

Friday, June 23, 3pm

Please join a tour that will introduce and discuss women featured in the Freer's collection—ancient and modern, human and divine. Learn about amazing women and their hidden stories.

Village member Jeanne Wolf will be our guide. Dr. Wolf has lived and worked in Asia for over twenty years. She is now a part time lecturer and a docent at the National Museum of Asian Art. The tour will be limited to 15 participants so you must register in advance. Meet at the Freer Gallery at 12th and Jefferson Drive.

[Register for this event](#)

**Waterfront Village
Meditation Group
Monday, June 26 2:00 p.m.
at the Village Office**



Stop by this Village group that is growing and learning together. Our regular facilitator, Gail Frances, will be out of town but we will still plan to gather to continue to practice our individual meditation journey. Click below to register for this event or just plan to come!

[Meditation
Registration](#)

RECURRING EVENTS

**Chair Yoga
Mondays AND Fridays, 11:00 a.m.
Westminster Presbyterian Church**

This class includes breathwork, light weight lifting, oiling the joints, seated and standing stretches (standing is optional). This program is offered by



Pamela Wilson and is enjoyed by several Village and community members.

Village Walking Club

Tuesdays at 9:00 a.m.

Wednesday Short Walk 1:00 p.m.

Location: Meet at 4th and M Street

These walks will remain local walks, and there is always the opportunity to do a shorter walk. We want these walks to be enjoyable for as many members who want to stroll the neighborhood. Check your email or call the office at 202-656-1834 if the weather is questionable.



Technology Support Sessions

Wednesdays, June 7 & 21

3:00 p.m. by zoom

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.

Are you interested in in-person technology help or do you have a specific technology skill that you are seeking to acquire? Email Pam at ptroutman@dcwaterfrontvillage.org to discuss the possibilities!

June Pickleball Update

Thursdays at 9am at Jefferson Courts

Please note the updated time and location for the Waterfront Village pickleball group.

Invite a friend, we hope to see you soon!





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.



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

Pat Arnold
Dan and Jan Bailly
Lewis Bashoor
Jean Daniel
Richard and Michele Freed
Deb Greenbush
Cecilie Jones
Joseph Klein
Perry and Sue Klein
Angela Matysiak
Janet Miyazaki
Ed Peterman
Mary Irene Pett
David Simonds
Judith Walters
Phil Weeks
Michael and Judith Winston
Gloria Zeglen

Special Welcome to new

VILLAGE RECRUITMENT

**Refer a new member, get a set of
two Waterfront Village wine
glasses (limit 20 glasses per
member)**



Need help paying for your Village membership?

Through a grant provided by Friends of Southwest DC, the Village is able to offer subsidized memberships to older

members joining us in May:

Glenn Sandison and Lee Haacker

adults with limited incomes.

Please call the Village on 202-656-1834 if you would like to discuss how to qualify for a reduced-rate.

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 use the link below to access information about the Village Legacy Society and planned giving opportunities. Send an email or call the Village on 202-656-1834 if you have any questions or would like additional information.

Village Mailing Address

Please send any correspondence or payments to the following address:

Waterfront Village
P.O. Box 70372
Washington, DC 20024



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.

Leonard Bechtel
Executive Director

Carroll Quinn
President

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