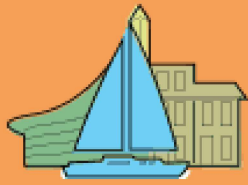


• WATERFRONT •  
VILLAGE



# 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 78- August 2023

## Village Expands Senior Citizens Day to a Week

For the second consecutive year, Waterfront Village will celebrate National Senior Citizens Day with a full week of special activities from August 21-25. Events will include the Village annual peach festival, a concert, a museum visit, a restaurant night out, and a presentation by a popular local journalist.

"One day is not enough time to honor our senior citizens, so we took the full week," said Pam Troutman, assistant director for membership. "We have designed a week that is fun, informative and culturally relevant. We should have a great time."

[The history of National Senior Citizen's Day dates back to 1988.](#) President Ronald Reagan realized the importance of older adults in society and decided to honor them. He signed Presidential [Proclamation 5847](#) and declared August 21 as National Senior Citizens Day.



The celebration took place for the first time in 1991 in the United States. This day intends to increase awareness of the issues impacting older adults. It is a day designated for honoring and supporting older family and community members and recognizing their achievements and contributions.

Last year's events included a trip to the Hillwood Estate (pictured above).

## 2023 Senior Citizens Week Schedule

**Monday, August 21**

**Peach Festival**

**Tuesday, August 22**

**C-SPAN TV's Paul Orgel**

**Wednesday, Aug. 23**

**Village Night Out**

**Thursday, August  
24**

**Planet Word Museum Trip**

**Friday, August 25**

**Boardwalk Happy Hour**

**Southwest Chamber Players**

**Details about Senior Citizens Week events can be found below.**



### Village Visits DC Central Kitchen Cafe

On Wednesday, July 26 over 15 Village members and staff enjoyed a morning at the new headquarters for DC Central Kitchen, located at Buzzards Point. DC Central Kitchen has been at work fighting poverty since 1989 and their new facility is designed to provide a place for second chances and new lives to begin.

We are interested in Village member feedback regarding volunteer opportunities at this very special organization. Would you consider a donation of your time, perhaps on a monthly basis? If so, email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org).

# Village Home Tour Tickets Now on Sale



Waterfront Village opened tickets sales for its 2023 home tour "Homes of the Southwest Waterfront" earlier today. The very popular local event will take place on Sunday, October 8, 2023, from 1:00 p.m. to 5:00 p.m. Saint Augustine's Episcopal Church will serve as the registration headquarters again this year.

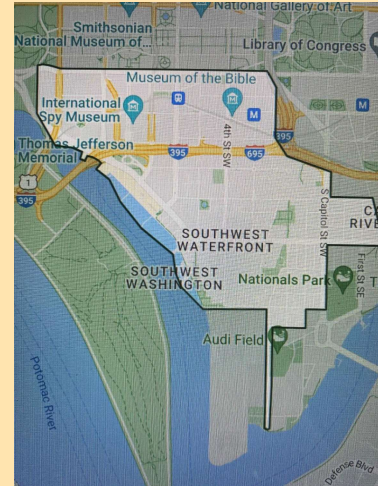
To purchase a ticket for this year's tour, please click [Home Tour Tickets](#) or by calling 202-656-1834.

## Circuit Transportation Update

Village members have reported overwhelmingly positive experiences with the Circuit. This electric vehicle-based transportation service operates within Southwest DC.

We would like to offer an important navigation tip when using the Circuit. If you are requesting a ride down to the Buzzards Point area of SW, you can only request a ride via the app by using an **address on 2nd Street**. If you view the Circuit map, pictured to the right, you can see that the area covered towards Buzzards Point is only up and down 2nd Street. Several members have experienced some challenge when attempting to request a ride using their location when they are just off of 2nd Street.

If you use a 2nd Street address, for example, 2100 2nd Street (The Point Restaurant), then you can hop on or off there and may have to walk a few steps to your destination.







## Village Volunteer Corner

Each month, the Navigator will highlight volunteer opportunities. Volunteering at the Village is a terrific way to meet and get to know other members and to support the work that is happening.

We are seeking volunteers for the following:

- **Event hosts.** Our coffee hours are a little better when we have a home-made treat. We are looking for volunteers to prepare and bring refreshments for the Wednesday, August 9 coffee hour;
- **Drivers.** Daytime drivers who can provide transportation for members to doctor's appointments are in great demand. Our current drivers are very busy, and a few more drivers would help to lighten their load;
- **Village Representatives.** By serving as an outreach contact at the Farmers' Market on any Saturday in August or September, you can us build our membership and find more volunteers. We are looking for representatives to sit at our table at least one week in the two-month period. We will also be encouraging home tour ticket sales; and
- **Bakers.** Do you have a special dessert recipe you want to showcase? Bakers are needed for our peach festival on August 21. If you have a great peach recipe, please consider sharing it with other members at our annual peach festival.

Please email Pam at [ptroutman@dcwaterfrontvillage.org](mailto:ptroutman@dcwaterfrontvillage.org) if you are interested in lending a hand.

## EVENTS THIS MONTH



**The Miracle Club**  
**The Miracle Theater**  
**Friday August 4, 1:00 p.m.**

Join us for a movie outing at the Miracle Theatre to see the film, "The Miracle Club," which features a star-studded cast, including Maggie Smith, Laura

Linney, Kathy Bates. These women of Ballygar had just one dream: to

win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

Please register as soon as possible for this event and invite your friends. The ticket cost is \$6.00 and tickets will be for sale at the theater. We are grateful to the Miracle Theater for setting up this showing. Please hit button below or call 202-656-1834 to register.

Register here so we can know to expect you

### **Coffee Hour Wednesday August 9 at 10am at the Village Office**

Elections have consequences not just for candidates but also for the policies and legislation they support. Come to the coffee hour for refreshments and discussions. This month, we will be joined by Majorie Lightman who will discuss how you could leverage next year's election season to gain support for issues of interest to older adults. Pictured above is DC's member of Congress, Eleanor Holmes Norton.



### **Preventing Fraud, Scams, and Identify Theft Zoom Session Tuesday August 15, 4:00 p.m. Greater Stonegate Village**

This zoom event, which is sponsored by the Greater Stonegate Village, will feature Mike Conrad from the Montgomery County Police Department's Keeping Seniors Safe unit. Mike has volunteered with

Montgomery County for nearly ten years and he will share valuable information that we all need to keep in mind as we go about our day to day use of computers and smart phones. You must register in advance for this Zoom session, we would encourage you to register by Friday, August 11 so that the Stonegate Village can distribute the Zoom link. Click [HERE](#) to register today!

**Peach Festival**  
**Monday, August 21 at 6pm**  
**Village office**

Last year's peach festival was such a success that we are bringing it back again! Cobbler, pie, or ice cream? Take your pick.



We are looking for bakers and cooks who are interested in contributing their culinary talents to this event. Call Pam on 202-656-1834 if you would like to contribute.

Register here for the Peach  
Festival

**Caller on the line with**  
**C-SPAN's Paul Orgel**  
**Tuesday, August 22 at 10:00 a.m.**  
**Village Office at 222 M Street SW**



Waterfront Village is pleased to present Paul Orgel, the Editorial Director for C-SPAN TV, who leads its staff of producers & on-air talent in coverage of major public policy events in Washington, DC. Orgel will be this year's Senior Week Founders' Circle speaker and discuss his career at C-span on Tuesday, August 22 at 10:00 a.m. at Saint Augustine's Church at 555 Water Street SW.

"I first met Paul 40 years ago when he was just starting his journalism career and have followed his remarkable career," said Len Bechtel, the Village's executive director. "He has had some tough assignments, especially in this political environment. We are in for a treat to hear about his experiences."

Orgel is probably best known as one of the long-time hosts of Washington Journal, a C-SPAN news shows that offers an open caller segment taking viewer calls from the political right and left. In addition to his morning interview and call-in program, Paul has served as the chairman of the Radio and Television Correspondents' Association. He began his C-SPAN career in 1991, giving him a perch from which to watch the evolution of American politics over the last 32 years.



## **Restaurant Night Out**

**Wednesday, August 23 at 5:00 p.m.**

**Sites to be announced August 4**

Join other Village members and the greater Waterfront area for a night out at a nice restaurant with friends. This is a chance to give your kitchen a break and let someone else do the cooking for you. The designated restaurants will be announced at our movie event on August 4 at Miracle Theatre (see above).

## **Planet Word Museum Tour**

**Thursday, August 24**

**925 13th Street at 11:00 a.m.**

Planet Word is a relatively new museum where language comes to life. You are sure to enjoy the voice-activated exhibits and the fun examination of language arts. This museum has gotten rave reviews and are looking forward to experiencing this together. There are limited tickets available, so please register below or call 202-656-1834 as soon as possible. To learn more about this museum, click [HERE](#) to be directed to their website.



Register here for tickets to Planet Word

## **Great Decisions**

**Friday, August 25**

**12:45 p.m. at the Southwest Library**

This month's topic is Global Famine. With environmental and population changes abounding, feeding the world is a complex process. If you would like to attend this current events group, please register below or contact the Village Office on 202-656-1834 to gain access to the materials so that you can come prepared to the discussion group.

Register for Great Decisions



## Happy Hour at the Boardwalk Friday, August 25th at 5:00 p.m.

Stop by the Boardwalk for some summer fun before the Chamber Players Concert. This is a fun way to wrap up the week and the Boardwalk is a great place for a taste of summer.



## Chamber Music Concert by the Southwest Chamber Players Friday, August 25

The program, called **HAYDN' NOTHIN**, will feature a solo rendition of the master's Piano Sonata in D Major, Hob.XVI:24, by Mayron Tsong, a magnificently credentialed pianist with a pedigree a mile long, who's about to release a CD of Haydn, Mozart, Berg, and Prokofiev. And fleshing out the Haydn program will be a sampling of the great man's work.



## Waterfront Village Meditation Group Monday, August 28 at 2:00 p.m. at the Village Office

Stop by this Village group for Mindful Meditation. The group is starting to grow, and this would be a good time to try it. Special thanks to Kathy Trickey who facilitated last month's meeting. Call 202-656-1834 to register.

[Register for Meditation](#)

## 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 at 3:00 p.m.**

**August 2 and 16**

Please note that July 5th's meeting will focus on loading the Circuit App onto your phone and we will meet in person at the Village office.

## **August Pickleball Update**

**Thursdays at 8:30 a.m.**

**Jefferson School Courts**

The Village pickleball group will continue to meet on Thursdays at 8:30 a.m. at the Jefferson Courts. If you plan to attend the sessions, please register by 4:00 p.m. the day before so that we can confirm that we have enough participants.



## **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@dewaterfrontvillage.org](mailto:ptroutman@dewaterfrontvillage.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 June:**

Jane Connolly  
Stephanie Dalton  
Tom Kemp  
Richard Lang  
Leslie Lang  
Anne Martin

**Special welcome to our new  
members joining us during the  
month of June:**

Judy Barnhard  
Judith Bowman  
Cynthia Bunton  
Arnold Jones  
Barrie Zucal  
Tom Zucal



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  
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