



The Navigator

A neighborhood-based membership organization supporting
older residents of Southwest Waterfront and Navy Yard

Issue 80- October 2023

Village Prepares for Best Home Tour Yet



Waterfront Village announced that the sixth annual *Homes of the Southwest Waterfront* will take place on Sunday, October 8 from 1:00 p.m. – 5:00 p.m. The annual home tour will start from its traditional registration center at Saint Augustine's Episcopal Church at 555 Water Street SW.

“If you’ve ever wondered what lies behind the door of an intriguing home in our neighborhood, this is your golden opportunity to find out,” says Carroll Quinn, president of the Village. “We’re very excited to bring the DC community this rare opportunity. There is so much history and so many interesting personal stories in Southwest.”

According to Village Executive Director Len Bechtel, the annual home tour is the largest fundraising event for the Village during the year. The Village depends on funding from the tour to sustain Village services.

Waterfront Village Board member and local realtor Andy Peers, who helped start the Tour in 2018, noted that the tour evolves a little bit each year as new opportunities arise.

“A plus this year is that tour participants will be able to hail the new Circuit electric mini-buses to make getting from home to home a snap,” Peers said. “We will also include a sponsored tour lounges along the route this year for participants to grab a drink or a snack.”



Two of the mini-buses will circulate the home tour route during the tour and

will only be available to home tour participants. In the past, some participants had difficulty seeing all the homes on the tour because of walking distances between the homes, and the rides should help eliminate that challenge.

Advance tickets for the Tour are \$20, while same-day tickets are \$25. To purchase an advance ticket, click the button below. Same-day tickets may be purchased at the Tour's Registration Desk. All ticket-holders must pick up access ID bracelets and guide maps at the Registration Desk. Tour participants must be at least 13 years old, and pets are not allowed.

**Purchase your Home Tour Tickets
here!**

BBQ and Home Expos Draws Record Crowd

More than 70 Village members and nearly 20 vendors enjoyed a gorgeous afternoon on the St. Matthew Patio on September 14 for the Second Annual Barbeque and Home Expo. This event provided a chance for many of our members to come together again after a busy travel and holiday season.



"Last year, the barbeque was our best attended event, and this year's crowd was even bigger," said Pamela Troutman, Waterfront Village's assistant director.

In addition to the excellent smoked meats and southern-style fixings, the events featured a variety of vendors which serve older adults, including home care, assisted living residences, financial planners, realtors, and DC government agencies.

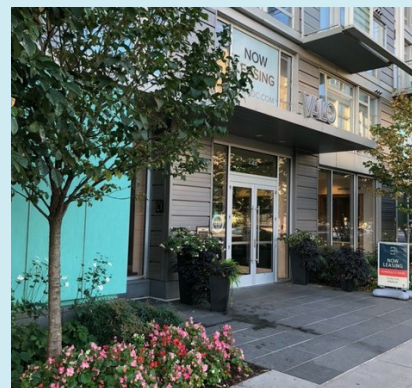
"Many members commented that they did not even know some of these types of services exist," Troutman said. "An event like this that introduces our members to service providers can be critically important later when members are in difficult positions."

Troutman added that the Village also appreciates the continued support of St. Matthew Lutheran Church and the access it gives the Village to its public spaces, like the patio, for our many events.



Nearby Shooting Spurs Office Security Review

Village staff gathered with all of the tenants of St. Matthew Lutheran Church and a representative of the Valo Apartments to review building security and discuss safety concerns after multiple people were injured and one person died in a shooting event at the apartment complex on September 6, 2023.

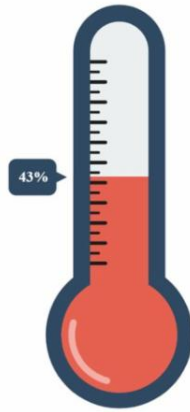


"The violence occurred in close proximity to our office, so we wanted to make sure that we are doing everything we can to ensure the safety of our staff and members," said Len Bechtel, the Village's executive director. "The meeting was a good opportunity for us to learn about the isolated event that was related to a Valo Apartment tenant's drug-related activities and review our security posture."

This meeting provided all of the tenants of the church with a chance to share concerns and brainstorm steps to ensure the safety of everyone who uses the building.

Additional security steps that will be executed include clearly documented event sign-in sheets, door minders at all events, and a much-improved communication channel so that all parties who use the building can be in rapid communication during any potentially impactful incidents.

GOAL: \$7,000



Fall Campaign Goal



Fall Fundraising Campaign

One Week to Go

Campaign Closes October 8

All contributions are appreciated. Please consider giving what you can to support the Village's services and programs.



Committee Members Wanted for Supporting Village Functions

The Village Board of Directors is seeking your support as they support the growth of the Village. If you might consider donating some time to work with board members on committees such as the development committee and the finance committee, you can make a difference in your local committee. A few extra hands will go a long way in supporting the Village Board and staff, and there is a lot of support and fun involved in working with our amazing Board!

***"There is no way to happiness.
Happiness is the way"***
~Thich Nhat Hanh

**Mindful Meditation at Waterfront Village
Monday October 9 & 24
Village Office**

As we age, we spend time thinking about the past- regrets and disappointments; and the future-anxiety regarding health and finances.

Our mindfulness meditation teaches us to live in the present moment. This moment is freedom from regrets, disappointment and anxiety. Join the group and work to experience freedom and happiness.

EVENTS THIS MONTH

Local Election Interest Group

**October 4, 11:00 a.m.
at the Village Office**

Join with other Village members to discuss issues of importance to SW DC in the upcoming local elections. This is a continuation of a first gathering. If you were not able to attend the first meeting, please feel welcome to join us at this one. We are still just getting started.



Two-Part Class Seeks to Tap Your Creativity

Waterfront Village is offering a two-part class that will help participants realize their creative potential. The class will use a series of challenges and exercises to unleash your existing creativity. The goal is to help you harness your creativity for solving everyday problems and for supporting your artistic pursuits. The class is scheduled for consecutive **Thursdays, October 5 and 12, from 4:00 p.m. - 7:00 p.m.**

The class will be led by Mark Osele, who spends much of his time in the world of creativity whether at his federal job as a patent reviewer or his side jobs as a professional actor, published author and visual artist.

[Register here for the creativity class](#)



FREE BREAKFAST AND VACCINES

**Monthly Coffee Hour
Wednesday, October 11,
9am at St. Augustine's**

Village members will have the opportunity to connect with one another at our monthly coffee hour, this month, hosted at St. Augustine's Church at the corner of M and 6th Street. We are happy to be serving breakfast at this event so bring your appetite.

We are pleased to offer vaccinations at this event as well (covid, flu, RSV, and shingles). Please call the Village Office at 202-656-1834 or register on our website for your preferred time slot.

Join us for this always lively discussion group. This month's book *Walking with Sam*, is written by actor Andrew McCarthy, and it tells the story of his time with his son walking the Camino Trail in Spain. When Andrew McCarthy's eldest son began to take his first steps into adulthood,

Solo Aging
Six-Part Course
Tuesdays, October 24 - December 54

at 1:00 p.m., at St. Augustine's Church

We are pleased to announce the offering of this important class that is designed to help you make practical plans so that your wishes and plans are clear and easy for your network to understand. This class covers topics that include building your network, healthcare decisions, aging-in-community, and more.



You must register for this class. We anticipate running again next year as well. We are asking participants to check their calendars to be sure that they can attend at least five of the six classes. Classes will be held every Tuesday at 1:00 from October 24 through December 5 with the exception of November 21 due to Thanksgiving.

Patio Lunches at the Village October 25 at 12:00 noon (Pending available of lunch hosts)

The Village would like to host some smaller gatherings where Village members can enjoy conversation and time getting to know one another. We are looking for hosts for this event. If you would be willing to host a group of 4 Village members at your home for lunch, please email Pam at ptroutman@dcwaterfrontvillage.org. We will of course be looking for lots of guests.



Great Decisions: Climate Change October 27 12:45pm at the SW Library

This is a topic on everyone's mind; with extreme weather a news story nearly every night on the national news, we know that things are changing on our planet. This month's Great Decisions group will provide a chance for a thoughtful discussion on this complex topic. If you are interested in attending, please contact Pam in the office so we can provide you with materials prior to the group.

RECURRING EVENTS

**Needlework Group of SW
Mondays and Fridays, 10am-noon
Modern on M Building**

Interested in spending some time with some other needlework artists? Or are you interested in picking up some tips for your embroidery or knitting? This group of needle-crafters has been gathering for some time here in SW.

Reach out to Stephanie Eicher at

eichersx@hotmail.com if you would like to stop by to check in out.



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 Session

Wednesday, October 4, 3:00 p.m.

This month our tech support meeting will be held once, on Wednesday, October 4.

This will be a zoom session and the link

can be found in the weekly bulletin that week. If you have additional tech support needs, please do not hesitate to reach out to the Village office and we will be glad to assist you.

Waterfront Village Meditation Group

Mondays, October 9 & 23

2:00 p.m. at the Village Office

This Village group is growing. Please come and join us as we explore this wellness practice. If you have not ever tried meditation but would like to try this out, we welcome you.



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 September:

Joyce Bouvier
Beverly Gray
Gale Kaufmann
John McGrath
Jean Sammon
Nancy Tyler

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

Richard Felsenthal
Rhonda Goodman
Dorothy Moskowitz

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
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