

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 7, Issue 1

A Community Network of Support

January 2015



Carol Word at home.

JANEAN MANN

## MEMBER / VOLUNTEER PROFILE

### Peace Corps was life-changing

BY JANEAN MANN

**N**NV member and volunteer Carol Word says that the Peace Corps “changed the trajectory of my career.”

After graduating from college

with a degree in education, Carol became a Peace Corps volunteer in Lushoto, Tanzania, teaching just about everything in a middle school—math, English, science and the arts. She loved teaching and developed interests

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# 2014

## NNV's year: Connections kept NNV strong

BY MARIANNA BLAGBURN

**T**he second half of life can be relentlessly busy despite the notion of retirement. There are trips, exercise regimens, time for friends, visits with family, reading (are you tired yet?). And then, there is volunteering. Work was time-consuming, but not like this. What makes a good life *now*?

For each, the answer will be different. But there are threads of similarities woven into the fabric of busy lives. We have choices, something of ourselves to share, and a desire to give back to the community.

Many of you—member, volunteer, friend or supporter—chose Northwest Neighbors Village as a place to receive your time, energy, ideas and friendship. You have inspired others to join in, to come to this activity, give a donation, cook a dish to share. You offered the name of that doctor, painter or shoe store to get the best

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## NORTHWEST NEIGHBORS VILLAGE

*a community network of support*

4901 Connecticut Ave. NW  
Washington, DC 20008  
(202) 777-3435

[www.nwnv.org](http://www.nwnv.org)

### Northwest Neighbors

**Village** (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

### Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at (202) 777-3435.

### NNV Board Members

#### Officers

Bob Holman, *co-president*  
Joan Norcutt, *co-president*  
Steve Altman, *vice president*  
Elinor Stillman, *secretary*  
Stewart Reuter, *treasurer*

#### Directors

Judie Fien-Helfman  
Robert Lancelotta  
Frances Mahncke  
Janean Mann  
Dennis O'Connor  
Deb Sliter  
Jo Ann Tanner  
Robert Parker, *emeritus*

#### Ex-officio

Marianna Blagburn,  
*executive director*

#### Newsletter Team

Janean Mann, *editor*  
Doris Chalfin  
Pat Kasdan  
Danielle Feuillan  
Tom Oliver

# NNV's year in review

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deal. In short, *you* and your contributions and connections make the village.

In 2014, we will exceed the 3,500 mark in services requested by members and filled by volunteers. We have brought lots of folks together. On more than 30 occasions, volunteers helped a member for more than four hours on one service call. Our wonderful volunteers have provided dedicated service to our members—surpassing the 7,000-hour mark this year!

Volunteers took members to surgery and waited for them to come out, drove them home and visited awhile until all was okay. Volunteers were happy to do medical note-taking, get groceries, pick up prescriptions, and play games and do artwork with members with early dementia. Volunteers helped with folding the laundry, read the mail to members with low vision, helped to reorganize closets, changed out lots of smoke detector batteries and upgraded old house numbers. Volunteers also put out the newsletter 11 months of the year, helping to tell the story of the village, giving untold hours of writing, editing and professional layout and design skills.

According to [independentsector.org](http://independentsector.org) the value of a volunteer hour in the District is \$38.69. At that rate, the total value of the volunteer

hours spent in the village: \$276,635—more than double our \$130,000 budget! The value to members: priceless. The good life: check ✓.

### Community partners

In 2014, we saw unprecedented support from the business community. Senior-friendly restaurants such as Blue 44, DeCarlo's, Jake's and Capital Grille gave us discounts, hospitality and service. TTR Sotheby's supported the celebration of our fifth anniversary with a magnanimous donation. Providers of senior services



Marianna Blagburn

in our community helped in ways that are important to our growing membership. They are Forest Hills of D.C. (formerly the Methodist Home), Lisner Louise Dickson Hurt Home, Iona Senior Services, Care Management Associates, Capital House Calls, VITAS, Caring Daughters, Lifematters, and Home Instead. The D.C. government gave us service and support: Chevy Chase Library, and the leaders in ANC 3/4G, 3F and 3E. Our special thanks to the offices of D.C. Council member Mary Cheh, Mayor-elect Muriel Bowser and the Chevy Chase Citizens Association—all are great partners in helping us to build an even stronger community. Here, in the village, we live the good life. Thank you.

**Marianna Blagburn** has been NNV executive director since 2011.

## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Mon., Jan. 5, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., Jan. 7, 1-3 p.m.**

**Village Card & Board Games**—Scrabble, chess, bridge, poker, etc. with Cleveland & Woodley Park Village members, volunteers. Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: (202) 777-3435.

**Thurs., Jan. 8, 1:10 p.m.**

**Unbroken**—Film of book by Laura Hillenbrand. AMC Loews Georgetown, 3111 K St. NW. Admission \$10.35 for seniors.

RSVP by noon Jan. 2: (202) 777-3435.

**Mon., Jan. 12, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Jan. 19, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Jan. 21, 2-4 p.m.**

**NNV Book Club** to discuss *The Siege of Krishnapur* by J.G. Farrell at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

**Mon., Jan. 26, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., Jan. 27, 3:30 p.m.**

**NNV Men's Book Club** to

discuss *How We Got to Now: Six Innovations That Made the Modern World* by Steven Johnson at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

**Wed., Jan. 28, 12:15 p.m.**

**Lunch**—Weatherman Topper Shutt will speak; \$18. Lillies, 2915 Connecticut Ave. NW. RSVP by noon Jan. 16: (202) 777-3435.

### Save the Date

**Sun., Feb. 8, 3 p.m.**

**Winter by the Fire**—Choral concert by the City Singers; potluck supper. Limited seating, reserve by Feb. 4 at (202) 777-3435. Ingleside Piano Room, 3050 Military Rd. NW.

## WUSA's Topper Shutt to give the inside scoop on the winter

**T**opper Shutt has been predicting the weather since the fifth grade. Now chief meteorologist for WUSA, Channel 9, he will speak on the predicted "snowier than usual" winter at an NNV luncheon at Lillies restaurant on Wednesday, Jan. 28, at 12:15 p.m.

Topper worked his way to the top spot by rigorous study and experience. A local graduate of the Landon School, Topper earned a bachelor's degree in history from Trinity College in Hartford, Conn. He studied meteorology at the University of Tennessee and the University of North Carolina at Asheville. His first position in broadcasting was as weather producer and substitute weather anchor for



Topper Shutt

CNN in Atlanta from 1981 to 1984.

Topper earned the American Meteorological Society's Seal of Approval for both television and radio in 1988. In 1992, he co-founded Automated Weather Source, a company that places automated weather

stations in elementary schools throughout the D.C. area. Since 1988 he has provided weather forecasts for WHUR 96.3 FM and also does weather for All-News 99.1 WNEW. Readers of [washingtonpost.com](http://washingtonpost.com)'s Capital Weather Gang have voted Topper their favorite local weathercaster. We look forward to hearing his professional view on the winter weather this season.

The lunch cost is \$18 for entree, salad, dessert and drinks. RSVP deadline is Friday, Jan. 16 at noon. Seats are limited; please call early at (202) 777-3435 to reserve your seat. Checks can be mailed or hand-carried to the NNV office.

—Marianna Blagburn



# For Carol Word, a life of shifting horizons

**WORD**, *Continued from Page 1*

in Africa, travel and international development assistance while retaining her interest in education. “I had an elementary education major, but once I had that PC experience, I wanted to see more of the world and be involved in international development,” Carol said. She also appreciated the camaraderie among volunteers and still has friends from her Peace Corps days.

Back in Washington, she spent more than two years as special assistant to the Peace Corps director for Africa and then interim director in Gambia. Several years later, when the deputy director position in Thailand opened, she leapt at the opportunity to return to the corps. She served as deputy director and then director in Thailand.

She recently returned to Thailand with her husband, William Trueheart. She found it much changed, though she did locate one house where she had lived in the '70s. They also visited Myanmar, where she said “it was like going back in time.”

After Thailand, Carol could remain with Peace Corps only one more year under the “five-year-and-out” rule. She returned to Washington headquarters to work on a project doing outreach to historically black colleges in conjunction with the Phelps Stokes Fund, which links African and American organizations and leaders. This job enabled her to again visit Africa, a continent to which she returned after the Peace Corps and before moving on to earn a master’s degree in public administration at Harvard’s Kennedy School. She is also a graduate of Dunbarton College (which now houses Howard University

law school) and has a master’s from GW.

From there, Carol returned to Washington to work in the World Bank’s human resources office. After seven years, she moved to Rhode Island to marry her husband. They lived there for nine years, principally in Smithfield, where William was Bryant University president. In addition to her duties as “first lady” of the university, she did international outreach for the college’s

admissions office, visiting countries where Bryant had identified student interest. This helped build Bryant’s international student population and develop programs with U.S. universities with presences abroad. She also had an interesting job for two years as parliamentarian of the State Senate of Rhode Island, observing firsthand the wheeling and dealing seen in most legislatures.

They then moved to Cambridge, Mass., for a year where her husband was a visiting scholar at Harvard, returning to D.C. when William became CEO of Reading Is Fundamental. Carol

worked as deputy director of programs with the Bretton Woods Committee, organizing educational programs for legislative staff and the general public on the importance of international development banks.

Then they were off to Pittsburgh where her husband worked for nine years. There she served on a number of boards including the Carnegie Hero Commission, which recognizes ordinary individuals who perform historic feats as well as philanthropists. They returned to D.C. in 2011, where she has since limited her activities to care for her elderly mother. She became an NNV volunteer to give back to the community.



JANEAN MANN

Carol Word’s latest endeavor is volunteering for NNV.



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## Visions of sugarplums . . .

NNV's annual Holiday Party offered food and fellowship to members and volunteers on Dec. 14 at Forest Hills of D.C. Some scenes:

1 Viviane Parker and Jo Ann Tanner.

2 NNV's crowd thronged the food tables at the Forest Hills assembly room.

3 Facing the table, Barbara Dresner, Marge Mercurio, Marianna Blagburn.

4 From left, Claartje Bertaut, Bob Carr, Bob Holman.

5 Bob Carr, Woody Smith, Stewart Reuter.



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4



5

PHOTOS BY TOM OLIVER (NO. 2) AND JANEAN MAN (ALL OTHERS)



## Two options for home-delivered meals

**A**s winter approaches and the cook flies down to Florida, you may consider the following home-delivery meal options long enjoyed by members of the village community. Call the NNV office at (202) 777-3435 to ask questions, or call the numbers listed below.

### Mom's Meals

Founded 12 years ago in Nevada, Iowa, Mom's Meals Independent at Home Program provides fresh-made, nutritious and great-tasting home-delivered meals. Mom's Meals is ideal for those wanting to stay at home, looking for convenient meals, managing chronic disease or recuperating at home after surgery. For under \$7 per meal, these home-delivered meals provide up to 700 calories, with meat, vegetables, grains and snacks. There are popular low-salt, vegetarian and gluten-free options and a good variety of menu choices from American to Latin to Asian meals. You pick the menus or let the chef pick for you. Food arrives weekly in "fresh-lock packaging" and a climate-



controlled cooler. Meals stay fresh for 14 days in the refrigerator. You may heat them for 2 minutes in a microwave oven or longer in a conventional oven. Call (877) 508-6667 or visit the Web site at [www.momsmeals.com](http://www.momsmeals.com) to learn more.

### Meals on Wheels

Founded in 1974, Georgetown-Ward Circle Meals on Wheels delivers daily hot meals to D.C. area Zip codes 20007, 20008, 20015 and 20016. Two meals, one hot and one cold, are delivered five days a week by a team of volunteers. They operate out of the National Presbyterian Church at 4101 Nebraska Ave. NW. Meals can be ordered on an ongoing basis or for a short period of time (one week) to try or following surgery. If you are interested in receiving Meals on Wheels and want to know more about typical menu options and diet-restricted menus, call (202) 966-8111. Phones are answered between 9 a.m. and noon weekdays, or leave a message and they will return your call.

—Marianna Blagburn



JANEAN MANN

### Ice cream social

**N**V volunteers helped out at an ice cream and cookie-decorating event, co-sponsored by NNV and the Chevy Chase Citizens Association on Dec. 13 at the Chevy Chase Community Center. NNV also had a table with Caring Daughters, a company that provides caregivers and that also donated the ice cream. At left, Joe Flutka serves ice cream to a child as NNV Executive Director Marianna Blagburn and Caring Daughters principal Tatiana Moldoveanu offer information on their organizations. At right is NNV volunteer Phil Rogers.

# Survey checks what members, volunteers want

BY MARIANNA BLAGBURN

Community-based villages such as NNV are incubators of innovation, using a volunteer labor force to carry out our mission. As such, we are always interested in finding ways to improve our services. Thus, we were more than willing to take advantage of Georgetown University Prof. Ann Van Deusen's offer to survey the village to find out more about increasing our services and managing our organizational skills.

## Focus group findings

Four areas of concern bubbled up from the conversations with the 11-member focus group, who were participants in the Gentle Yoga class who regularly use village services or participate in the village as active volunteers.

Their concerns included (1) a general lack of knowledge of the services of the village among all members; (2) a demand for evening and weekend services; (3) more interest in labor-intensive services such as help with taking out the weekly trash; and (4) concern with too much bureaucracy. The latter is related to the cumbersome nature of coordinating services; members would enjoy spur-of-the-moment requests, but volunteers prefer to be directed by the NNV office staff.

## Key survey findings

Researchers sent the survey to 132 volunteers; 52 responded, providing important findings

## Among requests: Deeper connections, more assignments

from the volunteer perspective. Although 73 percent of the volunteers surveyed provide transportation services, they are also very interested in non-driving services. Volunteers suggested various services including handyman repairs and reading, which indicated they are not aware of services already offered by the village.

About a third of respondents said evening and weekend service times would make volunteering easier.

The top three obstacles to volunteering were the distance to members, scheduling conflicts and not being asked to volunteer regularly. Comments were thoughtful and suggested a broader role for volunteers. One volunteer wrote, "There is a role for volunteers to be trained as spokespeople for NNV at local community events, meetings and organizations." Another said, "Volunteers could do energy efficiency and safety audits for member homes and apartments." Someone else suggested a deeper role in supporting members, such as friendly visits to stimulate and befriend homebound members.

Our services cover a large variety of tasks including drives to medical appointments, medical note-taking, grocery shopping, help with organizing paperwork and clearing out

closets and technology support, to name a few. We provide exercise and art classes, author salons, museum visits and much more. A 92 percent retention rate and growing membership tell us we have a proven service delivery model and a strong and reliable corps of volunteers.

Prof. Van Deusen, a supporter of the village concept and NNV in particular, directs the master's-level Institute for Global Human Development in the School of Foreign Service. Student participants in the program Ashley Johnson, Rita Busulu and Robyn Speed, all practicing professionals in organizational development and planning in the nonprofit sector, zeroed in on key research tools to enlighten village leaders on future directions.

The students spoke to members in the focus group, performed a communications review to assess interactions between staff and volunteers, developed a volunteer survey and conducted an organizational capacity analysis to assess the capacity of our organization and our ability to deliver a new strategy to better serve members with volunteer help and support.

There were a few surprises from the volunteer survey: More than 50 percent of our survey respondents are in their 70s. Most volunteers want more service requests, even though one-third say they carry out at least three service requests per week. Most volunteers like the e-mail notifications, but several prefer to be contacted by phone.

## Music hath charms: City Singers to entertain NNV again

Once again, just in time for Valentine's Day, NNV members, volunteers and donors will be serenaded by the City Singers. The concert, accompanied by a potluck supper, is scheduled for 3 p.m. Sunday, Feb. 8 in the Piano Room of Ingleside.

Two years ago the City Singers drew an appreciative audience at an NNV "Thank You" party for our volunteers and last year they sang for the entire NNV community. The ensemble is the chamber choir of the City Choir of Washington.

This ensemble is primarily engaged in community outreach to bring good choral music to groups and audiences who do not usually attend the concerts

given by the City Choir. The City Singers also help publicize the City Choir and generate income to support its regular concerts. Conducted by Jennifer Howard Gotten, they perform light classical music as well as popular, secular and patriotic numbers, including show tunes and folk songs. Singers must audition once a year to join and rehearse every Monday at St. Columba's Episcopal Church in Tenleytown, more often before concerts.

City Singers participants are also members of its parent organization, the City Choir of Washington. This group is usually conducted by its Grammy Award-winning artistic director, Robert Shafer, who founded it

in 2007 with some of his former singers from the Washington Chorus (which he also led). The City Choir has performed with the National Symphony Orchestra and the Washington National Opera Orchestra at both the Kennedy Center and Wolf Trap Park for the Performing Arts, under the batons of other conductors such as Marvin Hamlisch and Murry Sidlin.

Busy as they are, the City Singers should present another terrific program to celebrate NNV members, donors and especially its invaluable volunteers. Seating is limited, so make your reservations now at (202) 777-3435.

—Pat Kasdan

## Yoga: Ease aches with a peanut?

By SANDI ROTHWELL

Okay! You bought yourself a soft peanut. You now have a light, portable tool that can stimulate and massage your body in many ways. The peanut is made of inexpensive rubber and can be bought at sports stores.

Start by working from your toes to your knees. This can relieve discomfort from neuropathy, ease or prevent plantar fasciitis, stimulate circulation and open up your side body, releasing your shoulders and neck. Roll the peanut underneath your foot, forward and backward, toes to heel. Make sure you massage the entire sole. People love to roll quickly, but



TOM OLIVER

you can also get a nice massage by moving slowly. Mix it up.

Now, put your foot up on an ottoman or some convenient support. Turn your foot so that the baby toe side rests on the peanut. Roll along the outside foot. You don't have to go all the way to your toes. Put more stimulation on the heel. The important thing is to stay on the little toe side.

Continue by rolling the peanut along the outside of the same leg. Roll from heel to just below your knee. Move up and down as much as you like. This releases the entire side body, not just your leg. It's a fascia thing. Notice how your shoulder is now open. As always in yoga, repeat all the rolling on the other foot and leg.

Roll the peanut along your shin. Besides feeling good, this helps with circulation. Then come back to your feet. Place the peanut underneath the toes and wrap them around the peanut. Squeeze and release a few times. Stand up and feel your feet; take a breath.

You can take your peanut with you on trips; roll on it while you read or watch TV. If you use common sense you can't hurt yourself. The only danger is tripping on it. So keep your peanut in a safe place. Enjoy.



# Laliguras offers fine Indian, Nepalese fare

BY JANEAN MANN

**W**e Indian food aficionados, who were disappointed when Indique Heights closed in Friendship Heights, have a new nearby restaurant to help fill the void. Laliguras, which opened in recent months in Van Ness, offers a nice selection of Indian and Nepali foods. The red and white decor with Indian fabrics on the seats is inviting and relaxing.

While this Connecticut Avenue restaurant (on the site of the former Indian Ocean) features many of the usual Indian dishes, including Biryani and Tandoori dishes, it also has some less seen selections such as a variety of Nepali food. The Lamb Sukuti Sadeko is a great way to start the meal and sample Nepal's cuisine. While some Indian restaurants have a somewhat heavy hand with the pastry in their foods, this is not the case at Laliguras. Indeed, Pani Puri—a tasteful puffed pastry with onions, chilies, tomatoes and tamarind—is served in individual spoons because the pastry is so delicate it could be crushed if eaten with the fingers. The samosas, likewise, have a welcome light pastry. The naan is also light and puffy and is offered in a variety of flavors.

Spicy dishes have some fire, but not enough to overpower the other flavors, though I found a chicken tikka Masala a little less flavored than I prefer. While the Seekh Kabab is flavorful, some



are not as happy with this ground version as with the cubed lamb kababs offered elsewhere. Laliguras also has a nice selection of vegetarian entrees as well as a larger than usual variety of paneer (Indian cheese) dishes.

If you have indulged in some of the spicier dishes, the Rasmalai is a light, flavorful dessert that cools the tongue.

The \$10 lunch menu, somewhat smaller than that at dinner, includes a substantial entree, basmati rice and a very nicely flavored Sag Paneer (spinach with cheese), and draws a large local crowd. On Saturdays, Laliguras offers a \$3 glass of wine with the lunch. Dinner menu prices are moderate.

*Laliguras is at 4221-B Connecticut Ave. NW, phone (202) 734-5097. It also delivers within a three-mile radius.*

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## NNV showing of 'Unbroken' set for Jan. 8

**P**lease join us for a showing of "Unbroken," the new film directed by Angelina Jolie adapted from Laura Hillenbrand's best-selling book recounting Louis Zamperini's harrowing World War II experiences. The village community will see the movie at 1:10 p.m. Thursday, Jan. 8, at the AMC Loews Georgetown.

Laura, daughter of NNV member Bernie Hillenbrand, told Jeff Schogol, staff writer for online newsletter *Military*

*Times*, "Louie Zamperini's saga is breathtaking, but the fortitude he displayed in his ordeal was not singular. His entire generation was forged in the crucible of the Great Depression, a time of staggering and almost universal hardship. The children of that generation grew up into extraordinarily intrepid, self-sacrificing, resourceful men and women who had no sense of entitlement and an almost unassailable resilience."

Laura Hillenbrand is also the author of the critically acclaimed *Seabiscuit: An American Legend*, which spent 42 weeks at No. 1 on the *New York Times* bestseller list; the subsequent movie was nominated for seven Oscars. "Unbroken," Angelina Jolie's directorial debut, opened on Christmas Day.

To attend the showing, RSVP to the NNV administrative office, (202) 777-3435, by noon Friday, Jan. 2. Admission is \$10.35 for seniors.

—Marianna Blagburn

## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Sat., Jan. 3, 3:30 p.m.**

**Malcolm Byrne**—Author talk, *Iran-Contra: Reagan's Scandal and the Unchecked Abuse of Presidential Power*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sun., Jan. 4, 1 p.m.**

**Gina M. DiNicolo**—Author talk, *The Black Panthers: A Story of Race, War, and Courage—The 761st Tank Battalion in World War II*. Politics & Prose, 5015 Connecticut Ave. NW.

**Thurs., Jan. 8, 7:30 p.m.**

**ANC 3E**—Meeting. Location to be determined. Details at [www.anc3e.org](http://www.anc3e.org).

**Mon., Jan. 12, 7:30 p.m.**

**ANC 3/4G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., Jan. 14, 7 p.m.**

**Scott Einberger**—Author talk, *A History of Rock Creek Park: Wilderness and Washington, D.C.* Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Jan. 15, 10:30 a.m.**

**Avalon Senior Cinema**—Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

**Thurs. Jan. 15, 7 p.m.**

**Caring for Bedbound and Mobility-Challenged Adults**—Washington Home and Community Hospice offers

information and tips. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., Jan. 17, 3:30 p.m.**

**Mark N. Ozer**—Author talk, *Washington, D.C. and the Civil War*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sun., Jan. 18, 1 p.m.**

**Stephen Hess**—Author talk, *The Professor and the President: Daniel Patrick Moynihan in the Nixon White House*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sun. Jan. 18, 4 p.m.**

**Apollo Orchestra**—Beethoven's "Leonore" Overture No. 3, Dvorak's Symphony No. 7, Barber's Toccata Festiva. Refreshments. Free. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

**Tues., Jan. 20, 7:30 p.m.**

**ANC 3F**—Meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Wed., Jan. 21, 7:15 p.m.**

**T'ai Chi with Susan Lowell**—Chinese martial art, meditation and relaxation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sat., Jan. 24, 3:30 p.m.**

**Jerrold M. Post**—Author talk, *Narcissism and Politics: Dreams of Glory*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Jan. 26, 7:30 p.m.**

**ANC 3/4G**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., Jan. 29, 6 p.m.**

**Orwellian America: Accessing Government Information Online**—Library program by the Sunlight Foundation. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Every Tues. & Thurs., 8:30-9:30 a.m.**

**Walking Club**—Sibley Senior Association, Mazza Gallerie, concourse level, Wisconsin and Western Aves. NW. (202) 364-7602.

**Every Tues., 11 a.m.-noon**

**Club 60+** —50/50 Cardio/Strength Exercise. Second-floor multipurpose room, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tues., 11 a.m.-noon**

**Club 60+** —Chair Yoga with Zuri. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thurs., 11 a.m.-noon**

**Club 60+** —Exercise Basics with Will Yates. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Fri.**

**AARP Legal Counsel for the Elderly**—Self-Help Office, free to D.C. residents 60+ years old. Paralegal Ebonee Avery assists with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4) for appointment.