

THE VILLAGE NEWS



Volume 10, Issue 8

A Community Network of Support

September-October 2018

MEMBER PROFILE

Cynthia Wright, a volunteer for all reasons

By JANEAN MANN

Though she worked for many years for insurance companies, NNV member Cynthia Wright found many of her most enjoyable times raising her three children and volunteering for a wide variety of nonprofit organizations.

Born in Kansas City, Mo., Cynthia attended the University of Kansas where she majored in French but left her native state for New York following her marriage. There she was a nursery school and kindergarten assistant before she and her husband moved to Greenwich, Conn. There she resumed volunteer activities she had learned to love as a teenager. "I was brought up to believe that one should volunteer," she said.



JANEAN MANN

NNV member Cynthia Wright collects miniature owls.

She returned to volunteering because she found it interesting, challenging and rewarding.

In Connecticut, where she lived for 60 years before moving to Washington, she was a classroom volunteer for several years in a kindergarten that the Junior League established to fill a void for

programs for low-income children. "I enjoyed it tremendously," she said. In a second Junior League program Cynthia matched needy students with companies seeking summer employees.

She also took an intensive course at an art museum and

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Outreach ambassadors spread the word about NNV

By SAL SELVAGGIO
AND KAREN ZUCKERSTEIN

If you voted on June 12, there's good chance you ran into an NNV volunteer at your polling place. The Outreach Committee's "ambassadors" spent several hours at their local polling places, chatting

with neighbors about the great work NNV does and letting them know about volunteer opportunities. This was a typical Outreach Committee endeavor—educating our D.C. neighbors about who we are and what we do.

But volunteering for a committee is a two-way street—you get as much

as you give. The friendships and connections that evolve from people working together for a common good are life-affirming. And knowing that the products of your talents are being used to help others—it's hard to beat!

Perhaps you would like to become

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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

Northwest Neighbors Village (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

Join or volunteer
NNV welcomes new members and volunteers. For more information, go to www.nwnv.org or call the office at 202-777-3435.

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FROM THE EXECUTIVE DIRECTOR

Longtime newsletter editor steps down

By STEPHANIE CHONG

The editor of The Village News, Janean Mann, is stepping down after nearly six years. For those of us who know Janean, it will come as no surprise that she has put her heart and soul into making sure our readers received a newsletter that was interesting and informative month after month.

Janean's commitment to The Village News is exemplary. Before becoming the editor, she contributed articles dating back to the newsletter's early days in 2011. As editor, Janean has developed the newsletter's content, researched information, interviewed members and volunteers, written articles and taken photographs for 62 editions of our beloved Village News. She has even taken a break from her vacation to edit the newsletter from afar! Once The Village News was printed, Janean hand-delivered copies to as many as nine members and made sure the local library and community center had a sufficient supply to share with the community.

As one of Northwest Neighbors Village's founders, Janean has seen the village grow and kept the interests of our members and volunteers a top priority. As editor of The Village News, she made it her mission to report on happenings at NNV and in the community. She has written countless articles on NNV programs and events, member and volunteer profiles, D.C. taxes and voting information, and alerted the community to troublesome scams.

Janean hopes to use her newfound free time to travel. However, she is not entirely stepping away from The Village News. When she is not traveling, she will still help out with interviews and articles. Janean, one of

our faithful volunteers, will also continue to assist members with various tasks including transportation and friendly visits and will remain an active NNV board member. We are so grateful for her contributions to The Village News and to Northwest Neighbors Village.

A lot of work goes into creating a newsletter; a labor of love completed by a few volunteers and staff. Volunteers Pat Kasdan, Doris Chalfin, Barbara Oliver and Tom Oliver have also been working on The Village News since 2011 and most plan to continue. We appreciate this group's time and dedicated effort to provide our members, volunteers and the community with a quality newsletter for nearly a decade.

As can be expected, changes will come to The Village News. Beginning this fall, it will move to a bi-monthly schedule. The next newsletter you will receive will come out in November but it will continue to offer interesting articles and timely information.

In between newsletters, you can stay up to date on village and community-wide events and information with our NNV Weekly Bulletin and Calendar. This is distributed via email every Friday. If you would like to receive updates and do not use email, or if you are having difficulty accessing the weekly blast, please call the NNV office at 202-777-3435.

We encourage your feedback on what you'd like to see covered in The Village News and welcome anyone interested in contributing his or her time and talent to our esteemed newsletter. Please contact me directly with questions, comments or interest at 202-777-3435 or schong@nwnv.org. In the meantime, please join me in thanking Janean and our entire newsletter team for their tireless work over the years.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Wed., Sept. 5 & 19, 10-11:30 a.m. **Caregiver Support Group—**

Moderated by licensed clinical social worker; limited to 8 participants. Call 202-777-3435.

Thurs., Sept. 6-Oct. 4, 1-3 p.m.
Watercolor Classes—D.C. artist, Corcoran Prof. Joey Manlapaz; \$120 at first class. Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: joeymanlapaz@aol.com.

TFri., Sept. 14, 9:30-10 a.m.
Village Walk & Coffee—Western Grove Urban Park, Western Ave., Chevy Chase, Md., just east of Giant

parking lot (opposite Lisner Home). RSVP: 202-777-3435, nnvillage@gmail.com.

Sun., Sept. 23, 11 a.m.-1 p.m.

NNV Annual Picnic—Bring something to share if you can. Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md. RSVP: 202-777-3435.

Tues., Sept. 25, 3-4:30 p.m.

NNV Men's Book Club discusses "Gertrude Bell: Queen of the Desert, Shaper of Nations" by Georgina Howell. Forest Hills of D.C., outside library, 4901 Connecticut Ave. NW. RSVP: 202-777-3435. schong@nwnv.org.

Wed., Sept. 26, 2:30 p.m.

NNV Book Club discusses "The Pilot's Wife" by Anita Shreve. RSVP: FranMahn@aol.com.

Sat., Sept. 29, 10-11 a.m.

Village Walk & Coffee—SE corner, Albemarle St. & Connecticut Ave. NW (in front of cleaners). RSVP: 202-777-3435, nnvillage@gmail.com.

Sat., Sept. 29, 7-9 p.m.

Watercolors by NNV Artists—Including Sura Kim and Andrea Selvaggio. Opening reception. Iona Senior Services, 4125 Albemarle St. NW. RSVP: www.iona.org/event/artists-reception-nnv-2018.

Volunteering started early

PROFILE, *Continued from Page 1*

became a docent in Greenwich at what was then the Pryor Doll Library, which operated for 20 years in an 18th-century barn on the owner's property. Established by Pan Am official David Pryor, who originally collected dolls from his travels for his daughter, the library was used to teach history and foreign cultures to children and adults. All the dolls were adorned in their traditional dress and Cynthia would discuss aspects of each country represented.

Her volunteering came to a halt when her husband left and Cynthia took a paying job. Though the divorce was a blow, she learned that she had inner strengths, both mental and coping skills, that she never knew she had. She worked for insurance companies for 30 years, first in Greenwich and then in New Canaan.

One of her joys in this era was



JANEAN MANN

After starting early, Cynthia Wright has had a lifetime interest in volunteering.

periodic trips with the children to the numerous museums in New York City. One son has told her of the lasting impression these outings had on his life. While he majored in molecular

biology in college, his minor was in art. Cynthia also became an ice hockey and lacrosse fan, enjoying the matches in which her children and now grandchildren (of which she has seven) participated. "I just loved those days," she said.

When she retired at age 70, Cynthia resumed her volunteering first at Waverly Care, a continuing care and rehab facility where she helped residents and patients. When she learned about Staying Put, New Canaan's version of NNV, Cynthia thought the village idea "sounded really fabulous" and began volunteering, doing lots of driving.

When she moved to D.C. earlier this year to be near her daughter, Betsy, her familiarity with the village movement prompted Cynthia to join NNV, where she would also like to become a volunteer.

One way to help NNV while having fun too

OUTREACH, Continued from Page 1

more involved with the work of NNV. You can call our office at 202-777-3435 for more information on our committee options and how you can become involved.

Many residents in our area have never heard of the neighborhood villages and the positive effect we are having on our neighbors and city. The Outreach Committee works to get the message out. The benefits of creating a flourishing community can reach beyond the individual being helped. Getting to know our older residents and hearing their often fascinating histories keeps alive a past to be celebrated.

And as readers of the listservs know, the Outreach Committee also gets the word out on the quality programs sponsored by NNV. Chances are you saw one of Sal's posts on the Healthy Aging Forum, the Gala, the talks on caregiving or Blue 44 fun night, to name a few.

Outreach events are frequently very social and fun. Our "friend-raisers" are gatherings of friends or neighbors at a member's home for coffee, dessert or drinks. They are a great excuse for a get-together, and an opportunity for a member or volunteer to talk about what he or she loves about NNV. Outreach Committee members also:

- ▶ Advertise events such as lectures, forums and social events on listservs.
- ▶ Distribute material and answer questions at local events.
- ▶ Organize activities such as exercise walks and happy hours.
- ▶ Organize "friend-raisers" to describe NNV to potential volunteers or members (or family members).
- ▶ Follow-up with folks who have expressed an interest in NNV, answering questions and inviting them to upcoming events.

Time for a picnic

Bring your appetite and your favorite dish or beverage to share at NNV's annual picnic, to be held from 11 a.m. to 1 p.m.

Sunday, Sept. 23. It will be held at Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md. Rain or shine this site has you covered. Rides are available for NNV members; call 202-777-3435 at least a week in advance to make a reservation.



JANEAN MANN

NNV has many moving parts. The Outreach Committee is just one group of volunteers who are helping our organization meet its mission and are reaping the benefits of doing so.

Our executive director, Stephanie Chong, and staff members Leah Penner and Danielle Feuillan are kept busy making sure they can provide the vision and services to keep NNV a vital entity. However, the demands and complexity of running NNV require the additional help from many committed volunteers. This newsletter you are reading takes many hours of thoughtful preparation and execution. Without willing NNV volunteers, even the newsletter would not be possible.

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Changes voted in NNV's Board of Directors

BY JUDIE FIEN-HELFMAN

NNNV has 14 members on its Board of Directors who are charged with strategic direction, financial sustainability, the hiring of the executive director and general management and oversight of the organization. Board members are volunteers committed to improving the vitality of our neighborhood and ensuring that our members stay connected and engaged with local resources, friends and neighbors.

Recently we were saddened to learn that Anne Witt, who brought a wealth of expertise about operations and D.C. government, unexpectedly would have to resign from the board for a short period. In her short tenure Ann provided valuable insights into our volunteer efforts, our strategic plan and our general operations. She will be sorely missed until she has the time to rejoin us.

In July the NNV board approved the nomination of and welcomed Alice Hayes, who is well known to many members and volunteers. Alice has been an active volunteer with NNV for several years, including helping with annual events such as our picnic and holiday party and most recently our first big Gala last October.

Alice brings a wealth of expertise to NNV and the board. She retired after a career as a higher education administrator, certified conference management professional and business owner. Before her retirement, she served as vice president at VMT Education Center, an organization for allied health professionals. Previously she served as administrator of the continuing medical education department at Washington Hospital Center. Her career also included serving as national



Alice Hayes

curriculum and training director for the Best Friends Foundation. She was also an assistant academic dean at Tufts University, and an Instructor at Lincoln University in the area of entrepreneurship. Alice was owner of Bombay Fashion House and co-owner of the former Vivaldi's Italian Restaurant in Chevy Chase.

In the civic arena, she has served on the boards or as a member of numerous organizations including the YWCA, the D.C. Chapter of the American Lung Association, the Chevy Chase Citizens Association (D.C.), Deal Junior High School Home and School Association, Wilson Senior High School Association, St. Johns High School Mothers' Association, Lafayette Elementary School Home and School Association, Washington Association of Television for Children (WATCH), American Women in Radio and Television and the National Association of Women Business Owners. She has a B.A. from Ripon College and a M.Ed from Rutgers University.

Her publications include "Starting a Home-Based Business," "The Broadcast Skills Bank" and "The Best Friends Diamond Girl Organizer."

Alice is married to Edward Hayes and is the mother of two adult children and grandmother of two.

Reception to launch display of NNV members' art

The watercolor creations of NNV artists will be on view at a special exhibit and reception at Iona Senior Services. An exhibit launch reception on Sept. 29 from 7 to 9 p.m. will offer art, refreshments, fun conversation and live folk and Americana music.

The art will be shown Sept. 29 through Feb. 28 in Iona's Lois and Richard England Gallery. Iona is at 4125 Albemarle St. NW. RSVP: www.iona.org/event/artists-reception-nnv-2018.

This exhibit is the brainchild of NNV art teacher Joey Mánlapaz and features the art of Nancy Arbuthnot, Barbara Heffernan, Soye Kim, Sura Kim, Erica Ling, Andrea Selvaggio, Shirley Thompson and Ting Yang, with participation by Thea Mink.

The reception also kicks off the popular Tenleytown Art All Night events. (For information: tenleytownmainstreet.org/art-all-night-2018-iona/.)



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PHOTOS BY TOM OLIVER

Napoleon's legacy

NNV members traveled to Richmond June 8 to see the "Napoleon: Power and Splendor" show at the Virginia Museum of Fine Arts. Left, docent Arlene DeConti expounds on a portrait of the emperor. Above, Barbara Oliver checks out Napoleon's battered hat, worn during his disastrous Russian campaign.

Villages offered discount tickets for Arena Stage

Do you like plays? Arena Stage is offering a number of interesting productions in the coming months. Thanks to the efforts of Waterfront Village and journalist and WAMU personality Tom Sherwood, members of the NNV community can purchase discount tickets, but the numbers are limited.

And they're being snapped up quickly: The discount seats for three of the four plays have already been sold. So, if you're interested get your tickets now.

An additional benefit for the 2018-19 season is an optional pre-performance dinner with a member of Arena's creative team in their Richard's Place cafe—three courses, just \$20; on-site parking for \$17. Handicapped parking is available but must be reserved in advance.

Two years ago the recently founded Waterfront Village, which encompasses the Southwest Waterfront and Navy Yard areas, gathered the required 10 members to qualify for group ticket sales. Sherwood agreed to underwrite the subscriptions. For the 2017-18 series, this program was opened to other Washington-area villages as Village Nights at Arena Stage.

This ticket offer is the most recent benefit to NNV members from collaborations with other villages in D.C. By working together, we can provide increased programs and benefits for village members including reduced costs

for a variety of programs. Collaboration enabled NNV members to obtain free AARP senior driving training, thereby reducing insurance costs. Another recent joint venture provided information on transportation options for members of NNV and other villages.

Discount tickets are still available for "The Heiress," at 7:30 p.m. Feb. 12, for \$47.

(The other productions: "Turn Me Loose," Sept. 11; "Anything Goes," Nov. 6; and "JQA," March 19.)

Tickets are available for purchase on the Waterfront Village's website (www.dewaterfrontvillage.org/) by clicking on the "Events" button and going to the corresponding dates on the calendar, or by simply emailing a request to events@dewaterfrontvillage.org with your name, village affiliation, address and telephone number. Waterfront Village will reserve the seats and email information on how to make a secure credit card payment online. Or you can call Waterfront Village at 202-656-1834 to get information on paying by check. Be sure to read the details about the cancellation policy. Ticket refunds can be issued only in the case of a cancellation by Arena Stage.

To take advantage of the pre-performance dinner, make your reservations at Richard's Place restaurant, 202-554-9066.

—Janean Mann and
Carolyn Lieberg (Waterfront Village)

The future of NNV: Survey is first step in planning

By JONATHAN LAWLOR

Northwest Neighbors Village will celebrate our 10th anniversary in 2019. As mentioned in our July newsletter, NNV is planning to initiate a series of events and programs for next year to celebrate all that NNV has accomplished over the past decade. This anniversary is also a fitting time for NNV to look to our future, and plan for how we can evolve to have an even greater impact on our members and community. For our strategic plan to be valuable and provide the directions envisioned by our community, it is critical that your voice be heard.

Earlier this summer, NNV's Board of Directors authorized a Strategic Planning Committee to begin the important work of developing a three-year strategic plan that will serve as a roadmap for NNV as it heads into its second decade. I am the chair of the committee, which also includes our president, Judie Fien-Helfman, our executive director, Stephanie Chong; board members Morgan Gopnick, Beverly Lunsford and Dennis O'Connor; and volunteer Pamela Roberts. Myra Gossens of MPG Advisors has been retained to guide and facilitate the process.

The committee and other

Strategic Planning Committee developing a road map for the village's future

volunteers will be very hands-on during this process, doing much of the actual data gathering and listening, as well as drafting the final report.

Our planning efforts will involve four steps basic to strategic planning: (1) Listening and Environmental Scan; (2) Strategic Situation Analysis; (3) Strategic Planning and (4) Plan Development/Completion. Our ambitious goal is for the plan to be completed and presented to the NNV board for consideration and approval before the end of 2018.

An essential aspect of the initial "listening" stage is to learn how NNV's constituency values and perceives NNV and what they see as key to our organization's future.

To gather this critical information, in early September the NNV office will be distributing separate surveys to each of NNV's three primary groups: full members, supporting members and volunteers. The primary method of distribution will be by email to each of the groups with a link to an electronic version of the appropriate survey.

We recognize that many full members do not use email or may otherwise feel uncomfortable completing an electronic survey. For these individuals, the NNV office will arrange for volunteers to contact them directly and assist them in completing the surveys electronically. The individual information provided in the survey responses will be kept confidential and all responses compiled collectively for use in the planning analysis. No one individual will be identified by his or her particular responses.

Please be on the lookout for the surveys in early September and respond expeditiously, as the surveys are scheduled to close on Sept. 24. We are excited about the prospect of developing a strategic plan for NNV's future and appreciate the participation of our members and volunteers in this important endeavor.

New Caregiver Support session starts Sept. 5

"I don't know what I would have done without it," said Cathy. The "it" is NNV's caregiver support group, which offers support and advice to NNV members caring for loved ones through declining health or a shorter-term crisis. Moderated by a licensed clinical social worker, the fall support group session meets twice a month, on the first and third Wednesdays in Chevy Chase from 10 to 11:30 a.m. The fall session begins Sept. 5 and is limited to eight

participants

"It was one of my main ways of coping, knowing that others had it even more difficult than I did," Cathy said. "I was able to get their help and offer my own." She discovered another benefit of the group—making friends with group members who are there for you when you need them, even outside the session.

There is no charge for this series. To register, call the NNV office at 202-777-3435.



STEPHANIE CHONG



JON LAWLOR

Ice cream and conversation

More than 30 members of the NNV family enjoyed our third ice cream social July 17 at the home of NNV member Bob Carr. Left, Bob creates a sundae; above, keeping cool outdoors are Barbara Oliver, Frances Mahnke, Cecile Kelly and Jewel Hill.

A frozen 'ice cream' concoction from bananas

BY BARBARA OLIVER

NNV member Judy Brace suggested trying a one-ingredient ice cream recipe from a recent New York Times article. The following is an amalgam of that recipe and others.

The preparation takes some adjusting depending on the ripeness of the bananas and your personal preferences, but it fills the requirements of vegans, the lactose-intolerant, paleo enthusiasts and picky eaters of all ages. You can make it in soft-serve consistency or freeze it for a firmer texture. Suggested add-ins vary the flavor.

Banana-Based Ice Cream

*One bunch of ripe, soft bananas
Milk or other liquid as needed to
adjust consistency*

Drizzle of honey

Add-ins (see instructions)

Peel and slice bananas; layer on parchment paper and freeze for anywhere from 2 hours to overnight. Store frozen pieces in a sealable plastic bag until ready to use.

To prepare in food processor: The New York Times recipe favors using a food processor: "Place a handful [about ½ cup] of the frozen banana slices in a processor and pulse. At first the mixture will look crumbled or smashed. Scrape down the blender jar. Keep blending until the mix looks gooey or like mush. Then keep blending until the mixture looks smooth"—like soft-serve ice cream. Add a drizzle of honey and blend for a few more seconds.

To prepare in a blender: Be careful to make sure it is powerful enough to handle frozen bananas. Place ½ cup frozen bananas, 2 tablespoons milk or cream and drizzle of honey in jar. On "chop" or "grate" setting, blend until smooth, scraping sides and around blades as

needed, until mixture is smooth.

To flavor base: If adding any mix-ins, do it now (before serving or freezing). Add fruits, such as a few strawberries, blueberries or chopped peaches, blending a bit at a time until the mix resembles ice cream. Or blend in 1 tablespoon of peanut butter or cocoa powder, a handful of chocolate chips, a few almonds, or a half teaspoon of ground cinnamon, cardamom or ginger.

Eat immediately or freeze. If you like soft-serve consistency, serve your concoction right away. For more traditional scoops, freeze it in an airtight container and dole out servings. Makes one serving.

SOURCE: ADAPTED FROM THE NEW YORK TIMES, THE WASHINGTON POST, SAVORY MAGAZINE AND WWW.THEKITCHN.COM.



BARBARA OLIVER

Banana-strawberry ice cream.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Wed., Sept. 5, 7 p.m.

Author Talk—Liza Mundy on “Code Girls: The Untold Story of the American Women Code Breakers of World War II.” Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Sept. 8, 5-9 p.m.

Gallery Talk—“Things Unseen: The Fluency of Abstraction.” Reception, 6-9. Katzen Arts Center, 4401 Massachusetts Ave. NW. RSVP: tinyurl.com/AUMuseumKatzen.

Mon., Sept. 10, 24, 7 p.m.

ANC 3/4 G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW; 202-363-5803. chevychaseanc3@verizon.net.

Mon., Sept. 10, 7:30 p.m.

Board Games for Grown Ups—Themed, strategy, cooperative, etc. Chevy Chase Library, 5625 Connecticut Ave. NW.

Tues., Sept. 11, 7-9 p.m.

Upper Northwest Knitters—Learn to knit, crochet. Free supplies. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Sept. 12, 7-9 p.m.

ANC 3F Streets & Sidewalks Committee—Meeting. Room 202, Bldg. 38, UDC, 4200 Connecticut Ave. NW.

Sat., Sept. 15, 11 a.m.

Neighborhood Walking Tour—Keene Taylor Jr., Historic Chevy Chase D.C., leads 1-hour tour of local history, architectural styles. Meet at Avalon Theatre, 5612 Connecticut Ave. NW.

Sat., Sept. 15, 1 p.m.

Game On—Board and video games, all ages. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Sept. 15, 3-4 p.m.

Interview—With sculptors Emilie

Brzezinski, Dayla Luttwak. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Mon., Sept. 17, 7-9 p.m.

ANC 3F Parks & Trails Committee—Meeting. Forest Hills of D.C., 4901 Connecticut Ave. NW.

Mon., Sept. 17, 7:30 p.m.

ANC 3E—Meeting. AU Washington College of Law, Room NT08, 4300 Nebraska Ave. NW.

Tues., Sept. 18, 4 p.m.

Artist Talk—Taiwanese master sculptor Kang Mu-Xiang. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Tues., Sept. 18, 7:30 p.m.

ANC 3F—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

Thurs., Sept. 20, 10:30 a.m.

Avalon Senior Cinema—Patrons 62+ pay less than usual senior rate, \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

Thurs., Sept. 20, 5:30 p.m.

“D’Arista Legacy”—Conversation with painter Robert D’Arista. Katzen Arts Center, 4401 Massachusetts Ave. NW. RSVP: tinyurl.com/AlperTickets.

Fri., Sept. 21, 11:30 a.m.

“Through the Eyes of a Conservator”—Paintings of Robert D’Arista. Light lunch. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Sat., Sept. 22, 1 p.m.

Museum Day—Docent-led tour. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Thurs., Sept. 27, 7-9 p.m.

Upper Northwest Knitters—Learn to knit, crochet. Free supplies. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Sept. 29, 7 p.m.-midnight

Tenleytown Art All Night—Art,

music, food, drink. Wisconsin Ave., Albemarle to Chesapeake Sts. Free AU bus to Katzen Museum until 10 p.m. Office: 4601 41st St. NW.

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

Walking Club—Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin & Western Aves. NW. 202-364-7602.

First & third Thurs., 10-11:30 a.m.

Low Vision Support Group—Iona Senior Services, 4125 Albemarle St. NW. Pre-registration required: 202-895-9448.

Every Friday, 11:30 a.m.

Gallery Tours—Fall exhibitions, docent-led. Katzen Arts Center, 4401 Massachusetts Ave. NW.

Every Fri.

AARP Legal Counsel for the Elderly—Self-help office. Assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

Every Sat.

Farmers Markets

9 a.m.-1 p.m. Chevy Chase D.C., Broad Branch Ave. & Northampton St. NW.

8 a.m.-1 p.m. New Morning Farm, Sheridan School, 36th St. & Alton Pl. NW.

8 a.m.-2 p.m. Van Ness, Connecticut Ave. & Yuma St. NW.

Movie Mondays

2 & 6:30 p.m. Chevy Chase Library, 5625 Connecticut Ave. NW.

Sept. 10—“Alice Doesn’t Live Here Anymore,” U.S., 1974, rated PG-13 (Ellen Burstyn).

Sept. 17—“The Ides of March,” U.S., 2011, rated R (George Clooney).

Sept. 24—“My Own Private Idaho,” U.S., 1991, rated R (Keanu Reeves).

Food, live music, activities set for Chevy Chase day on Sept. 15

Chevy Chase will celebrate its past and present on Sept. 15 with a variety of activities during its annual Chevy Chase Day.

The day's activities begin with an 11 a.m. tour led by Historic Chevy Chase D.C. Other activities will take place from 1 to 4 p.m. at the Commons between the Community Center and the Library along Connecticut Avenue. These include food, live music, a book fair, local artists, discounts and sales at Connecticut Avenue shops (beginning at 10 a.m.). Attractions for children will include a moon bounce, face painting, a petting zoo and balloon art.

The Metropolitan Police Department will have a medical take-back for those wishing to dispose of outdated or no longer needed prescription drugs.

Babywearing International will provide tutorials and assistance to parents who want to carry their children in pouches and other types of "baby wear."

Food will be a focus of the day's

events with a chili cook-off and homemade chili tasting as well as other edible goodies: ice cream cones, cotton candy, hot dogs, mini-cupcakes and popcorn.

—Janean Mann

SERVICE OF THE MONTH

Caring for Plants

At this time of year you are probably enjoying your outdoor landscaping and maybe even your vegetable garden. But don't forget your indoor plants! NNV has some avid gardeners who can help you by offering suggestions about trimming, fertilizing or repotting your plants—or moving them to a location where they get the proper amount of light.

As we move toward fall, the same volunteers can answer questions about your outdoor plantings—when to cut back foliage, when, where and how to put in bulbs for spring, how to use mulch most effectively and other helpful advice. You don't need to have a green thumb—all you need to do is call NNV at 202-777-3435 and put in your request

—Lois Berkowitz