



# THE VILLAGE NEWS

Volume 6, Issue 1

A Community Network of Support

January 2014

## Aunt Ada's fascinating life, with lunch

BY MARIANNA BLAGBURN

**A**unt Ada's *Diary* is the story of a Washington, D.C. woman in 1918, speaking through her diary.

Her great-grandniece, Bonnie Coe, found the diary on the passing of her father. Ada Hume Williams in 1918 was 31, living in Washington on Seventh Street NE. She taught Latin at McKinley Technical High School along with tutoring Latin at home, writing four or five letters a day, receiving visitors, and reading to housebound friends.

She got candy at a store called Huyler's, shopped at Woodward & Lothrop, and went to church, concerts and silent movies at the Apollo. This and more is recorded in her diary.

The year 1918 was also the story of a city at war. Classes at McKinley were canceled many days during that cold winter as scarce coal was reserved for war use. Older boys dropped out of class, returning in their uniforms.

Ada's energy and drive were



JANEAN MANN

Bonnie Coe displays the original and recently published versions of the diary of her father's first wife, whom Bonnie called Aunt Ada.



and sickly neighbors, going to movies, and being courted by a young soldier. He survived the war and they married and had a daughter.

Ada continued teaching at least into the 1940s, and

remarkable—she never slowed down, dividing her time among school, church, reading to

homebound

became quite a classical scholar and drama critic/coach with a lifelong passion for Shakespeare. She was a cultured, erudite, very proper lady who transcended her time.

Bonnie Coe will talk about her fascinating discovery of the diary and her work on the book at a lunch at DeCarlo's Restaurant, 4822 Yuma St. NW. The event will be held at noon Friday, Jan. 31. For reservations please call (202) 777-3435. There is on-street parking; rides are provided for NNV members.

**Northwest Neighbors Village,**

*a community network of support*

4901 Connecticut Ave. NW  
Washington, DC 20015  
(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, 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.

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## Carbon monoxide alarm could save your life

BY JANEAN MANN

Were it not for the carbon monoxide monitors in my home, I might not be alive today.

Carbon monoxide (CO) is an odorless, colorless and tasteless gas produced by natural gas appliances such as furnaces, hot water heaters and stoves. Generators and kerosene heaters also emit CO and should not be used indoors.

CO also comes from automobile fumes and wood fires. It is toxic to humans and animals at high concentrations but does occur in nature at lower levels.

According to *Consumer Reports*, about 450 people a year die from carbon monoxide poisoning and 15,000 are sickened by it. Carbon monoxide poisoning symptoms include nausea, weakness, shortness of breath and dizziness.

I returned home recently to find that both of my carbon monoxide alarms were ringing. As recommended, I called 911 and was told to evacuate my house immediately. Within minutes, numerous emergency vehicles arrived including emergency medical technicians who checked

to see how much carbon monoxide was in my blood. Carbon monoxide enters the blood and supplants oxygen, thus denying oxygen to the body.

Firemen aired the house and attempted to identify the source of the carbon monoxide. They thought it was probably the furnace or the hot water heater. Although I had had my furnace



JANEAN MANN

serviced only two months earlier, I called a furnace repairman after the alarms sounded and he discovered small leaks in the hoses of the furnace. He ascertained that a chimney lining was too large for the pipe that carries carbon monoxide from the hot water heater through the chimney. Both were repaired.

Carbon monoxide alarms can be found at area hardware stores. They are usually battery-operated or plug into an electrical outlet.

# Bus service cutback plan protested

BY JANEAN MANN

Protests by a group of Chevy Chase residents of the proposed reduction of seven daily round trips on the E6 bus line have led to the creation of an ANC 3/4 G Transportation Task Force to address this issue and other area transportation concerns.

Those opposing the reductions note that no bus serves the E6 or M4 bus routes on weekends or evenings, and additional daytime reductions would further isolate the neighborhoods they serve.

The E6 runs from Knollwood at Oregon and Nebraska avenues to the Friendship Heights Metro station. The M4 runs from Pinehurst Circle to Sibley Hospital, with a stop at the Tenleytown Metro station. One of the reasons cited by Metro for the proposed E6 reductions was low ridership, though ridership on the E6 has increased substantially in recent years. Some neighbors noted that the city had not reduced bus routes in other parts of town with low ridership.

In recent community meetings where the issue has been discussed, residents expressed concern that the cuts in the E6 are contrary to the city's efforts to become designated as Age-Friendly by the World Health Organization. Many senior residents use the E6 to access their

doctors at Friendship Heights facilities as well as to shop.

Among the proposals offered to provide better service to the neighborhood is one that would extend the Military Road-Crosstown line (E2, 3, 4) to include the Oregon Avenue/Western Avenue area. Another would be to extend the E6 into Maryland in the hope of increasing ridership.

A group of residents met with an official from the Office of Disability Rights and came away encouraged that a resolution might be found, according to Thelma Mrazek, a Knollwood resident who attended the meeting.

At its the Nov. 25 meeting, the ANC agreed to the proposal by Commissioner Gary Thompson to establish a Transportation Task Force, which would identify and recommend improvements to the bus lines that serve the ANC's area. The task force is scheduled to meet on Jan. 15. Those interested in this issue can contact Thompson at [gthompson@reedsmith.com](mailto:gthompson@reedsmith.com).

Ward 4 D.C. Council member Muriel Bowser has asked WMATA to prepare proposals to improve the E6 service as well as cost estimates to implement them. She also asked that its representatives meet with the ANC and the community to discuss how the D.C. Department of Transportation could provide more reliable transportation to Chevy Chase residents. Ward 3 Council member Mary Cheh and Montgomery County Council member Roger Berliner also oppose the proposed service reductions.



JANEAN MANN

## Medical note takers, ready to roll

Eleven NNV volunteers received medical note taker training Nov. 5. They will accompany NNV members to medical appointments to take notes and help ensure that members have the information they need to make good medical decisions. NNV received a grant from ANC 3/4 G to create the curriculum and handbook for the program. Trainers included (from left) RN Susan Bradley, NNV volunteer and RN Ann O'Connor, NNV volunteer and longtime medical notetaker Sharon Wolozin, Executive Director Marianna Blagburn and Iona social worker Deb Rubenstein. NNV members who would like a notetaker to accompany them to a medical appointment should contact Marianna Blagburn.



## MEMBER PROFILE

# Peggy Nolan has learned as she taught

BY STACEY MARIEN

**W**hile describing herself as only a mom and a teacher, Margaret (Peggy) Nolan has lived a life of activism and helping others.

She was born in Syracuse, N.Y., to parents who were both teachers. The second of seven children, Peggy says it was inevitable that she became a teacher because she was so bossy to her siblings. She studied philosophy, religion and English at Le Moyne College in Syracuse and got her first teaching job in 1955 as a fourth-grade teacher in Canajoharie, N.Y., where she says she had wonderful relationships with her students and their parents. She taught 11th grade English for three years before attending Boston College for a graduate degree.

In Boston she met and married her husband, a reporter for the *Boston Globe*. In 1963 her husband was drafted and they moved to Long Island, where he worked as a government public information officer. She began teaching job interviews by going alphabetically down the Yellow Pages. While she was in the middle of the Bronxville interview, one of the teachers had a heart attack and died! Peggy was offered a teaching job on the spot.

In 1965, the *Boston Globe* sent Peggy and her husband to Washington. By then they had adopted three children and Peggy was thrown into motherhood. She says politicians back then wanted to know their hometown reporters. Peggy remembers



STACEY MARIEN

House Speaker Tip O'Neill taking her to lunch. Joan Kennedy gave her baby advice. It was great fun for a small-town girl. Once the children came, she stopped working.

Following her divorce, she returned to teaching. She volunteered, then was hired as an adjunct teacher in the Prince George's Community College system, her first stint teaching adults. At the community college she taught English to Vietnam veterans. That group had challenges, and she pushed them. The vets thought she was too tough! She and her students were invited to the *Washington Post*, where writers Colman McCarthy and David Broder listened to the vets' stories. McCarthy subsequently wrote a column about Peggy and her students.

She then taught at the community college in the Prince George's County prison system and became active in prison issues. In 1979 she was banned from teaching in the prison system because she passed a letter to an inmate written by Colman

McCarthy, who wrote about her banishment. When that story hit the paper, the surrounding county community college systems offered her teaching jobs. She continued to teach in the prison system for other counties.

Peggy later founded a prison reform foundation with her brother and others. The Washington Correctional Foundation lasted only three years, but Peggy has seen the reforms the foundation advocated come to pass. She also served on various prison commissions. She later taught a course at Georgetown University for executive secretaries from Latin America.

Peggy retired in 2005 after teaching high school English for 20 years in the Fairfax school system. She now volunteers twice a week, tutoring students at the Boys of San Miguel School in D.C., where again she has learned from her students.

Peggy was one of the first members of NNV and has used its volunteers for many things such as driving her to appointments, doing yard work and helping with household tasks. She has lived in her house for more than 40 years and her children do not live nearby. Joining NNV has given Peggy "peace of mind as an 80-year-old woman, living alone."

# For the Men's Book Club, some fascinating dips into history

BY ED WHITE

The first book the NNV Men's Book Club read seems to symbolize our group. It was *Falling Upward* by Richard Rohr; it discusses how to grow older gracefully, which we hope we are doing. The group also represents the harmony one can find among diversity; three of our members are retired clergy and three retired military.

Our fellowship consists of Robert Blinn, Ed Chesky, John Collins, Bernard Hillenbrand, John Ryan,

Elton Smith, Kevin Taecker, Larry Williams and myself, Ed White. We specialize in heavy books, usually over 700 pages.

We read *Unbroken* by Laura Hillenbrand, whose dad is our genial host. *Unbroken* is the story of Louis Zamperini, who overcame a difficult childhood to become an Olympic athlete in the 1936 games in Nazi Germany.

During World War II Louis served on the crew of a B-24 bomber that was shot down over the Pacific. He and the pilot drifted more than 2,000 miles over seven weeks before being captured by the Japanese. They were imprisoned, tortured and almost executed. The atomic bomb reversed their fortunes and

they came home as heroes.

Zamperini's life continued through marriage, struggles with alcohol and drugs, and a conversion experience at a Billy Graham rally. In 1986 he carried the Olympic torch to the summer games in Japan. His story is an incredible testimony to the power of human endurance. He lived well into his '90s.

Next we read *Team of Rivals* by Doris Kearns Goodwin. This is the account of how Abraham Lincoln managed an incredibly diverse cabinet during the Civil War. A lesser man could not have

done it. Surely it seems that divine intervention raised Lincoln up at that moment in history.

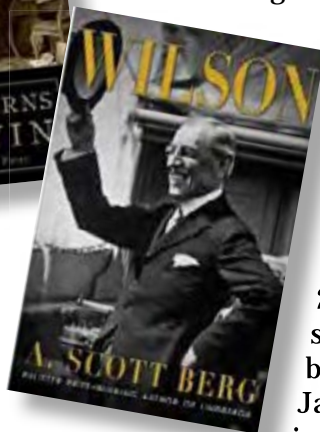
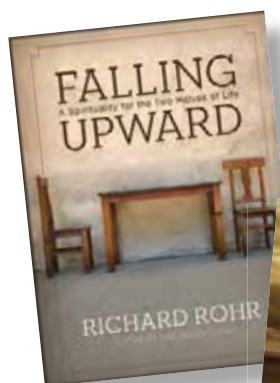
Most recently we read *Wilson* by A. Scott Berg. President Woodrow Wilson was a powerful leader who was profoundly devoted both to the cause of the League of Nations and to his two wives. His first wife died prematurely and the second virtually managed his presidency for him at the end of his second term, when he became indisposed. Probably no president in American history wrote so many passionate love letters to his wives as did Woodrow Wilson.

Continuing our journey through American history, we plan next to read *The Bully Pulpit*, also by Doris Kearns Goodwin, about Teddy Roosevelt and William Howard Taft.

Lately we seem to thrive on American history. I sense that as we move closer to the present things will become more complex. What will be recorded about the America of today, which is so deeply divided and wanting for leadership? What would the leaders of the past say to us if they were alive today?



Ed White







PHOTOS BY TOM OLIVER

↑ From left: Jacqueline Delima, Pat Kasdan, Agnes Crowley, Phyllis Fernandez, Joyce Fernandez and Woody Smith.

## Partying like it's 2013!



↑ Joan Norcutt and Jo Ann Tanner.

**T**hreatening weather caused a last-minute change of date and location for NNV's annual holiday party, but it still drew a capacity crowd to the Methodist Home on Dec. 15. Partygoers enjoyed a lavish potluck display and caroling accompanied by Sue Lieberman.



← From left, Katherine Klein, Phyllis Fernandez, Joyce Fernandez and Hope Phillips.



↑ Bob Lubic, Vivian Parker and Jacqueline Delima.

➡ Marianna Blagburn, Joyce Fernandez and Sue Lieberman.



↑ Bob Holman opens a bottle of wine with Joe Flutka.

# Food, songs and merriment: NNV's holiday party for 2013



PHOTOS BY TOM OLIVER



↑ Allan Tanner and Bob Parker.



↑ Phyllis Belford and Patty Absher.



↑ Sue Lieberman accompanies a sing-along of Christmas carols.



↑ Bob Lubic, Vivian Parker, Bob Carr, Stewart Reuter and Benita Lubic at the buffet.



↑ Elinor Stillman.



JANEAN MANN

↑ Bob Carr and Andy Bautista.



# Tenley publisher, making books and having fun

BY JANEAN MANN

“**W**ouldn’t this be just more fun than anything,” Rhoda Trooboff thought when she began writing and publishing children’s books. Nine years after launching her second career, she has concluded, “It has been.”

Inspired by Virginia Woolf’s Hogarth Press, Rhoda and her husband, Peter, launched Tenley Circle Press in 2005. Before her retirement, Rhoda taught English and Latin in the Arlington public schools and at the National Cathedral School.

Rhoda’s books reflect issues close to her. Her first book, *Ben, the Bells and the Peacocks*, was in honor of her first grandchild. “It was so much fun,” she said. She wrote a second book for her second grandchild and at the same time began receiving manuscripts from other local authors. “The hardest thing to say is no thank you,” she said. “If I start thinking about a book in the middle of the night, then I know I’ll do it.”

She thoroughly enjoys working with the illustrators, printers, writers and others. “The notion that work is communal is very profound. I wanted to think of this as a circle of artisans—artists and craftspeople, local if possible. Craftspeople working together can produce something better than the individual.”

There is more than fun at

Tenley Circle Press, as the proceeds from sales benefit children’s literacy and health nonprofits. When Rhoda’s best friend, Carol Eliot, discovered she had terminal cancer, Carol urged Rhoda to do a book for children on cancer. Following



JANEAN MANN

Rhoda Trooboff looks over *Punkinhead’s Veggie Adventure*, which she wrote for her third grandchild, “a foodie.” It features photos, drawings and recipes by local artists and a chef.

a *Northwest Current* interview of the two, Rhoda received a query from Annette Abrams, an artist and cancer survivor who had created illustrations for children about cancer. After Carol’s death in 2010, Rhoda and Annette began working “to make a beautiful book that is not terrifying.” They vetted drawings with professionals.

The resulting book, *My Body*

*Needs Help*, is used at cancer clinics including Johns Hopkins, Georgetown’s Lombardi Center and the King Hussein Cancer Center in Jordan. A call from the art curator at NIH led to posters from the book adorning the walls at the adult radiation

clinic and pediatric oncology clinic in the NIH Clinical Center. Rhoda is considering a second printing. Recent proceeds have been donated to the Children’s Inn at NIH.

Another of Rhoda’s obsessions—community gardening with children—led to another book. Friends allowed their daughters to garden with Rhoda at Friendship Community Gardens. The result is *We Grew It—Let’s Eat It* by the two young gardeners.

Tenley Circle Press contributes books and sales proceeds to various schools and community organizations in the greater Washington region. *We Grew It—Let’s Eat It* is available on the Healthy Living Shelf of the Web site of the national literacy organization First Book,

which provides books at discounted prices to schools to encourage children to read.

Tenley Circle Press books, including the recently published *Punkinhead’s Veggie Adventure*, are available from Politics & Prose bookstore and various online retailers as well as directly from Trooboff at [www.tenleycircle.com](http://www.tenleycircle.com) or at (202) 363-6326.



# Chicken, the go-to protein

BY BARBARA B. OLIVER

**C**hicken breasts are a barometer of how our lives have changed over the decades.

Recipes used to say “4 chicken breasts” and there was no question of what to buy. Now you have choices—oh, so many choices—between boneless and skinless and with the bone and skin; breasts, tenders or fillets; organic, free-range or brand names. And that chicken breast rarely weighs the suggested serving size of 3-4 ounces. So we make adjustments, even in the simplest of recipes, like the one below.

If you choose to use bone-in breasts, the recipe will take longer; the thinner chicken tenders or fillets will cook faster than the time allotted.

## Breast of Chicken Sauté with Lemon

*3 tablespoons butter or butter blend for baking and cooking (such as Smart Balance)*

*4 (3- to 4-ounce) boneless chicken breasts*

*Flour*

*Salt*

*Pepper*

*1/3-cup fresh lemon juice*

*Zest of one lemon, finely chopped*

Melt butter in a skillet. Dust the chicken breasts



TOM OLIVER

lightly with flour and sauté them quickly, turning to brown on both sides.

Reduce the heat and season to taste with salt and pepper. Cook gently for 5 minutes, turning chicken pieces once.

Add the lemon juice and simmer until just done, basting the chicken occasionally with pan juices. The chicken should be done in 15 minutes; 5 minutes before it is finished add the lemon zest and check for seasoning. Serves 4.

Note: This dish freezes and reheats well in the microwave or on low heat. You can easily change the dish to **Breast of Chicken Sauté with Orange** or **Breast of Chicken Sauté with Lime** by substituting orange juice and rind or lime juice and rind for the lemon.

Adapted from House and Garden's New Cookbook, 1967

## NNV CALENDAR

**Mon., Jan. 6, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW. (Rides available for NNV members for all yoga classes.)

**Tues., Jan. 7, 3-4:30 p.m.**

**NNV Men's Book Club** at the home of Bernie Hillenbrand to discuss *Wilson* by A. Scott Berg. RSVP: (202) 777-3435. (Rides available for NNV members.)

**Wed., Jan. 8, 10-11:30 a.m.**

**Caregivers' Support Group** conducted by Susan Lieberman, LCSW. First of 10 sessions every two weeks. Information: Susan

Lieberman, (202) 362-8188, [slieb1@msn.com](mailto:slieb1@msn.com). For reservation call Marianna Blagburn, (202) 777-3435

**Sun., Jan. 12, 4 p.m.**

**Author talk** by Leah Bendavid-Val on her book *Siberia: In the Eyes of Russian Photographers*, followed by potluck reception. Theater, Independent Living Building, Ingleside, 3050 Military Rd. NW; RSVP by Jan. 9: (202) 777-3435. (Rides available for NNV members.)

**Mon., Jan. 13, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Jan. 15, 2-4 p.m.**

**NNV Book Club** to discuss *Flight*

*Behavior* by Barbara Kingsolver at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435. (Rides available for NNV members.)

**Mon., Jan. 20, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Jan. 27, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell

**Fri., Jan. 31, 12 p.m.**

**Lunch and author talk** by Bonnie Coe, NNV member and volunteer, about *Aunt Ada's Diary: Life in 1918 Washington, D.C.* DeCarlo's Restaurant (lunch \$12-\$18), 4822 Yuma St. NW. RSVP by noon, Jan. 24: (202) 777-3435. (Rides available for NNV members.)



BOB DIAMOND

Bernice Degler celebrates her 90th birthday.

## NNV mourns loss of Bernice Degler, Norma Freeman, Ed Berkowitz

Northwest Neighbors Village lost three good friends in December with the deaths of member Norma Freeman on Dec. 10, longtime member Bernice Degler on Dec. 15 and Ed Berkowitz, husband of NNV member and volunteer Lois Berkowitz, on Dec. 22.

NNV extends our deepest sympathies to the families, especially to Norma's daughter and son, Rhonda Jackson and Roderick Freeman, and her mother, Bernice Suter; Bernice's sons, Erick and Kirk Degler; and Ed's wife and sons Steven and Peter Berkowitz.

The NNV Book Club, which Bernice founded and regularly hosted, celebrated her 90th birthday with a Dec. 6 luncheon. Bernice's activist life was featured in the [October 2013 Village News](#).



MARIANNA BLAGBURN

Norma Freeman with daughter Rhonda at the NNV picnic.

## A spring weekend excursion to historic Brandywine Valley

Northwest Neighbors Village is sponsoring a weekend tour of the historic Brandywine Valley this spring, on March 28-30.

Two museum visits are included each day. There will be guided tours at all locations, and all museums have elevator facilities. Departure is from Chevy Chase.

Participants will visit Longwood Gardens, Brandywine River Museum, Hagley Museum, Auburn Heights Mansion and Marshall Steam Museum, Winterthur and Brandywine Arts Museum. They will stay two nights at the historic Hotel du Pont; enjoy a theater performance and high tea; and see delightful gardens on the tram garden tour.

In a special highlight, Winterthur will host "Costumes of Downton Abbey," an original exhibition of exquisite designs from the award-winning television series.

For the full detailed itinerary and trip application call Benita Lubic at (202) 362-6100 or e-mail her at [blubic@aol.com](mailto:blubic@aol.com). Seats are limited. Cost per person sharing a twin/double room is \$665; single supplement is \$170. A deposit is due Jan. 30.

## New schedule for grocery trips

Have you been enjoying weekly trips to buy your groceries with an NNV volunteer? Beginning the first week in February, NNV volunteers will drive members to three area grocery stores on selected days. The schedule has been developed to optimize our volunteer resources and to bring together shoppers going to the same location.

If you are an NNV member, please call NNV volunteer coordinator Lisa Bregman at (202) 777-3435 or write to her at [nnvillagelisa@gmail.com](mailto:nnvillagelisa@gmail.com) to arrange a ride. All rides are between 10 a.m. and noon on the days listed. The new schedule:

- Wednesdays: Safeway at Connecticut Avenue and Morrison Street NW.
- Thursdays: Giant at Friendship Heights.
- Fridays: Whole Foods at Tenleytown.



## House number upgrades

Our special thanks to NNV's elite corps of volunteers for replacing and upgrading existing house numbers for clearer visibility this past November and December.

This important safety feature ensures



quick and accurate identification of residences for package delivery, emergency vehicles, visiting family and friends.

Please contact the NNV office at (202) 777-3435 to arrange for this personalized service. There is no charge for the volunteer labor, only materials. Might you need an upgrade?

## COMMUNITY CALENDAR

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

**Author Talk**—John Muller on *Mark Twain in Washington, D.C.: The Adventures of a Capital Correspondent*. Politics & Prose, 5015 Connecticut Ave. NW.

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

**Police Service Area (PSA) 201**—Meeting, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., Jan. 8, 1-2 p.m.**

**Joint Replacement**—Suburban Hospital orthopedic joint surgeon Dr. Daniel Valaik will explain knee and hip treatment options, selecting the best option and when it is time for replacement. Free, call (301) 896-3939 to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., Jan. 9, 7:30 p.m.**

**ANC 3E**—Meeting, location to be determined.

**Sat., Jan. 11, 6 p.m.**

**Author Talk**—David B. Agus, M.D., on *A Short Guide to a Long Life*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Jan. 13, 7:30 p.m.**

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

**Thurs., Jan. 16, 10:30 a.m.**

**Avalon Senior Cinema**—Patrons age 62 or over can see the feature film for \$8.75, less than the usual senior price. 5612 Connecticut Ave. NW.

**Tues., Jan. 21, 7:30 p.m.**

**ANC 3F**—Meeting. Methodist Home, 4901 Connecticut Ave. NW.

**Wed., Jan. 22, 7:15 p.m.**

**Free T'ai Chi**—With Susan Lowell. Gentle movement for stability, comfort and awareness. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Sun., Jan. 26, 4 p.m.**

**Apollo Chamber Orchestra**—Highlights from Donizetti's "The Elixir of Love." Chevy Chase Presbyterian Church, 1 Chevy Chase Cir. NW.

**Mon., Jan. 27, 7:30 p.m.**

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

**Every Mon., 9:30-10:30 a.m.**

**Club 60+**—Walking Club. Shirley Ricks, Staff Office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+**—Chair Yoga with Andrea Christie. Free. Second-floor ballet studio, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

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

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

**Club 60+**—Cardio exercise with

Will Yates. Free. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thurs., noon-p.m.**

**Club 60+**—Bingo. Free with prizes. Lounge next to first-floor office, 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.

**Every Sat., 8 a.m.-1 p.m.**

**Lafayette Farmers Market**—Northampton St. and Broad Branch Rd. NW.

**New Morning Farmers Market**—Sheridan School, 4400 36th St. NW.

**UDC Farmers Market**—Connecticut Ave. at Yuma St. NW.

**Movie Mondays**

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

**Jan. 6**—*Much Ado About Nothing*, U.S., 1993, rated PG-13 (Emma Thompson).

**Jan. 13**—*Moonrise Kingdom*, U.S., 2012, rated PG-13, AFI Movie of the Year.

**Jan. 27**—*Agnes Browne*, Ireland, 1999, rated R.