

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 10

A Community Network of Support

November 2014

MEMBER PROFILE

Girls just want to have fun (and some peace of mind)

BY ELIZABETH ODOM

With her sweet little poodle, Julie, in tow, Mimi Sokol arrives at her daughter's house on a sunny, crisp October afternoon. She wears a lovely dark knit outfit trimmed in bright colors and one of her signature hats slightly tilted on her thick blond hair. A small bee pin atop her left shoulder adds a bit of whimsy. There is nothing to give away that this woman is heading into her 93rd year.

Mimi's daughter, Maxine Champion, lives just around the corner. As a tax attorney and consultant to the New York Stock Exchange, she juggles a busy schedule and travels often. She is acutely aware of the complicated burden she and her sisters, Marlene and Marsha, who live out of state, would bear were it not for NNV.

"I have professional responsibilities. I'm a mother. I'm a grandmother. I love a man. And I have a mother around the corner who needs to be taken care of. So I'm very typical of the Sandwich Generation that's dealing with a lot of different things [at the same time]."

The sisters rely on Northwest Neighbors Village to provide much-needed support and



DANIELLE FEUILLAN

Mimi Sokol, seated, with daughter Maxine Champion and her rescue poodle, Julie.

communication when it comes to the needs of their mother, and their relationship is a paragon for elder caring and aging in place. "When I'm not here, I also like the peace of mind. Marianna [Blagburn, NNV executive director] has called me when

I have been out of town and I really appreciate it. My sister has also called NNV when she has a concern. Nothing big, just a check-in. And that is important—for everybody."

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NORTHWEST NEIGHBORS VILLAGE

a community network of support

4901 Connecticut Ave. NW
Washington, DC 20015
(202) 777-3435

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 or call the office at (202) 777-3435.

NNV Board Members Officers

Bob Holman, *co-president*
Joan Norcutt, *co-president*
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Mimi Sokol, tuned in to the fun in life

SOKOL, Continued from Page 1

Mimi joined NNV three years ago, six years after losing her beloved husband of 67 years. "I didn't think I could make it, but I believe you can do whatever you make up your mind to do. [NNV] expanded my social life by introducing me to so many lovely, interesting people. They have made my life easier. Living alone, they give me peace of mind."

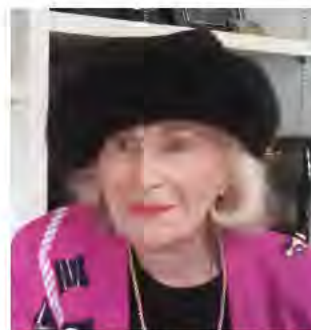
Mimi's vivacious personality and keen sense of humor seem to add six inches to her petite stature. A real head-turner, she has always been active. "As a kid, I ran everywhere. I never walked." Maxine injected, "Dad gave mother a pair of in-line roller skates when she was 60. She used to go up and down the streets." Smiling, Mimi responded, "The kids on the street used to come and call for me and then I'd go get my skates and we'd all go skating." Skating isn't her only talent. Mimi used to sing in a swing band before she got married and she still likes to sing "at the top of her lungs" and swears it attracts the birds in the neighborhood (and not because she feeds them, as her daughter suggests). "It relieves something in you. It's good for the soul. It really is."

Mimi also loves to dance and, evidently, still plays a mean game of ping-pong, beating her daughter regularly. She walks

daily, takes yoga classes, cooks her own fresh meals, goes to Club 60+ at the Chevy Chase Community Center and is a much-loved and known fashionista in her D.C. neighborhood of 42 years.

But it's not just her varied interests that keep her young. NNV provides her with transportation to her many personal activities and those that NNV offers, freeing a great deal of time from Maxine's schedule.

"[NNV] organized a beautiful walk through the woods with the Audubon Society. This was a thing I enjoyed completely and would not have been able to do by myself. And there was even a lovely lunch afterward." She also uses NNV transportation for doctor



MARIANNA BLAGBURN

Mimi Sokol at home.

appointments and highly recommends using the recently launched medical note-taking program.

As an area arts patron and NNV donor, Maxine believes that "as you get older, you appreciate being with people of all ages . . . [especially] if you are curious and vibrant and open, you want to have conversations with people of different ages to get their perspective and find out about them." NNV's events, volunteers and programs expose members and their caregivers to a wide range of experiences and people, injecting interest without complicating already busy lives. Perhaps Mimi says it best: "To me, if I don't have something fun in the day, it's a flop. I just love to have some fun."

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Sun., Nov. 2, 3 p.m.

***Symphony of the Potomac*—**

Performing music by Handel, Arensky, Rachmaninoff. \$20. Cultural Arts Center, Montgomery College, 7995 Georgia Ave., Silver Spring. Handicapped accessible; free parking in West Garage.

Mon., Nov. 3, 2-3 p.m.

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

Wed., Nov. 5, 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.

Mon., Nov. 10, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Nov. 19, 2-4 p.m.

NNV Book Club to discuss *Crossing to Safety* by Wallace Stegner at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

Mon., Nov. 17, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., Nov. 24, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

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

NNV Men's Book Club to discuss *Benjamin Franklin: An American Life* by Walter Isaacson at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

Thurs., Nov. 27, 12:15-2 p.m.

NNV Thanksgiving Dinner for members, donors, volunteers who want to share a meal. Special table for NNV at Ingleside, 3050 Military Rd. NW. \$30 per person. RSVP: (202) 777-3435.

Save the Date

Dec. 14, 3-6 p.m.

***NNV Holiday Party*—**Assembly Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

Leah Penner is new programs coordinator

Originally from North Carolina, Leah Penner moved to Washington in 2003 and served in leadership positions in higher education and nonprofit management before joining the NNV administrative team on Sept. 30 in the newly created position of programs and services coordinator.

Prior to her role with NNV, Leah held a similar position at the University of Maryland, where she managed administrative and programming functions of the graduate legal aid office. At the university Leah collaborated with diverse student groups, campus leaders and community

members.

Before her stint in higher education, Leah was the assistant director at Seabury Resources for Aging. After earning top honors in her master's in social work degree and a gerontology certificate from Virginia Commonwealth University in 2007, Leah was well prepared to manage Seabury's Age-In-Place Program and the programmatic aspects of multiple grants. While at Seabury, Leah also developed and implemented a home repair program for seniors in the District.

A Chevy Chase resident, Leah enjoys distance running,

traveling and exploring the area's vegetarian scene with her husband, Brandon, and following college basketball, particularly her beloved University of North Carolina Tar Heels.

Still in her first month with NNV, Leah said she has been impressed by the volume of requests handled by NNV's legendary corps of volunteers. "I am thrilled to be a part of the NNV team," she said. "Over this past month, it has been rewarding to be at an organization that meets such a critical need in the community. The office environment is lively and everyone has been incredibly welcoming. I have enjoyed speaking with members and volunteers and look forward to continuing to learn in my position." Leah is a powerhouse of talent and a welcome addition to the NNV team.

—Marianna Blagburn



DANIELLE FEUILLAN

Leah Penner

Your generous giving assures the future of the village

BY MARIANNA BLAGBURN

In the fall, just as the leaves are turning shades of gold and crimson, we take a running leap of faith that our burgeoning village will come out of the red and into the black in our End of Year Appeal. As with any member service organization, membership dues alone cannot cover all of our operational and program expenses. During the months of November and December, we rely heavily on the generosity of members, volunteers, past donors and new supporters to bridge any financial gaps and take us into the new year with a measure of ease.

Proudly, we are well into our sixth year of operation. With a budget of nearly \$130,000, we increased much-needed hours of staffing. We also increased member benefits and service levels of support, and added more activities and programs. In 2014, thus far, more than 3,300 service requests were filled by 126 neighborhood volunteers. The village community participated in more than 100 cultural events, wellness classes, Supper Salons, lunches, museum trips, nature walks, art classes, concerts and book club meetings. Each week in the village offered a chance to have fun, make friends and stay connected to one another. The tireless commitment of our volunteers to the needs of others and your financial support are what makes the village a reality

in our community.

End of Year Appeal letters will begin to arrive in your mailboxes in mid-November. We sincerely hope you have been pleased with our performance and wish to see our village continue to grow and thrive!

Top six reasons to give to the village

- Giving to the village ensures that it will be there when you need it most.
- Helping others gives us a sense of pride that we have extra money to help others and still have enough for our own needs.

- Giving a donation in honor of a named volunteer recognizes his/her service.

- Part-time staff can add more hours of work to increase service to members.

- Residents with limited income can join the village with your help.

- Giving to the village gives us a deeper sense of belonging in the community where we live.

When your letter arrives, can we count on you for your donation?

If convenient, please donate online at www.nwnv.org. Thank you for caring!



MARIANNA BLAGBURN

Village to village, one-to-one

Among those attending the national 2014 Village to Village Conference were NNV Co-President Joan Norcutt, left, Vice President Steve Altman and founding board member Janean Mann. The event was held Sept. 29-Oct. 3 in Crystal City, Va., with the theme, "Many Villages, One Vision, One Voice." It featured learning opportunities for all villages, including seminars on "Caring for the Frailtest Members with Medical Partnerships & Volunteers" and "How Local Governments Work With Villages." There are now more than 240 villages in the United States; 14 are either open or in formation in the District of Columbia alone. This year, NNV Executive Director Marianna Blagburn gave two presentations, "Implementing Aging-in-Community Principles to Support Economic Diversity in Villages" and "Medical Note-Taking: Empowering Older Adults in the Medical Setting."

Back to school for art



PHOTOS BY MARIANNA BLAGBURN

Drawing instructor and artist Joey Mánlapaz is teaching a 10-session drawing class to members of Northwest Neighbors Village and the Cleveland & Woodley Park Village. Joey is a 20-year art instructor at the Corcoran College of Art and Design and a teacher at Georgetown University. Left, she explains an exercise; at right she critiques student efforts.

Judie Fien-Helfman, activist in nonprofits, joins NNV board

The newest addition to NNV's 13-member board, Chevy Chase neighbor Judie Fien-Helfman, has been keeping a keen eye on the village movement from the start. "Many of us who worked in the nonprofit arena were curious about the village movement. We knew villages had a critical job to do. As a resident of this community, I am thrilled to join the NNV leadership team to ensure that we continue to carry out our important mission."

Judie is no stranger to building capacity in a nonprofit organization. As chief planning officer for a large nonprofit, the Jewish Federation of Greater Washington, Judie was responsible for strategic planning, program development and donor relations. She ensured that the \$20 million invested annually achieved measured results. Her fund stewardship covered a myriad of social



JAKE FIEN-HELFMAN

service, educational, recreational and cultural programs.

More recently, Judie founded her own company, Concierge Philanthropy, to deliver thoughtful solutions that advance strategic, proactive giving and are designed to create impact in a nonprofit organization. Drawing on 35 years of professional philanthropy and management

experience in the public, private and nonprofit sectors, Judie has helped hundreds of donors find their philanthropic voice, clarify goals and identify purposeful giving projects that achieve measurable impact.

Her commitment to strategic giving incorporates values modeled by, and learned from, her grandparents and parents, philanthropists who devoted

their lives to building community, ensuring social justice and improving the world.

We welcome Judie's expertise to our board and look forward to having her guidance in our next stage of growth and development in all areas.

—Marianna Blagburn

The IRS isn't calling you, but the crooks are

BY JANEAN MANN

The voice on the other end of the phone line claims to be calling from the IRS about a "problem" with your tax return. The only problem you really have will be if you don't hang up immediately.

Though IRS scammers usually call around tax time, there has been a resurgence of this type of call in our area recently.

Remember that the IRS does not call or e-mail you about tax issues, nor does it take credit charges over the phone. They mail you a letter.

You should get as much information about the caller as you can (if you have caller ID, write down the phone number) and contact the U.S. Treasury Inspector General for Tax Administration (TIGTA) at (800) 366-4484 or at www.tigta.gov.

A second scam making the rounds in our neighborhood is a notification allegedly about your *Washington Post* subscription—billing you for a subscription renewal or new subscription. The notice is from Readers Payment Services and wants to charge you \$599 for an annual *Post* subscription. *The Post's* current annual rate for the print

edition is \$442.67.

The company notifying you is not affiliated with *The Post* and asks for \$150 more for an annual subscription that you will never receive. An official *Washington Post* renewal notice has the *Post* logo in the upper left-hand corner and asks you to send your payments to P.O. Box 13669 in Philadelphia. The scammer's bill says "Readers Payment Service" in the upper left-hand corner

to make sure you really need any medical product. Check your Medicare statements to make sure they do not contain charges for products you did not order.

DISB also warns about home improvement fraudsters that surface in our neighborhoods. A contractor may knock on your door and offer to make repairs, sometimes at a reasonable price. A variety of scenarios may follow. You may not need

the repair. Last winter, someone came to my door to tell me I needed a gutter repair because of ice. Having installed a new gutter a few months earlier I was suspicious and looked at the gutter. It was fine.

In another scenario, such a contractor may give you a quote

that you accept, but will try to charge a higher price once the work is done. In a third scenario, the contractor absconds without doing the work once he obtains full or partial payment. Always check someone out before having work done. The local listservs and the Better Business Bureau are good resources. You can also report any suspicious activity to disb@dc.gov. Or call (202) 727-8000.

NNV member **Pat Kasdan** contributed to this report.



STUART MILES / FREEDIGITALPHOTOS.NET

and wants your payments to go to a P.O. Box in White City, Ore.

Seniors are the frequent target of a number of financial frauds, according to the D.C. Department of Insurance, Securities and Banking (DISB). Medical equipment manufacturers often cold-call seniors offering free medical products and request your Medicare ID. Once they have it, they bill Medicare for products you do not receive, using fake signatures and corrupt doctors. Always check with your doctor

You really can make a difference. Vote Nov. 4

By JANEAN MANN

Although D.C. residents cannot vote to influence federal taxes or federal laws, we can have a major impact on other decisions affecting our daily lives. The Nov. 4 election gives us the opportunity to determine who will be making our local laws and how they will be implemented. In addition to the mayor and council races, there are several new issues before the voters.

If you are not registered, you can register when you vote at your polling station on Election Day or at any of the early voting sites. Just be sure to bring a driver's license or other identification, such as a utility bill or pay stub with your current name and address.

Seven candidates are in the contest for mayor, with the three major contenders being Ward 4 D.C. Council member Muriel Bowser (D), at-large council member David Catania (I) and former council member Carol Schwartz (I). Council chairman Phil Mendelson (D) is facing five challengers as he seeks another term as chair. In addition, two at-large council seats and ward members from Wards 1, 3, 5 and 6 are up for grabs. Libertarian candidate Ryan Sabot is challenging incumbent Mary

Cheh (D) in Ward 3.

For the first time, residents can elect the D.C. attorney general. Heretofore, the attorney general has been a mayoral appointee. But in a 2010 referendum D.C. voters decided they wanted to elect their attorney general. The council voted earlier this year to postpone the attorney general election to 2018, but a lawsuit challenged that law and a court ordered the election to proceed this year. Five lawyers, all Democrats, are seeking the position, most of them emphasizing their independence from whoever will become mayor.

Education.

Another hot issue is the legalization of marijuana for personal use. Marijuana has been legal for medicinal use since 2010. The D.C. Council earlier this year decriminalized marijuana possession.

Initiative 71, as it is called on the ballot, permits the possession and use of up to 2 ounces of marijuana by individuals 21 and over, but not its sale. It also permits the use or sale of drug paraphernalia for the use, growing or processing of marijuana or cannabis. However, even if approved by voters, the law would be subject to congressional approval.



JANEAN MANN

There was standing room only at a forum for at-large D.C. Council members on Oct. 17 at the Chevy Chase Community Center. Ten of the 15 candidates participated.

ANC races, as well as those for delegate to the U.S. House and a shadow representative and senator, are also on the ballot. Wards 1, 3, 5 and 6 will elect members of the Board of

Mark Tuesday, Nov. 4, on your calendar. The polls are open from 7 a.m. until 8 p.m. NNV members can get a ride to the polls by e-mailing or calling the NNV office.

Neapolitan pasta that's quick and flavorful

BY BARBARA B. OLIVER

Spaghetti alla Puttanesca (Spaghetti Whore's Style) is a tangy, robust dish. Sources say the name arose because the *puttanas* used its aroma to lure customers, could make and eat the meal between engagements, or served it to customers after a night's exertions. Native Neapolitans make it with a fruity olive oil and fresh tomatoes.

Spaghetti alla Puttanesca

1 clove garlic, minced
2 tablespoons olive oil
2 cups peeled, seeded and chopped tomatoes
(or canned diced tomatoes with basil)
Salt and pepper
¼ teaspoon crushed red pepper flakes
(increase or omit as desired)
1 tablespoon chopped fresh Italian (flat leaf) parsley
1 teaspoon dry oregano leaves
1 pound spaghetti or vermicelli
2 anchovy fillets (increase or omit as desired)
2 tablespoons capers
8 black olives, pitted
Freshly grated Parmesan cheese, garnish

In a heavy skillet, sauté the garlic in oil until



BARBARA B. OLIVER

There's a zesty taste of Naples in Spaghetti alla Puttanesca.

it is lightly colored. Add the tomatoes, salt and pepper to taste, and the red pepper flakes. Cook over medium heat for 3 to 4 minutes, until the tomato liquid is slightly reduced.

Lower the heat, add the parsley and oregano; simmer the sauce gently for 30 minutes.

Cook the pasta al dente, according to package directions.

Mash the anchovies with a fork and add with capers and olives to the skillet. Continue cooking sauce over low heat.

Drain cooked pasta and toss it with the sauce; sprinkle with cheese, if desired. Serve hot. Makes 4 servings.

SOURCE: ADAPTED FROM THE BEST OF SOUTHERN ITALIAN COOKING BY J.C. GRASSO AND BON APPÉTIT

NNV's Thanksgiving dinner to be held at Ingleside this year



Turkey, and lots more, will be on the menu at a special table for NNV guests at Ingleside.

This Thanksgiving, members of the NNV community have been invited to dine at a special Village Table in the beautifully decorated dining room at Ingleside. The traditional menu at Ingleside features an array of hors d'oeuvres, salads, turkey, mashed potatoes, sweet potatoes, gravy, cranberry sauce, green beans, dressing, pies and more than a dozen other desserts. NNV will provide the wine.

The dinner will be from 12:15 to 2 p.m. and the cost is \$30 per person. Rides are provided for NNV members, as always. RSVP by Friday, Nov. 21; please call (202) 777-3435.



PHOTOS BY JANEAN MANN

Lore of the woods

Audubon senior naturalist Stephanie Mason led a nature walk for NNV members on Oct. 3. Here she talks about the advantages of leaving fallen trees in place where they may contribute to new life, such as serving as a habitat for mushrooms (inset). After the tour at the Audubon Society's Woodend Sanctuary in Chevy Chase, Md., walkers enjoyed a picnic lunch at

the historic Georgian Revival-style Woodend Mansion on the property.



Federal retiree organization offers services and lobbying

BY JOHN GIACOMINI

Wending one's way through the federal bureaucracy is often a challenge for the many federal employees and retirees in our area. Attacks on federal benefits also are a major concern for both groups.

The National Active and Retired Federal Employees Association (NARFE) helps navigate the numerous rules and regulations affecting feds while lobbying to protect their benefits. A monthly NARFE magazine contains useful information such as a voting scorecard of current members of Congress, advocacy efforts, investment advice, a bill tracker matrix, myths vs. realities, and useful questions and

answers.

The local NARFE chapter, 1795, offers additional benefits including bimonthly meetings (usually at the Tenleytown Library) on topics of current interest with guest speakers, including officers dedicated to fulfilling the aims of NARFE national. An Iona nutritional expert will speak at an upcoming meeting.

This chapter also has a service officer who provides assistance in contacting the Office of Personnel Management on various benefits and programs, including information on Medicare, Social Security and veterans' benefits and regular updates on changes in benefits. It also offers an annual luncheon and other events

that provide opportunities to exchange information with fellow members, guidance on using the online retirement calculator and other financial planning tools.

NARFE'S legacy spans more than 90 years and benefits from cooperation with the Office of Personnel Management, members of Congress and the White House. To join or get more information visit narfe.org or call (800) 627-3394. Membership is \$40 annually with membership in the local chapter free for the first year and \$3 a year thereafter. The current president of Chapter 1795 is Randy Clarke, randyclarkeiii@yahoo.com.

John Giacomini is the service officer for NARFE Chapter 1795.

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Sun., Nov. 2, 1-2 p.m.

Some Uses of Photography: Four Washington Artists—
Gallery talk. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Nov. 3, 7 p.m.

Gregg Herken—Author talk about *The Georgetown Set: Friends and Rivals in Cold War Washington*. Politics & Prose, 5015 Connecticut Ave. NW.

Tues., Nov. 4, 7 a.m.-8 p.m.

Election Day. Vote at your local precinct.

Wed., Nov. 5, 10:30 a.m.-1:30 p.m.

Community Health and Information Fair—Iona Active Wellness Program. Free blood pressure, glucose, glaucoma tests. Register for glaucoma test by Nov. 3 with Theresa Hines at (202) 363-5145, Ext. 212. St. Alban's, 3001 Wisconsin Ave. NW.

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

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

Tues., Nov. 11, 7:30 p.m.

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

Wed., Nov. 12, 1-2 p.m.

Understanding Parkinson's Disease—Dr. Kelly Mills, of Johns Hopkins Movement Disorders Center, discusses strategies for living with symptoms such as

tremors and slowness. Register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., Nov. 13, 6:30-7:30 p.m.

What Are You Breathing—
Lecture by Douglas Rumble III, Ph.D., on how gases reveal the history of the solar system. Refreshments. Greenwalt Bldg., Carnegie Institution for Science, 5141 Broad Branch Rd. NW.

Thurs., Nov. 13, 7:30 p.m.

ANC 3E—Meeting. Wilson High School, 3950 Chesapeake St. NW.

Sat., Nov. 15, 11 a.m.-4 p.m.

Do the Loop—Visit nine galleries and three museums in Northwest D.C. Free. Info: (202) 337-3050, Ext. 15.

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

CCCA Meeting—Pre-School Fair. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

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

Thurs., Nov. 20, 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.

Sat., Nov. 22, 10:30 a.m.

Travelling Writers' Workshop / Open Mike Poetry Reading—Poets and writers invited. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sun., Nov. 23, 5 p.m.

Stanley Plumly—Author talk

on *The Immortal Evening: A Legendary Dinner with Keats, Wordsworth, and Lamb*. Politics & Prose, 5015 Connecticut Ave. NW.

Mon., Nov. 24, 7:30 p.m.

ANC 3/4G—Meeting. Chevy Chase Community Center, 5601 Connecticut 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. Free. (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. Free. 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.