

# THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 11

A Community Network of Support

December 2014

## VOLUNTEER PROFILE

### Fifty years later, unretired and back to the jungle

BY MARIANNA BLAGBURN

**B**ob Carr, 83, long retired from the Veterans Administration (updated name: Department of Veterans Affairs) is what we call a “heavy Lifter” in village speak. Village volunteer for more than four years, Bob donates 15 to 20 hours weekly to drive members, take medical notes, fix locks and lights, change out batteries and even draw architectural plans for members who need universal design for accessibility and safety in their homes. But this is in his down time.

Trained as an architect, Bob is just doing what comes naturally for him when faced



ARTURO GODOY

NNV volunteer Bob Carr, in Tikal National Park where he mapped 50 years ago.

with an opportunity to help. Fifty years ago, he was called to finish a map of the region

known as Tikal, Guatemala. The original cartographer, Jim Hazard, was called away to tend to family matters. Bob jumped at the opportunity. With the help of native people, Bob documented Tikal on the only map of the region.

During the Maya Classic Era, more than 1,000 years ago, Tikal, shrouded in a lush and remote jungle setting, was the largest of the Mayan cities. Historians, archaeologists and other scholars used Bob's map when researching the area for ruins and artifacts of the Mayan culture. A massive archaeological site, the ruins are

See CARR, Page 2

*Deck the Halls*  
*Village Annual Holiday Potluck Party*  
*(Drinks provided by NNV)*  
  
*Sunday, December 14, 3 p.m.*  
*Assembly Hall, Forest Hills of D.C.*  
*RSVP by 5 p.m. December 10 to (202) 777-3435*  
  
*~Let the festivities begin~*

## 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 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



BOB MILLER

Bob Carr, right, and Jim Hazard reunite after 50 years. At left is Anabel Ford of the University of California, Santa Barbara, coordinator of the Tikal Map Project reunion.

## A map for archaeologists, another for tourists

CARR, *Continued from Page 1*

part of the Tikal National Park.

Two years ago, through a series of serendipitous events and chance meetings, Bob reunited with his old mapping colleague, Jim Hazard. Bob and Jim studied the map they worked on separately more than 50 years ago, and enjoyed trading stories of the hazardous work in the jungle. Bob traveled twice to meet with Jim and his family and learned about Jim's new work: Forest gardening and artisanal farming.

As a result of the latest trips, Bob realized he was now a tourist and the old map of Tikal,

while perfect for researchers, was of little use to the thousands of visitors who want more than a typical adventure in Guatemala.

Bob met with the new director of the Tikal National Park, Jorge Cochon, and pitched his idea to create a user-friendly tourist map. Jorge, who is responsible for bringing tourists into the park, loved the idea. Thus, in January 2015, when we may be facing a colder than usual winter, octogenarian and village volunteer Bob Carr will be enjoying the sunny climes of the Tikal National Park, pretending to be a tourist and working on the solution to a problem. Not bad.

## SERVICE REQUEST OF THE MONTH *Snow shoveling*

If you need to have snow removed from your sidewalk or driveway, call the NNV office, (202) 777-3435. If no volunteers are available, the office may be able to arrange for students, Boy Scouts or members of a Mormon youth group to shovel for you. Landscaping companies will also shovel, but charge to do so.

It is best to call the NNV office now to arrange for shoveling in advance.

## NNV CALENDAR

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

**Wed., Dec. 3, 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., Dec. 8, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Sun., Dec. 14, 3-6 p.m.**

**NNV Holiday Party.** Assembly

Room, Forest Hills of D.C., 4901 Connecticut Ave. NW.

**Mon., Dec. 15, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Dec. 17, 2-4 p.m.**

**NNV Book Club** to discuss *Still Life With Bread Crumbs* by Anna Quindlen at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

**Mon., Dec. 22, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Dec. 29, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Tues., Dec. 30, 3:30 p.m.**

**NNV Men's Book Club** to discuss *Empire of Mud: The Secret History of Washington, DC* by J.D. Dickey at the home of NNV member Bernie Hillenbrand. RSVP: (202) 777-3435.

**Save the Date**

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

**Winter by the Fire**—Choral concert by the City Singers. Refreshments. Limited seating, reserve by Feb. 4 at (202) 777-3435. Ingleside Piano Room, 5040 Military Rd. NW.

## 2014 END OF YEAR APPEAL

### The village belongs to everyone in the community

BY MARIANNA BLAGBURN

**N**orthwest Neighbors Village is in its sixth year of providing a wide range of services to its members and the community. Your support has allowed us to continue to have the impact our members have come to expect from us. Your End of Year Appeal letter may have already arrived. Won't you help us to continue the good work of our mission—to help members stay at home as they grow older?

NNV surpassed its program and service goals this past year. We provided a range of services and activities for residents. More than 3,000 service requests were filled by our dedicated neighborhood volunteers, now numbering close to 140! Our volunteers live in the same communities with our members and give way beyond what is

expected of them.

The village community participated in more than 100 cultural events, wellness classes, Supper Salons, museum trips, nature walks, art classes, concerts and book club activities. Every week the village offers members a chance to have fun, make friends and stay connected to one another.

Thanks to you, we have implemented additional levels of support. Our medical note-taking program was launched and recognized as a national and local model in *The Washington Post*, *USA Today*, *Kaiser Health News* and *The Northwest Current*. Care coordination services were added to help residents stay at home with extra help. Home safety initiatives began in the spring and our exclusive *Home Safety Guide* with its no-cost and low-cost tips for home modification received

great reviews by our members.

At this time of year, we are especially concerned about our seniors with modest means. Our village supports 11 percent of our membership with subsidized funding from individual donations. As with many nonprofit organizations, our low fees cover only 50 percent of our costs. Your tax-deductible donation will help subsidize membership for members with limited incomes, cover the costs of vetting and training volunteers and help sustain office operations. With your financial support, NNV will be there when you need us—now, or in the future.

Have you sent your donation yet? If convenient, please donate online at [www.nwnv.org](http://www.nwnv.org). Thank you for your financial support.

---

**Marianna Blagburn** is executive director of NNV.



## MEMBER PROFILE

# Claartje Bertaut, from early challenges to a rich life

*An early escape from Poland leads to a new life in America*

BY ALICE THURSTON

**T**here are several novels to be written about the life of Claartje Bertaut. She lives on Western Avenue with two gorgeous cats and her children not far away. The serenity of her neighborhood belies her tumultuous childhood growing up in Germany and Poland during World War II. Her life, she says, “is nothing short of miraculous.”

Claartje was born in the United States to a Dutch mother and a naturalized German father. During the Depression, her father, an engineer, moved the family to Germany to work building the autobahns. As segments were completed, the family moved from place to place. Claartje loved the peripatetic life, though it was a mixed blessing.

In 1940 the family was living in Toruń, Poland, where Claartje’s father rebuilt bridges over the Vistula River. He hired Polish employees who benefited from extra rations while working for him, and who would, in turn, eventually save his life. The Russians arrived in Toruń in 1945.

Although Claartje’s mother could have fled earlier, she would not leave without her husband. The family thus missed the last trains out. When they reunited they lived in a home where Claartje’s father was successfully hidden as the Russians searched for men to send to labor camps. Sympathetic Polish friends living downstairs thumped their ceiling with a broom when a stranger approached.

Learning of an escape possibility, the family slipped out and climbed aboard a moving freight train for Berlin. Because Claartje and her sister were American-born citizens, the family was eligible for a displaced persons camp run by the United Nations Relief and Rehabilitation Administration. She and her siblings came to the United States but it was another four years before the family was finally reunited.

Thus, at age 14, Claartje came to Northwest Washington with her “guardian,” a German



FAMILY PHOTO

**Claartje Bertaut overcame a tumultuous childhood to enter the United States and become a math and science teacher.**

woman with a Swedish husband and two sons. “Clare,” as she was then called, attended Woodrow Wilson High School, where she graduated third in her class of 300; attended Trinity College (now Trinity University), where she majored in chemistry and minored in math, and went to Carnegie Tech (now Carnegie Mellon) for a master’s degree. There she met her husband, Edgard Bertaut.

After receiving advanced degrees, Edgard taught at Federal City College (later the University of the District of Columbia) and quickly appreciated the potential of computing. He retired as chairman of UDC’s computer

*See BERTAUT, Page 5*

# Avoid the holly daze with a simple, festive dessert

BY BARBARA B. OLIVER

**H**olidays are just around the corner. This cinnamon-and-spice cake (from a box mix) is divine, fat- and cholesterol-free, and will serve a crowd without a lot of fuss.

## Spiced Angel Food Cake With Cran-Apple Topping

### *Cake*

*1 package angel-food cake mix  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
½ teaspoon ground nutmeg*

Stir the spices into the dry cake mix; then prepare as label directs. Cool completely. Cut into 12 to 16 slices.

### *Topping*

*2 pounds (6 medium or 5 large) red cooking apples such as McIntosh or York, cored and sliced into thin wedges  
½ cup packed light brown sugar  
1 tablespoon lemon juice  
2 teaspoons cornstarch*



TOM OLIVER

*1 teaspoon ground cinnamon  
½ teaspoon grated lemon peel  
1 cup fresh or frozen cranberries*

About 45 minutes before serving, combine all ingredients except cranberries in a 10-inch skillet; cover skillet. Cook over medium heat until brown sugar starts to bubble, stirring occasionally. Reduce heat to low; simmer 5 minutes. Stir in cranberries; simmer about 10 minutes or until berries pop. Serve the warm sauce over the slices of cake.

ADAPTED FROM SEVERAL SOURCES

---

## Claartje Bertaut says her life is ‘nothing short of miraculous’

BERTAUT, *Continued from Page 4*

science department. Claartje taught math and science until the first of their five children was born. She worked at Paul Junior High School, briefly at Oakcrest School, and obtained a teaching certificate from D.C. Teachers College (now UDC). While enrolling a daughter at Edmund Burke School, Claartje was offered a teaching position on the spot. For 19 years she worked mornings at Burke, and tutored many Northwest

children in the afternoon at her home.

Since Edgard's death in June, Claartje has returned to former hobbies and is hoping to expand her social circle. She attends Blessed Sacrament, and would like to find a walking partner or two and resume knitting. She has been on 20 Elderhostel trips and would like to go on more.

Wanting to give back to the community, Claartje has donated blood platelets nearly 200 times to the National Institutes of Health and the

Naval Hospital and plans to continue. She also hopes to return to tutoring children with learning disorders, using manipulative math, which utilizes objects to convey concepts. "I enjoyed working with these children," she says. "It was wonderful to see how proud they were when they finally got the concept." Claartje says she is amazed in retrospect at her own fortunate life in which many seeming disasters became opportunities for her and her family.

BY JANEAN MANN

# Unwanted programs can slow down your computer's performance.

*Here's how to fix it.*

**I**s your computer starting up or running at a . . . snail's . . . pace? The problem could be unwanted programs that you mistakenly download when updating other programs already on your computer. Some are merely programs that

want you to buy something you don't need. Others could be malware, spying on what you do.

The first precaution is to pay close attention to what you download. After you agree to the new license for an Adobe Flash Player update, for example, the program wants

to you agree to download a variety of other programs that you probably don't need or want. Some Windows updates automatically change your home page or browser if you hit the agree button. There is usually a button (often in fainter type) that allows you to "skip all" other programs or other tabs, giving you the option not to make these changes.

If you mistakenly download one of these extra programs, you could find requests for you to buy added software. There are several ways to remove the unwanted program. The following applies to Windows computers. Be sure to close any other open programs, as you may be instructed to restart your computer

after the uninstallation is complete.

First, if the program placed an icon on your desktop, you can sometimes right-click your mouse to give you a dialog box which has "uninstall" on it. Click on the "uninstall" tab and follow directions. If there is no desktop icon, click the "Start" button, then click the "Control Panel" tab. When the Control Panel box appears, go to "Programs and Features" and click on that tab. This will bring up an "uninstall" box listing the programs on your computer, though some may still be hidden. Scroll down to find the program you want to uninstall and highlight that program. You will be asked if you are sure you want to uninstall the program. Click yes and follow the directions until the program is uninstalled.

If the program is not on this list and you have an idea when you might have downloaded it, you can restore the settings on your computer to a date before you downloaded the unwanted program.

Be sure to close any open programs before starting this procedure, or you could lose recent data. Click the "Start" button and scroll down to "Accessories"—click that tab and scroll down to "System Restore."

Click that button. It will bring up several earlier dates when all your data was saved. Choose a date and begin to follow the directions. You will need to restart your computer.

The process is easier with a Mac, where unwanted programs can be deleted simply by sending them to Trash. There may be residual pieces which need to be hand-deleted.





# Two Conn. Ave. restaurants let you take it home

By DANIELLE FEUILLAN

Once in a while it is nice to let someone else do the cooking. We now have two great options for healthy and tasty meals that you can take home and enjoy (or eat at the restaurant).

Jetties, at 5632 Connecticut Ave. NW, recently opened its doors. Just a block from the Avalon Theatre, this branch of a local chain serves salads, sandwiches, soup and dessert treats. The pleasantly bright space has eight tables, but it is also an excellent place to get a healthy lunch or dinner to take home.

Patrons order at the counter and then wait for their names to be called. The many sandwich and salad options are named after locations on Nantucket. For example, Steps Beach is a turkey salad sandwich with golden raisins, apples, tarragon, tomato and arugula on toasted multigrain bread. A classic lobster roll and clam chowder are always on the menu.

Patrons can choose one of the options from the menu, or fill out a form to create a custom salad or sandwich. My favorite salad is the Tuckernuck, which includes romaine lettuce, cherry tomatoes, sliced turkey and parmesan cheese with a light Caesar dressing. The turkey is sliced to order off a roasted breast. One caveat may be to ask for your salad dressing on the side as the dressed salads



PHOTOS BY DANIELLE FEUILLAN

The Little Red Fox has one inside table and others on the patio.

can get limp by the time you get home. Jetties also serves Gifford's ice cream, homemade milkshakes and cupcakes.

The Little Red Fox, at 5035 Connecticut Ave. NW, is another welcome addition to the neighborhood. Just a

few doors from Politics & Prose, the lovely, warm space includes a counter where breakfast, lunch and dinner are all available. There is a small communal table inside and tables on the outside patio. A coffee bar makes espresso drinks to order and is offering hot cider during

the winter months as well as a variety of baked goods. An eclectic menu changes daily with a different sandwich and soup for lunch. The Little Red Fox also has a delicious kale salad available every day.

At 3 p.m., the restaurant offers prepared dinner selections for takeout. The meals are sold at a per-portion price, but that portion is usually enough to feed two people. Recent offerings have included a delicious chicken curry, as well as baked salmon with lemon and herbs. Roasted chickens and macaroni and cheese are available every afternoon. A market space sells a few local products such as Trickle-

ling Springs Creamery (from Pennsylvania) milk and yogurt, and Gordy's Pickles, which are made here in the city.

My favorite indulgence from the Little Red Fox has been its homemade ice cream sandwiches, which can be found

in a freezer case in the back. The snickerdoodle cookie and the cinnamon ice cream sandwich are large enough to feed three people.

For more information and to view menus visit [www.jettiesdc.com](http://www.jettiesdc.com) or [www.littleredfoxdc.com](http://www.littleredfoxdc.com).



Jetties's menu items are reminiscent of Nantucket.

## Lillian Rubin, meteorologist and gardener, dies

**I**t is with much sadness that we report the passing of longtime Yuma Street resident and former NNV member Lillian Rubin, at the age of 90. Lillian was a loving spirit who will be deeply missed by those she left behind.

Lillian moved from Manhattan to Washington in 1944 to work as a meteorologist with the U.S. Weather Bureau. Here she met Sherwin, and together, in 1956, they built their home on then-undeveloped Yuma Street, where they raised their twin daughters, Julia and Susan.

Lillian's passion for gardening and vegetable growing flourished over the years and her experience with backyard food-growing was featured on a local oral history project in 2013. For as long as



BARBARA B. OLIVER

Lillian Rubin with daughter Julia and dog Angel.

she was able, Lillian enjoyed walking to the local farmer's market around the corner from her house to stock up on fresh produce and flowers and chat with the producers. Lillian was also a devoted animal lover. Her most recent rescue companions were Boswell the cat and a

Chihuahua mix, Angel, who adored Lillian and followed her everywhere.

Lillian was an exceptional woman. "It was love at first sight," says her longtime doctor, Mikhail Kogan. "Her sweet, gentle spirit was so easy to love. . . . I will always remember 'Mom' asking how my kids were, how I was. No matter what the issues she was facing, others first!"

Lillian also had a surprisingly wicked sense of humor. "I remember the first time I took her to Whole Foods," recalls

former NNV volunteer Lisa O'Donoghue-Lindy. "She had me in stitches. She was such fun to be around, so sweet and yet also very witty."

She is survived by her daughters, Susan and Julia Rubin of New York City.

—Lisa O'Donoghue-Lindy

## When snow happens, NNV's Bad-Weather Buddies are ready

**N**NNV offers a volunteer "Bad-Weather Buddy" to members who would like one. When notified by NNV of a possible weather emergency, the volunteer buddy, usually a nearby neighbor, will call the member to find out if he or she is prepared and safe.

If there is a problem or if the member does not answer, the volunteer buddy will inform NNV. When safe to do so, NNV will follow up to find out if the member is all right and offer help if needed.



## The creative life: Drawing classes to return

**T**he Village Drawing Class is back by popular demand!

Washington-based artist and instructor Joey P. Mánlapaz will continue her art instruction with the NNV community through the winter months. Class seats are limited; you can reserve a space by calling (202) 777-3435. Registration deadline is 5 p.m. Jan. 9.

The winter schedule:

Beginner Class I: Wednesdays, Jan. 21 through Feb. 18, from 10:30 a.m. to 12:30 p.m.

Advanced Beginner Class: Thursdays, Jan. 22 through Feb. 19, from 1 to 3 p.m.

The class fee is \$50, plus a materials charge of \$20-\$25. Classes will be held in the Assembly Room of Forest Hills of D.C.



# Beating the winter blues

BY DEB RUBENSTEIN

**W**eather forecasters for our area are expecting a more wintry season than usual. Some of us enjoy the snow, are invigorated by cold and use the winter season as a time to catch up on reading, plan the garden and maybe keep a New Year's resolution or two. Others struggle with a sense of letdown after the holidays, and some of us may feel lonely and sad or just blue.

It is possible to beat the winter blues. The first step is to understand what's going on. Occasional periods of low mood lasting a week or two are normal. When we have the blues we keep functioning pretty well, but we may feel less interested in our usual pursuits, or be more irritable or anxious, or focus more on our losses.

The next step is to choose some coping strategies. Here are some tips from Iona psychotherapist Bill Amt:

- Get out of the house; stay active doing things you enjoy and trying new things.
- Restart activities that may have gotten sidetracked by the holidays.
- Make a schedule to give your day structure with built-in activities.
- Socialize—stay connected to people who care about you; call, visit, receive visitors.

- Stay in contact with family and friends throughout the year.
- Eat right—avoid unhealthy comfort foods, binge eating.
- Avoid abusing alcohol and drugs.
- Reminisce about positive memories.
- Engage in spiritual practices (attend religious services, pray, meditate, read inspiring texts,



etc.).

- Listen to your favorite music, watch favorite TV shows.
- Spring-clean a few months early.
- Help others any way you can.
- Make plans you can look forward to.

It's also important to be aware that sometimes the blues can turn into depression, a medical condition that needs professional treatment. Depression is not a normal part of aging, but 8 to 20 percent of adults 60 and up experience depression at some time.

Depression involves the presence of five or more of the

following symptoms during a two-week period: depressed mood most of the day nearly every day; loss of interest in activities, unmotivated; feeling hopeless, worthless and/or guilty; sleeping too much or too little; significant change in appetite/weight; difficulty concentrating; lack of energy or repeated thoughts about death and/or suicide.

One form of depression is Seasonal Affective Disorder (SAD), which is caused by decreased daylight hours during winter. There are a variety of ways to combat it: Go for a daylight walk outside if you can; get light therapy if possible under guidance from your doctor (this involves a special lamp that mimics sunlight).

For depression, recognize the signs of depression and speak with a professional counselor if needed. You may also need to see your doctor, since depression can be caused by health conditions like low vitamin D and thyroid levels, among other things.

If you need some help beating the winter blues, Iona has counseling services that are covered by Medicare and most other forms of insurance; for more information call (202) 895-9448, and select option 4.

---

**Deb Rubenstein** is director of consultation, care management and counseling at Iona.

## Wanted: Ice cream and cookie decorating help

**N**NNV members, donors and volunteers are being sought to serve ice cream and help out at the decorate-it-yourself cookie tables as part of the Chevy Chase Citizens' Association "Our Association and Our Community" celebration, co-sponsored by NNV.

The event will be held Saturday, Dec. 13, at the Chevy Chase Community Center, 5601 Connecticut Ave. NW. Volunteers are sought for 1-2 p.m. or 2-3 p.m.

To help out at the event, please call (202) 777-3435.

### COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., Dec. 2, 7:30 p.m.**

**Police Service Area (PSA)**

**201**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., Dec. 3, 10, 17; Jan. 7, 14, 21, 28; 2-4 p.m.**

**Take Charge/Age Well—**

Workshops: Choices in Retirement, Estate Planning, Brain/Memory & Emotions, Aging-in-Community, Long-Term Care, Financial Planning, Nutrition. \$115, scholarships available. Iona Senior Services, 4125 Albemarle St. NW. Register: (202) 895-9448, or e-mail [registration@iona.org](mailto:registration@iona.org).

**Thurs., Dec. 4, 7 p.m.**

**Author talk**—Brian Krebs, *Spam Nation: The Inside Story of Organized Cybercrime—From Global Epidemic to Your Front Door*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sun. Dec. 7, 4 p.m.**

**Christmas concert—**

"Magnificat" by Johann Hasse, seasonal music, carol singing. Refreshments. Chevy Chase Presbyterian Church, 1 Chevy Chase Circle NW.

**Mon., Dec. 8, 7:30 p.m.**

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

**Wed., Dec. 10, 1-2 p.m.**

**Heart disease**—Dr. Eric Lieberman, of Suburban Hospital, discusses prevention, risk factors, treatment. Register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Sat., Dec. 13, 1-3 p.m.**

**Cookie decorating and ice cream social.** Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., Dec. 16, 7 p.m.**

**Alice's Adventures in Wonderland**—Royal Ballet simulcast. \$15. AMC Mazza Gallerie theater, 5300 Wisconsin Ave. NW.

**Tues., Dec. 16, 7:30 p.m.**

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

**Thurs., Dec. 18, 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.

**Tues., Dec. 21, 12:30 p.m.**

**Bolshoi Ballet simulcast**—\$15. AMC Mazza Gallerie theater,

5300 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+** —Line dancing. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+** —Chair Yoga with Zuri. First-floor lounge, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

**Club 60+** —Chair 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.