



THE VILLAGE NEWS

Volume 5, Issue 10

A Community Network of Support

November 2013

Thinking of solar energy? Help is on the way

BY CYNTHIA LEHMANN

Have you been toying with the idea of going solar ever since you saw “An Inconvenient Truth”? Perhaps you haven’t done anything about it (other than feel guilty) because you have heard that it is very expensive. Or perhaps you don’t trust yourself to find a competent installer who won’t rip you off.

Whatever the reason, now might be the time to reconsider. At a Sept. 10 community meeting at the Methodist Home, Anya Schoolman, president of D.C. Solar United Neighborhoods ([DC SUN](#)), showed how affordable and easy solar energy can be. DC SUN helped more than 300 households in Adams Morgan and Petworth install a solar system, and is now forming a group of interested homeowners in Chevy Chase to do the same.

Ideally, at least 20 households in reasonable proximity would form a group to make a bulk purchase of solar panels and installation. Typically a contractor will give a 20 percent discount to the group. Each homeowner signs his or her own contract with the installer and costs may vary among homeowners, but all would receive the same discount. DC SUN is available at no cost to guide the group through the process.

Savings go well beyond the 20 percent discount. The following chart shows the costs of going solar:

Cost to install a 3.0-kilowatt system (before incentives)	\$13,500
Solar Renewable Energy Credit upfront payment	- 3,750
Bulk purchase discount (20% of system cost)	- 2,700
Federal tax credit (30% of system cost)	- 4,050
Estimated energy savings in one year (1/2 of annual bill)	- 480
Total cost (after one year)	\$ 2,520



JANEAN MANN

Residents of this Chevy Chase house reduced their electric bills substantially by installing solar panels. Interested homeowners are being offered a chance to do the same.

Another benefit is that one circuit in a house would continue to operate and provide enough electricity to power a few appliances in the event of an electrical outage.

Of course, homes vary and some roofs may require repair before solar panel installation, but the listed costs are typical for homes in the District. Installers do not like to work on slate roofs, but DC SUN will help find an installer if there is sufficient interest.

In D.C. the average family uses 850 kilowatts per month (28 kilowatts per day). A 3.0-kilowatt-per-hour system, with the sun shining an average of five hours a day, should provide one-half of that family’s electricity requirements.

What is a Solar Renewable Energy Credit? By D.C. law, a certain percentage of energy must

See **SOLAR**, Page 3

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, 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.

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Avoiding probate: Is the new 'transfer on death' law for you?

BY JANEAN MANN

A new law enabling the beneficiaries of D.C. residents to avoid probate on real property went into effect on March 19 this year. Under the Uniform Real Property Transfer on Death Act signed in 2012, an individual can remove property from probate by executing and formally recording a revocable deed that transfers the property to designated beneficiary(ies).

The transfer becomes effective only with the death of the real property owner and can be revoked at any time. It is seen as an easier and less expensive alternative to other probate-avoidance actions such as the creation of trusts or dual survivorships.

The D.C. Council explained its rationale for the legislation: "Given the complexities and length associated with the probate process, District residents need a reasonable, efficient and simplistic alternative for transferring their real property upon their deaths. A transfer on death deed is such an alternative. Alternatives to the probate process for transferring personal property have existed for years—it only makes sense to expand the option to real properties." The law is similar to those enacted by more than 20 states.

But the Estates, Trusts and Probate Law Steering Committee of the D.C. Bar expressed concerns, saying such a deed could prevent surviving spouses,

domestic partners or surviving children from receiving the first \$40,000 of an individual's estate to which they are entitled under D.C. law.

The group said that real property often constitutes the bulk of many individuals' estates—from which the surviving spouse, children or domestic partner might receive their bequest—and that by giving another individual deed to that property outside probate could preclude the survivors from receiving the benefits to which they are entitled. The steering committee also said it feared that creditors might have difficulty making claims for debts owed by the decedent under this provision.

The D.C. Council disagreed, saying it took all those concerns into consideration and enacted provisions to ensure that the rights of spouses, children and creditors would be protected under the law.

Testifying in favor of a Transfer on Death provision, the AARP argued that such a law could prevent some foreclosures caused when mortgages are not paid or properties not maintained when tied up in probate.

Can't decide if a TOD deed is in your best interest and that of your beneficiaries? You might want to consult a lawyer. Should you wish to consider this process, you can find the TOD deed application online at otr.cfo.dc.gov/publication/rod-39-transfer-death-deed, or call the D.C. Office of Tax and Revenue Recorder of Deeds at (202) 727-5374.

Solar energy installation help

SOLAR, *Continued from Page 1*

come from renewable sources (wind and solar). Electric companies may produce energy from renewable sources but most purchase credits from the producers. An owner of solar panels can sell future production of energy to a company that needs to meet its quota. Currently, D.C. has a robust market for these credits, hence the large payment. You can receive an upfront payment or quarterly payments over a period of one to five years. Quarterly payments total more than the upfront payment, and DC SUN encourages this plan.

In addition a \$1,500 D.C. Renewable Energy Grant may be available, if the program is ever funded.

Currently, there is a list of homeowners awaiting funding. Pepco no longer provides solar panel installation assistance.

Leasing solar panels is also an option. There are companies operating in the D.C. area that will provide various leasing arrangements.

To get started, visit <http://bitly.com/ward3bulksolar> and fill out your contact information. Please also send a copy of a recent Pepco bill and your signed (nonbinding) Letter of Commitment to jelkap@starpower.net. Installers need to be able to review your bill so they can size your system correctly.

A holiday to serve turkey with latkes

BY BENITA LUBIC

Hanukkah will be on Thanksgiving this year. This is a once-in-history event.

Thanksgiving is set as the fourth Thursday in November, which is Nov. 28 this year. The Hanukkah celebration begins the 25th day of the Hebrew month of Kislev and coincides this year with Nov. 28.

The Jewish calendar repeats on a 19-year cycle, and Thanksgiving repeats on a seven-year cycle. You would, therefore, expect them to coincide roughly every $19 \times 7 = 133$ years. Looking back, this is approximately correct—the last time it would have happened is 1861. However, Thanksgiving was not formally established by President Lincoln until 1863. So it has never happened before.

Why won't it ever happen again? Because the Jewish calendar is slowly getting out of sync with the solar calendar, at a

rate of four days per 1,000 years. This means that while at present Hanukkah can be as early as Nov. 28, the calendar will drift forward in coming years, so that the earliest Hanukkah can be is Nov. 29. The next time Hanukkah falls on Nov. 28 is 2146, which is a Monday, not a Thursday. Therefore, 2013 is the only time Hanukkah will ever overlap with Thanksgiving.

Of course, if the Jewish calendar is never modified in any way, it will slowly move forward through the Gregorian calendar, until it loops all the way back to where it is now. So, Hanukkah would again fall on Thursday, Nov. 28—in the year 79,811. Given our trajectory with global warming, humans may not be

here then. And if there are no humans, there will be no holidays for them to celebrate.

So, on Nov. 28, 2013, enjoy your turkey and your latkes. It has never happened before, and may never happen again.



Won't you join us for Thanksgiving dinner?

Reserve your seat at the Village Thanksgiving dinner table on Thursday, Nov. 28. Village co-president and master chef Bob Holman will roast a fresh free-range turkey and make his ridiculously good stuffing, mashed potatoes and gravy. Members and volunteers bring hors d'oeuvres and side dishes including Hanukkah specialties, as we will celebrate both holidays. Call the NNV office at (202) 777-3435 to reserve a seat. The RSVP deadline is Nov. 21.

Live Metropolitan Opera telecasts Saturdays at Mazza

BY ANIKE BUCHE
AND FELIX LAPINSKI

In the last few years, the New York Metropolitan Opera has had great success and positive responses from worldwide audiences for its high-definition (HD) transmission of live opera performances. We are fortunate that the AMC Theater at Mazza Gallerie is showing these wonderful performances. Ten live performances are being presented on Saturday afternoons in the 2013-14 season.

Whether the production is a new one, such as Verdi's "Falstaff" or Borodin's "Prince Igor," or an opera not frequently seen, like Shostakovich's "The Nose," or simply an old favorite, like Puccini's "La Bohème," they all feature world-renowned singers and, of course, the incomparable Metropolitan

Opera Orchestra.

The remaining performances this season are:

- Puccini's "Tosca," Nov. 9.
- Verdi's "Falstaff," Dec. 15.
- Dvorak's "Rusalka," Feb. 8.
- Borodin's "Prince Igor,"

March 1.

- Massenet's "Werther,"

March 15.

- Puccini's "La Bohème," April

5.

- Mozart's "Cosi Fan Tutte,"

April 26.

• Rossini's "La Cenerentola" (Cinderella), May 10.

Handicap seating is available toward the front section of the theater.

The Met also has an "encore" performance of each opera the following Wednesday evening at 6:30 p.m. The AMC Mazza Gallerie has also added a showing on Thursday afternoons at 1 p.m.

Because of the live

shows' popularity, tickets for the remaining Saturday performances may be difficult to obtain, but tickets for Wednesday evenings and Thursday afternoons are easier to purchase. There is no reserved seating for any of the transmissions, and the Saturday performances have been so popular that many viewers arrive more than an hour early to claim a good seat. For that reason, the "encore" performances are a great alternative.

Tickets can be purchased from AMC Mazza Gallerie at \$22 for Saturday live performances and \$20 for the encore shows. The theater validates parking tickets for all opera performances to allow up to five hours of parking for \$5 at the Mazza Gallerie garage. The Met's HD Live performances are also shown in Virginia suburban theaters.

NORTHWEST NEIGHBORS VILLAGE CALENDAR

Rides to all events available for NNV members.

Mon., Nov. 4, 2-3 p.m.

Gentle Yoga with Lisa Boland. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

Wed., Nov. 6

Prix Fixe Lunch and Bingo—All for \$15. Hosted by Jake's American Grill in celebration of Northwest Neighbors Village. 5018 Connecticut Ave. NW. RSVP date: Mon., Nov. 3, to (202) 777-3435.

Mon., Nov. 11, 2-3 p.m.

No Gentle Yoga.

Thurs., Nov. 14, 10 a.m.-noon
Museum Shop Around—

Wares from 17 area museum shops. Strathmore Arts Center, 5301 Tuckerman Lane, North Bethesda. RSVP: (202) 777-3435.

Fri., Nov. 15, 3 p.m.

Women of the Washington Press: Politics, Prejudices and Persistence—Talk by author Maurine H. Beasley, Ph.D. Theater, Ingleside, 3050 Military Rd. NW. RSVP by Nov. 12 to (202) 777-3435.

Mon., Nov. 18, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Wed., Nov. 20, 2-4 p.m.

NNV Book Club—To discuss *The Manticore* and *World of Wonders* by Robertson Davies at the home of NNV member Bernice

Degler. RSVP: (202) 777-3435.

Mon., Nov. 25, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Tues., Nov. 26, 3 p.m.

NNV Men's Book Club at the home of Bernie Hillenbrand to discuss a book to be decided; RSVP: (202) 777-3435.

Thurs., Nov. 28, 3 p.m.

Thanksgiving/Hanukkah Dinner—At NNV co-president Bob Holman's new house. RSVP by Friday, Nov. 22: (202) 777-3435.

Save the Date

Sat., Dec. 14, 4-6 p.m.

NNV Holiday Party—At NNV co-president Bob Holman's new house. RSVP: (202) 777-3435.

MEMBER PROFILE

Ginny Finch, independent and multi-talented

BY STACEY MARIEN

Ginny Finch does not have a place to call a hometown. She and her two brothers—military brats—moved regularly with their parents. Her father was in the Army and they lived far and wide, from Albuquerque, N.M., to Paris when Ginny was 16. “I have no roots,” Ginny says, “but I like to think that these constant moves have made me more adaptable and more resilient.”

Once she stopped moving, she took time to earn her B.A. in French from Seattle Pacific University and take Spanish language classes for a summer at Georgetown. She spent her sophomore year at the American College in Paris and took classes at the Sorbonne. Ginny remembers loving the sense of being independent in Paris but also enjoying living with a French family and learning about the food, language and culture. She later took graduate classes in linguistics at the University of Illinois at Urbana-Champaign.

In 1967, Ginny taught high school French in Wenatchee, Wash., and married her first husband in 1968. She, her husband and son (who now lives in Oregon) moved for his architecture job to Amsterdam and London.

In London she learned classical guitar, studied Tudor and Stuart history and took a Cordon Bleu class. When she returned to the States she worked for Time Life Books and tutored adults in literacy in



Ginny Finch.

Charlotte, N.C. While in North Carolina she received her first writing assignment, from Central Piedmont Community College. Ginny was asked to write an article on venereal disease and titled it, “VD Is Nothing to Clap About.”

Ginny moved to Washington, D.C. after her divorce and married her second husband, Rodger, who died in 2002. She began a new career as a freelance writer and published a couple of pieces in the Washington Post. She started a health newsletter publishing company called Say It Well, Inc. The newsletter was called No Appointment Necessary and was geared towards urgent care facilities.

Ginny became tired of the marketing work involved in running her own business, so she ventured into the land of the federal government and was hired as a marketing and communication specialist for the Federal Highway Administration (FHWA). She

collected and wrote occasional speeches for environmental and transportation awards.

She also created brochures and Web sites that featured success stories on transportation issues that intersected with environmental issues. One of her Web sites, called Critter Crossings, made the front page of the Wall Street Journal. It featured stories from all 50 states on how they helped wildlife cross roads. Another Web site was called Keeping It Simple.

Ginny retired in 2009, after 16 years with the FHWA. Since retiring, she has taken poetry classes for the past 4½ years at OLLI. She paddles a dragon boat for a team called Out of Sight Dragons. She has been contra-dancing for more than 30 years and enjoys attending contra dance camps as well as dances at Glen Echo. She belongs to two book groups and is active in a progressive United Methodist church, writing a weekly column for the church’s Web site.

Ginny became aware of NNV from someone involved in another village and was interested in the aging-in-place concept. She joined because she wanted a larger social network, she says, and wants to be a volunteer as well as use volunteers to help her. She worked with volunteers five times in her first month! They helped her with transportation, clutter management, computer problems and reading poetry. Ginny says she “is excited about being a part of this thriving and growing community.”

Where in the world?



JUDI KAVANEY

Barbara and Tom Oliver recently returned from Scotland, where they visited Glasgow and Edinburgh, ancient castles, a sheep farm, a whiskey distillery, the breathtaking scenery of islands, Highlands and moors—even the Scottish Parliament. And tasted such dishes as sticky toffee pudding along the way (see Page 7).

1. At a demonstration of border collie sheepdog prowess, Barbara gets intimately acquainted with some sheep that the shepherd herded up to her; inset, Tom meets a puppy.
2. Tom finds a senior-friendly crossing in Fort William.
3. The much-photographed Eilean Donan castle, Loch Duich.
4. Poet Robert Burns's humble birthplace, Alloway.
5. Sunset at the harbor of Oban.
6. Barbara at Mons Meg, a bombard cannon overlooking Edinburgh that dates from medieval times.



TOM OLIVER



BARBARA OLIVER



TOM OLIVER



BARBARA OLIVER



TOM OLIVER



BARBARA OLIVER

On the move

Janean Mann's camera was busy on a recent trip to Hilton Head. She captured a great blue heron racing a fisherman to his fish bucket, near right, and a migrating fritillary stopping for a snack on wildflowers.



PHOTOS BY JANEAN MANN

A Scottish treat: Sticky toffee pudding

BY BARBARA B. OLIVER

Why do Scots toss the caber and do the Highland fling? Because they have a sweet tooth and need to burn off energy. One of their sweetest desserts is Sticky Toffee Pudding. This is not a dessert for the weak of heart—it's high in calories and fat. The saving grace is that a small piece will satisfy.

Tom and I tasted several versions on our recent trip to Scotland. The recipe that follows, purported to be the best in Scotland, is from Aberdeenshire, and won a taste test by a Scottish friend who lives in Forest Hills.

Udny Arms Sticky Toffee Pudding

Pudding

½ cup butter
2 cups confectioners' (powdered) sugar
2 eggs, lightly beaten
3 cups flour
8 ounces dates (pitted and cut

into small pieces)
1 teaspoon baking soda
2 cups boiling water

Preheat oven to 350°F. Lightly butter the bottom and sides of a 9x13" pan and place a piece of parchment paper on the bottom.

Cream butter and sugar until white and fluffy. Beat in eggs gradually. Fold in flour.

In a separate bowl pour the boiling water over the dates



TOM OLIVER

and soda. When the water is absorbed*, add the cream mixture and stir gently until blended.

Pour into a prepared pan and bake for 40 minutes.

* If you use fresh dates, such as Medjool, all the water will not absorb; pour the dates and remaining water into the cream mixture.

Sauce

1 cup butter
2¾ cups brown sugar
1 pint (2 cups) heavy whipping cream

Mix all three ingredients and bring to a boil.

Poke holes in the top of the cake and pour half the mixture (about 1 cup) over the cake, allowing sauce to soak into the cake. Keep remaining sauce hot.

Brown the cake under a broiler before serving.

Cut cake into 24 pieces (1½ by 3 inches), serve on plates or in shallow bowls and spoon additional sauce onto still warm pieces of cake.

Warning: Calories total 394; from fat 174.

Source: Adapted from www.food.com/recipe/udny-arms-sticky-toffee-pudding-113993.

A summer of service for NNV volunteers

"It has been a pleasure for me, not only receiving rides to appointments, but the people are so wonderful to visit with while they are driving. So many of them are repeats and it's great. The volunteers are just lovely people." — E.G.

"The services have to be experienced to be appreciated. There is absolutely no room for improvement as far as efficiency and kindness is concerned."—M.S.

These are but a few of the comments we have received recently about NNV's volunteers. Though many members traveled during the summer, many others remained in D.C., calling repeatedly on NNV volunteers for assistance. Volunteers donated over 1,000 hours of

REQUEST	DETAILS	June 1-Aug. 31
Transportation	Medical appointment	147
	Grocery	43
	Exercise class	58
	NNV event	3
	Store (non-grocery)	7
	Social support (class, church, support groups)	21
Technology	Help with computer	2
Friendly Visits	Visit/chat/play a game	1
Grocery Purchase	Pick up groceries for member	27
Newsletter Delivery	Delivery/visit	125
Household	Absent owner	3
	Home repair/modification	2
	Yard work	5
Med-Pals	Social support during illness	63
Total		507

time from June through August responding to more than 500 service requests (see box).

We appreciate your consideration in calling NNV

at least one week in advance to ensure a volunteer to help with your request. Please call (202) 777-3435 between 9 a.m. and 5 p.m. Monday through Friday.

Author to discuss struggles of women journalists

Author, journalist and educator Maurine Beasley, having lived the struggle of women journalists against bias over the years, will discuss her latest book, *Women of the Washington Press: Politics, Prejudice and Persistence*, at a Nov. 15 event sponsored by NNV and Ingleside. The talk will be held at 3:15 p.m. at Ingleside at Rock Creek, 3050 Military Rd. NW. Dr. Beasley, professor emerita of journalism at the University of Maryland, is the



Maurine Beasley

author of eight books.

The book was awarded a prize by Kappa Tau Alpha (an organization concerned with journalism education) as the best-researched book on journalism in 2012. Her book reflects not only those studies but also her experience as a working journalist, first at the Kansas City Star, where she was education editor, and later as a reporter at the Washington Post.

The book includes fascinating anecdotes based on interviews with women journalists, including one of Eleanor Roosevelt, while giving an informed overview of the work of

female journalists in Washington for more than a century. It also reflects extensive research at the Roosevelt Library in Hyde Park, which underlies previous books she wrote on Eleanor Roosevelt and the press that covered her in the White House.

Dr. Beasley holds a B.A. from the University of Missouri in history and journalism, a master's degree from Columbia University in journalism and a Ph.D. from George Washington University in American civilization.

There will be a brief question-and-answer session after Dr. Beasley's talk, followed by a wine and cheese reception.

—Elinor Stillman

2013 End of Year Appeal—are you in?

The NNV End of Year Appeal is upon us and we're excited! Anonymous donors have provided NNV with two \$5,000 grants and challenged us to match them to exceed last year's appeal donations of more than \$13,000.

Northwest Neighbors Village will celebrate its fifth year of operation in March and we are proud of our community without walls. Our volunteer corps has provided practical support to members who want to remain independent in their homes, wherever home may be.

In 2013, our strategic goals have been to build volunteer capacity, add administrative support staff and increase member benefits. We now have 205 members and 115 vetted volunteers, willing to serve our members in a variety of ways.

Even as I write this, I received a thank-you telephone call, one of several today, from a member

who called to express his appreciation for the volunteer who upgraded his house numbers so they can be more easily seen from the street. The volunteer went to the hardware store, purchased the five-inch numbers and affixed them to the house. The member told me that having a friendly and helpful volunteer to help made all the difference in getting the job done.

As in most nonprofit organizations, membership dues alone will not cover operational and program expenses. We rely heavily on the generosity of our members, volunteers, past donors and new supporters. 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 community-based organization continue to grow and thrive. Thank you for your generous support!

—Marianna Blagburn



Attn: Federal employees

Federal workers can now donate to NNV via the Combined Federal Campaign. Use our number, 29360, when you register.

COMMUNITY CALENDAR

Sat., Nov. 2, 3:30 p.m.

Book Talk—David Folkenflik on *Murdock's World: The Last of the Old Media Empires*. Politics & Prose, 5015 Connecticut Ave. NW.

Tues., Nov. 5, 7:30 p.m.

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

Wed., Nov. 6, 7 p.m.

Knitting Nights—With Upper Northwest Knitters. Bring supplies and learn to knit or crochet. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat., Nov. 9, 1 p.m.

Book Talk—Leah Bendavid-Val on *Siberia: In the Eyes of Russian Photographers*. Politics & Prose, 5015 Connecticut Ave. NW.

Sat., Nov. 9, 4-8 p.m.

Late Fall Artists' Reception—Join artists and curators. Free. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Sun., Nov. 10, 4 p.m.

Peabody Opera Outreach—Humperdinck's "Hansel and Gretel," Chevy Chase Presbyterian Church, 1 Chevy Chase Circle; information, (202) 363-2202.

Tues., Nov. 12, 11 a.m.

Digital Drop-In Clinic—Help with e-book readers, smartphones, tablets. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., Nov. 13, 1-2 p.m.

Improve Your Hearing!—Audiologist Jillian L. Blinkoff reviews causes and types of hearing loss in seniors and how to reduce its effects. Free. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Thurs., Nov. 14, 6:30 p.m.

Visualizing Planetary Core Formation—Neighborhood Lecture by Yingwei Fei. Greenwalt Building, Carnegie Institution for Science,

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COMMUNITY CALENDAR

CALENDAR, continued from Page 9

5241 Broad Branch Rd. NW.

Thurs., Nov. 14, 7 p.m.

Knitting Nights—With Upper Northwest Knitters. Bring supplies and learn to knit or crochet. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Nov. 14, 7:30 p.m.

ANC 3E—Meeting. Tenleytown Room 1, third floor, Embassy Suites Hotel, 4300 Military Rd. NW.

Sat., Nov. 16, 6 p.m.

Book Talk—James L. Swanson on *End of Days: The Assassination of John F. Kennedy*. Politics & Prose, 5015 Connecticut Ave. NW.

Sun., Nov. 17, 2-3:30 p.m.

High Hopes for Living with Low Vision—Daniel Berinstein, M.D., and Alexis Malkin, O.D., present the latest in medical/surgical, optical/non-optical and vision rehabilitation advances. Sibley Medical Building, 5215 Loughboro Rd. NW. Free garage parking; register at (202) 364-7602 (rides available for NNV members).

Mon., Nov. 18, 7 p.m.

Knitting Nights—With Upper Northwest Knitters. Bring supplies and learn to knit or crochet. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., Nov. 19, 7:30 p.m.

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

Tues., Nov. 19, 7:30 p.m.

Chevy Chase Citizens Association—“Education in D.C.” Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Wed., Nov. 20, 6 p.m.

Digital Walk-Up Clinic—Help with e-book readers, smartphones, tablets. Tenley-Friendship Library, 4450

Wisconsin Ave. NW.

Wed., Nov. 20, 7 p.m.

Introduction to Muslim Foods—Congregants from Masjid Muhammad discuss food in Muslim culture. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., Nov. 21, 10:30 a.m.

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

Sat., Nov. 23, 1 p.m.

Book Talk—Thomas E. Mann and Norman J. Ornstein on *It's Even Worse Than It Looks: How the American Constitutional System Collided With the New Politics of Extremism*. Politics & Prose, 5015 Connecticut Ave. NW.

Sat., Nov. 23, 3:30 p.m.

Author Talk—Warren Brown, CakeLove Bakery owner, on pies. Demonstration, tasting. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Sat. Nov. 23, 4 p.m.

Gallery Talk—“Siberia in the Eyes of Russian Photographers” and selections from the Artery Collection. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Mon., Nov. 25, 7:15 p.m.

Tai Chi: A Beginner's Introduction—A gentle, traditional movement system celebrated by NIH, the Mayo Clinic and Harvard Medical School. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., Nov. 25, 7:30 p.m.

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

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

Walking Club—Sponsored by Sibley Senior Association. Mazza Gallerie, Concourse Level, Wisconsin and Western avenues

NW. Free. (202) 364-7602.

Every Tuesday, 11 a.m.-noon

Club 60+—Chair Yoga with Andrea Christie. Free. Chevy Chase Community Center, second-floor Ballet Room, 5601 Connecticut Ave. NW.

Every Thursday, 11 a.m.-noon

Club 60+—Cardio exercise with Will Yates. Free. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Thursday, noon-2 p.m.

Club 60+—Bingo! Free with prizes. Lounge next to first-floor office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Friday

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 Saturday, 8 a.m.-1 p.m.

Lafayette Farmers Market—Northampton Street and Broad Branch Road NW.

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

UDC Farmers Market—

Connecticut Avenue at Yuma Street NW (until 2 p.m.).

Movie Mondays

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

Nov. 4—*Baran*, Iran, 2001, rated PG.

Nov. 18—*Lost in America*, U.S., 1985, rated R.

Nov. 25—*Harvey*, U.S., 1950, not rated (Jimmy Stewart).