Exercise: It’s What Keeps You Living!

By Lisa Loring

I am pleased to join the CHV community as one of your yoga instructors. My background is in all types of yoga, but over the past five years, I have been working more and more with seniors—conducting classes, providing in-home care for pre- and post-surgical situations, and most recently with adaptive yoga for those with long-term disabilities.

Here are some of my thoughts and perspectives I am happy to share.

“Fit for Life,” is one of today’s catch-phrases, representing a broader approach than “Fit for Summer,” which got many of us going after a long winter of residing indoors.

Making fitness a lifestyle is thankfully becoming more the norm, and this is particularly important for seniors. As our lives have become more automated, it is not only winter that creates a relatively sedentary lifestyle. We no longer function on a daily basis the way we used to, right down to the simple task of washing dishes, which is mostly done now by a dishwasher or a restaurant staff.

This lack of doing in everyday life affects all of us, and has resulted in a reduction in our core strength and stamina that sets us up for early onset of illness and/or physical breakdown and disability. And, it ultimately affects our ability to live independently.

▶ continued on page 5
## July–August Events

For more information about any event, or to RSVP for an event, call the CHV office at 202-543-1778 during regular office hours (weekdays, 9 am to 5 pm) or email info@capitolhillvillage.org.

NOTE: Check the CHV website for programs that may be added or changed: www.capitolhillvillage.org.

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FROM THE EXECUTIVE DIRECTOR

Like on TV, But with More Comfortable Shoes

When I watch TV, Capitol Hill is presented as a place filled with a bunch of movers and shakers in expensive suits and uncomfortable shoes. It’s funny and ironic because while our elected officials (or should I say the 50 states’ elected officials) are caught in a contentious series of debates, investigations, and accusations, there is another group of folks here on Capitol Hill who are really making a change in the world by their engagement with good government, effective partnerships, and compromise.

I am referring to CHV’s Advocacy Corps (see story page 1) which activated this year and has become a strong voice for seniors across DC. Members of that group (44 in total) organized themselves around a couple of issues (housing and health care) and proceeded to learn, network, outreach and testify in front of the DC City Council.

Why does CHV advocacy matter?

CHV advocacy is important for a number of reasons. First, as the population of seniors grows and as more individuals are living longer, the demand for services, housing, and programming is growing. At CHV, we want to stay focused on our efforts to be neighbor helping neighbor for household issues. But CHV cannot singlehandedly address all of the emerging issues around aging in the community that need to be addressed—nor should we. That is why we are looking around the corner to anticipate needs and identify models that can become a part of DC’s ever-evolving services, programs and facilities. This includes working with the private sector such as developers, transportation providers and individualized service companies (e.g., Peapod); the health sector such as medical providers, care providers, and insurers; the government sector such as senior services, recreation, transportation, community planning; and our non-profit partners. By identifying and prioritizing issues and conducting research on best practices and new models, we are able to work from a position of strength to inform conversation. In this way, we are building the community for the future, so it is here when you need it.

A second reason why advocacy is important is that it raises CHV’s profile across the city, region, nation. We are looked to as leaders, and our ideas, participation, and approval are sought out as new information, concepts, and plans are coming to the table. For example, one developer, based on CHV’s response, has changed the layout of their yet-to-be-built apartments to increase the number of two and three bedroom units in response to older adults’ needs. Also, we have found ourselves in a position where leaders from the sectors I mentioned above are seeking our engagement and ideas to help them improve and build a case for their programs so that they can be a part of making Capitol Hill the greatest place on Earth to live a long life.

One thing that I appreciate about our Advocacy Corp is that they are not a popcorn group. What I mean by that is that they are not chasing every single issue of what could/should be for seniors. Yes, there are many things that they would like to see improved and new models, we are able to work from a position of strength to inform conversation. In this way, we are building the community for the future, so it is here when you need it.

Want to learn more? Give me a call or email and I will connect you to the real movers and shakers on Capitol Hill.
FROM THE PRESIDENT

Praise and Pride and Appreciation

As I plan my summer vacation, I am taking inventory of the year. In January, indeed it looked like America’s Washington was in for a roller coaster ride this year, and we have not been let down. The more I see the national circus, the more I enjoy our community. I find the work and community engagement on Capitol Hill more and more meaningful. There are a few factors that particularly illustrate this.

PEOPLE: Every day, I interact with seniors on the Hill and I continue to be inspired by their stories and ongoing work. There are seniors helping to raise their grandchildren; there are seniors starting new community-based efforts to help us all get along better. There are other seniors who are dedicated to their own health and wellness working to fight the impacts of old age.

PROGRAMS: A shout out to CHV’s ongoing and evolving programs. We have an audio-book club! This is music (err, words) to my ears because I rarely have time to read, but, in the midst of running errands with my family, walking to and from meetings, and whatnot, I do enjoy listening to music, podcasts, and now books. I have been so amazed at volunteers starting new groups in the past several months: meditation, Russian Language, and more. And—how about the CHV Mahjong team teaching high school students how to play!

PROFESSIONALS: Welcome to CHV’s new staff members. We have two great new social workers, Katie Garber and Samantha Schiffman, who are energized and inspired to be working in a Village setting. Likewise, we have a new membership champion, Tomeka Lee, who is bringing her combination of customer service and programming skills to Capitol Hill Village. Finally, I am pleased to welcome Heather Foote who is helping us think about transportation needs for the future. She brings a fabulous network and knowledge base to CHV so that more people can be connected to more transportation options.

PURPOSE: Sometimes, we look at the learning, fun, and good work that we are all engaged with and forget about the larger mission underneath. Don’t forget our dedication to helping seniors live independently in the community. An important part of that is to recognize that they are contributing community members and ensure that they have access to the services, businesses and facilities that everyone deserves. I am excited about CHV’s effort to begin to measure the impact of its programs on seniors’ sense of wellness, outlook and safety. I appreciate the staff’s efforts to truly measure what we are doing and make sure that we are keeping seniors living independently.

PASSION: The love that I see long-time residents of Capitol Hill demonstrate is amazing. I am continually motivated when I hear and see older adults turn out for meetings, armed with information and community history to support local decisionmakers, developers, and homeowners make plans and decisions that reflect the high standards and character that is Capitol Hill. It happens in funny ways too. Of course, sometimes it is in obvious and intentional ways such as the work of the CHV Advocacy Committee. But often it is subtle ways such that a single person can help achieve by working with a neighbor’s children, or through quiet perseverance with a city agency to make a space safer or just more sensible. When I see these acts, small and large, I personally feel a renewed sense of engagement with my world. Thanks to all of you who have given that to me.

A Directory To Help Us Know Each Other

Over the years, CHV members have asked for a printed directory so that they can find members who live nearby or who share common interests. As we move into our 10th year, with over 500 members, three CHV Members—Ann Grace, Anne Kraemer and Mary Proctor—have committed to producing the first Capitol Hill Village Directory.

Inclusion in this Directory, or not, is entirely up to you. A survey will be sent in July asking if you want your name, address, phone number, email address, and/or interests included. Each item in the Directory must be explicitly allowed by you.

We will keep the Directory simple so that it can be produced by volunteers without adding to the duties of the CHV office staff. We will ask you not to use the Directory to call other members to get a ride or request a service. It will be very important that you continue to call the office to ask for volunteer services. That ensures that volunteers remain happy with their generosity. We hope you will use the directory to find companions for the theater, a film, or for just hanging out.

What happens next? In August, we will follow up the email survey with a paper survey and then with phone calls so that everyone has the opportunity to be included. By September, we will set up several days for you to pick up your Directory at the CHV Office while signing a promise to NOT make it available to anyone outside CHV or to use it for commercial purposes.
Senior Funding Increased in 2018 DC Budget continued from page 1

wrap-around medical, therapeutic, and other services for those who require skilled nursing care. Thus, it can alleviate much of the burden that caregivers face, while enriching the lives of those with dementia and other disabilities.

PACE is intended to keep seniors and persons with disabilities living independently and out of institutional settings; 95 percent of PACE participants can continue to live in their own homes and community. According to the national PACE organization, over $3 million will be required in the DC budget through 2019 to fully develop the program so that it can meet the needs of 200 DC residents. CHV advocacy efforts over the next few years will need to maintain a watchful eye on this important initiative.

Other Budget Items of Interest to CHV Members. The DC Office On Aging will be funded at $45.5 million, an increase over the 2017 budget. Specific items included are:
» Alzheimer’s and anti-dementia related activities, assistance, and support programs
» Establishment of an intergenerational program to bring younger and older generations together
» Additional case management support services
» An IONA Senior Services
» Hotline for Villages in DC to support low-income and peer-to-peer support. Capitol Hill Village is eligible to compete for funding as it is a leader in spreading the news of neighbors banding together to help each other out as we get older.

The Council also increased the estate tax exemption from $2 million to match the federal exemption. In 2017, the federal indexed-for-inflation exemption is $5.49 million.

Exercise: It’s What Keeps You Living! continued from page 1

The equation is simple, right? Exercise is the key to improving and maintaining health and maximizing quality of life. Not so simple. Many exercise regimens are not necessarily suited for seniors and, in general, exercise should never be approached in a one-size-fits-all manner.

According to research conducted by Jessica Matthews, an assistant professor of exercise science at Miramar College in San Diego, seniors lose about one-half pound of muscle mass each year. This puts them in a compromised position right from the start. However, yoga—with emphasis on breath and focusing attention—addresses this issue since it is a non-impact activity and is completely personalized to accommodate medical conditions, joint mobility issues due to arthritis or injury, post-surgical situations, etc. Whatever the situation, there is a yoga for you as any kind of yoga pose or practice can be modified. You can even do yoga in your bed as yoga requires no special equipment!

That all being said, join us in weekly classes. I look forward to working with you and becoming a part of the CHV community.

See you on the mat or in the chair or wherever you are!

For more ideas on becoming Fit for Life, see the story on hiking opportunities along the Anacostia River on page 8.

CHV Mellow Flow Yoga Class

Thursdays, 9:30-10:30 a.m.
July Location: Southeast Library, 403 Seventh St. SE
Note: Call the CHV Office for time and location in August.

Bring your own mats and/or props, because we will not be providing those. This class is free and open to the public so arrive early to get a spot! Reservations Required.
CHV Welcomes New Staff

Katie Garber has joined the Capitol Hill Village as Director of Care Services and Community Outreach. A native of Takoma Park, she has lived in several parts of the District including Capitol Hill.

Katie started her social work career as a master’s student evaluating adult guardianships in the Probate Division of the District of Columbia Superior Court and then at Iona Senior Services. Most recently, she was part of the social work team at Riderwood Village, where she assisted seniors in the facility’s Independent Living Section connect with resources to allow them to age happily and healthily in place.

She and her husband Adam live in Silver Spring with their two cats. As an English major and history buff she is an avid reader and podcast consumer and loves hearing recommendations on what to read or what to avoid. She looks forward to getting to know and working with the exceptional CHV community.

Samantha Schiffman joined Capitol Hill Village as the Care Services Coordinator. She recently moved to Washington from Boston to continue her work within social work.

With experience in an intergenerational literacy volunteer organization, a council on aging, and an independent living residence, Samantha is excited to work with CHV members in improving their quality of life as they age in place.

Samantha is a recent Master in Clinical Social Work graduate from Boston College having concentrated in older adults and families. She also has a Bachelor of Arts degree in psychology from The State University of New York at New Paltz. In her free time, Samantha enjoys being outside, hiking, swimming, and exploring DC.

Passages...

Olivia Jones died on June 1. Olivia was a sterling individual who made an impression in whatever she endeavored. She was a brilliant student and lawyer, a graduate of Stanford University and Harvard Law School (one of 21 women in a class of 500). She was the first female lawyer hired by Hogan & Hartson (now Hogan Lovells). Her intelligence was balanced by a strong sense of caring as demonstrated through her good works whether in her home, community, or as a part of an international delegation. Olivia also had a refined sense of style which she exercised through home renovations, gardening, sewing, knitting, and appreciating aesthetic in the world. Her sense of style and beauty was grounded in a terrific appreciation for understanding how things worked.

This was demonstrated through her membership in a carpenters’ union and as a licensed electrician. Olivia is survived by her husband James Jones and her sons Geoffrey and Adam.

F. Gerard “Gerry” Dunphy died on June 5. Gerry was a devoted Capitol Hill resident, having participated in many business and civic organizations. He was known to hundreds as Uncle Sam, based on his portrayal of Uncle Sam in the Capitol Hill Independence Day Parade.

Professionally, Gerry built a real estate and property management company with branches in DC, Atlanta, and Detroit. He famously fought against red-lining efforts in these cities. Gerry was a man of strong opinions, which he shared with the design to build a better community, and he continually reached out to individuals who were lonely or vulnerable. Until his last week of life, he made friendly phone calls to frail members of Capitol Hill Village. Gerry was born in Ireland and lived in England with a graduate degree from Oxford University. In his youth, he enjoyed a range of sports and had 42 first cousins. Gerry is survived by his sons, Philip, Brendan and Colin; three grandchildren; brother, Dermot; and former wife, Frances. Gerry was a long-time active member and volunteer at St. Peter’s on Capitol Hill Catholic Church.

“Passages” notes the passing of Village members as well as other significant events such as anniversaries, out-of-area moves, major awards, etc. If you know of a Member who has experienced a passage, please send a brief paragraph to the Newsletter editor at karenstuck@comcast.net. Please confirm that the member or their family/representative agrees with publishing the information.
Have you CHAWed Lately?

SEE ART WITH, BY, AND FOR YOUR FRIENDS AND NEIGHBORS

There’s no shortage of events and arts opportunities this summer at the Capitol Hill Arts Workshop (CHAW), 545 Seventh St. SE!

**July 1-8: Taffety Punk’s Generator Project: Sappho.** Resident theatre company Taffety Punk’s Generator Project is an ongoing program designed to give company members the space, time, and resources to manifest their own work. Throughout June and July the company will present new plays from resident playwright Liz Maestri (Owl Moon, Inheritance Canyon) and a new music-dance-acting collaboration with choreographer Katie Sopoci Drake based on the poetry of Sappho. Performances take place throughout the week at CHAW at 7:00 p.m., with matinees on July 1 and July 8.


**July 8: Capitol Hill Art League Summer Show Reception.** The exhibition showcases selected works by local Art League members. The reception will take place from 5 to 7 p.m. at CHAW, and is free and open to the public—including wine, cheese, and conversation with the artists. General gallery hours are: Monday through Thursday, 9:30 a.m.–9:00 p.m.; Friday 9:30 a.m.–6:00 p.m.; and Saturday, 9:00 a.m.–2:00 p.m. The gallery is free and open to the public. CHAL Solo Shows will run this summer through August 15). For more information, visit [www.chaw.org](http://www.chaw.org) or call (202) 547-6839.

**July 14: Friday ARTnights: Paint & Sip.** Paint and Sip is part of CHAW’s popular Friday ARTnights program, and provides an evening of painting and wine from 6:30-8:30 p.m. at CHAW. Receive step-by-step instruction from CHAW teaching artist Ellen Cornett all while enjoying snacks and wine; $30 includes all materials and refreshments. Call CHAW at (202) 547-6839 to register. For more information, visit [www.chaw.org](http://www.chaw.org).

**July 21: Natural Wine Tasting & Seminar with Dio Wine Bar.** Dio is a natural wine bar opening in August at 904 H Street NE. Owner Stacey Khoury-Diaz will conduct a natural wine seminar and tasting at CHAW on July 21. We will try a series of delicious wines while diving into both typical and surprising methods used in the vineyard and in the cellar. Tickets are $10 and include tastings. Call CHAW at 202-547-6839 for more information and to purchase tickets.

Since 1972, the Capitol Hill Arts Workshop has provided arts education to thousands of children and adults in the Washington region, especially from the greater Capitol Hill area. Through classes, performances, and exhibitions in visual and performing arts, CHAW brings together diverse segments of the population to connect through the transformative power of creativity. CHAW offers a tuition assistance program and flexible payment plans. We operate Monday through Saturday, and welcome everyone to drop in and see what’s happening.

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**It’s Summer in the Village**

**CHV News Takes a Summer Break**

This is the combined July and August issue of the News. Regular monthly production will resume with the September issue.

**March with CHV on July 4**

Join Capitol Hill Village members and friends and walk in the annual Barrack’s Row Fourth of July Parade. Meet under the bridge at Eighth and I Streets SE at 9:30 a.m. on July 4. After the parade, CHV will host a coffee hour at the office, 725 Eighth St. SE.

**CHV Office Hours**

The CHV Office will be closed close at 3 p.m. on Monday, July 3, and will be closed Tuesday, July 4.
Walking Along the Anacostia River: Where to Go and How to Get There

by Bill Matuszeski

[Excerpted from a story appearing in the July 2017 issue of “The Hill Rag”]

The Capitol Hill Village has a number of activities that focus on encouraging exercise for good health. Walking and hiking are among these, and this article focuses on some interesting places to hike both close by and a bit further afield.

Hiking the Anacostia Riverwalk Trail

The Riverwalk Trail runs along both sides of the River from the Frederick Douglas (South Capitol Street) Bridge to Benning Road and now on the east side from there to the Bladensburg Park and Marina. The entire loop from the Douglas Bridge to Benning Road and back is about nine miles, and the round trip to Bladensburg adds another eight. But, it can be broken into segments:

► Douglas Bridge to 11th Street Bridge Loop, about 2.5 miles. This includes the Stadium, Yards Park and the Navy Yard on the Capitol Hill side and some very open and wild areas along Poplar Point on the Anacostia side—a nice mix of open and developed, old and new. The views from both bridges are impressive and memorable, and crossing the 11th Street Bridge will give you an idea of how the new Bridge Project will spread parks, gardens, and entertainment spaces out to the old bridge piers that you can walk out to now.

► 11th Street Bridge to Pennsylvania Avenue Loop, about two miles. Includes boat-houses along the west side and Anacostia Park with the great pirate ship playground and picnic pavilion on the east side.

► Pennsylvania Avenue to East Capitol Street Loop, about 3.5 miles. The boathouses continue, and you pass the edge of Congressional Cemetery, some construction on the combined sewer project and RFK Stadium parking on the Capitol Hill side (not the scenic route), but the views over the water are nice and the other side features the city’s Aquatic Resources Education Center and a spectacular pedestrian bridge swinging over the CSX tracks, which cross the river there.

► East Capitol Street Bridge to Benning Road, about two miles. On the Anacostia side this is woods and fields that connect to the new extension to Bladensburg; on the east side, is RFK parking lots, but you can take a great detour and explore Kingman and Heritage Islands.

► Benning Road to Bladensburg. This is the new section, an eight-mile roundtrip; it has wild sections along the river, a swing through the neighborhood along Anacostia Avenue, a hike across the Kenilworth playing fields, a connection to the Kenilworth Aquatic Gardens, a 1000-foot walkway out over the River and under Amtrak and New York Avenue, and a virtual wilderness all the way from there to Bladensburg Marina and (whew!) a public restroom.

Other Hikes to Try

► The Marvin Gaye Trail along Watts Branch in Anacostia. This new trail starts near where Gaye grew up and spent time escaping his tough father by sitting along Watts Branch, composing songs for his nascent career. The Trail starts a block from Capitol Heights Metro Station and follows the stream through a series of parks for about three miles to either the Riverwalk Trail or the Minnesota Avenue Metro. Along the way is a lot of interesting history—a nightclub where Gaye first performed which is now a training center for green jobs, the site of a Martin Luther King speech, and the campus established by Nannie Helen Burroughs as a training center for young black women, among other things.

► The Kenilworth Aquatic Gardens, with a series of trails and boardwalks open to the public and now connected to the Riverwalk.

► The National Arboretum, filled with interesting walks and displays—check out Fern Valley, Mount Hamilton (great views of the Capitol and monuments), and the Asia Garden.

So get out and explore and really enjoy getting and staying fit while learning more about Our River. It’s a win-win-win!
The Rogers fund was established to ensure that low-income seniors of the community could enjoy the benefits of Capitol Hill Village by participating in programs and services. If you couldn’t make it to the celebration, you can still donate on-line at www.capitolhillvillage.org/RogersFund or by check, payable to Capitol Hill Village and mailed or delivered to the CHV office, 725 Eighth St. SE, Washington, DC 20003.

Cathy Smith (below, at right) and her husband Phil hosted this year’s Rogers Fund event at their home.
Libraries
by Norman Metzger

You borrowed it, you read it, you brought it back and chose something else, and someone else read whatever you read after and before you. It was communal. That’s what public library means: something communal.

— Kate Atkinson, novelist, quoted by Ali Smith in her public library and other stories.

Ali Smith writes that her book “celebrates the communal impact on us of books and of reading, their vital importance...to our individual lives and our shared histories...” I became an admirer of Ms. Smith’s work after reading her newest, Autumn, which, as I commented on in my Goodreads review (http://bit.ly/2qHPzWA0), decoded for me the meaning of “post-modern” as applied to fiction, and how terrific the style could be, at least by someone with Ms. Smith’s skills; else, it risks being cryptic mush.

Her book, public libraries and other stories, has a unique (to me) structure: It is indeed a collection of short stories, each post modern in the telling (how glibly I now use that term), and each with a foreword about libraries, some by Ms. Smith and some by friends.

So? Fair question. I resonate to libraries principally in two ways: locally and historically. Locally, I am a fairly heavy user, at least by my standards, of our Southeast Neighborhood Library and especially impressed by the terrific technology that makes it so easy to request books, renew when possible, and get them back in time. Of course, I also extend my love of books to the East City Bookshop and purchase a new book from that fine and very welcome shop at least once a month.

The Southeast Library is a handsome structure, one of the almost 1,700 libraries built in the United States with the financial support of Andrew Carnegie. But it is small, and there is talk of finding more space. The most promising to me is to embed more library space at Metro Plaza when it is redone, with the two spaces connected by an underground passageway. We’ll see.

The space problems of our library bite even harder given the many new and often architecturally-distinguished libraries recently built in the District, an initiative of the previous librarian, Ginny Cooper. I particularly admire The Francis A. Gregory Library in Anacostia, the Watha T. Daniel Library in Shaw, and our own Northeast Neighborhood Library. They and others are design delights and are surely a pleasure to users, not least those coming to the library for the first time. Take a look.

Now to bring this rambling story back to me. Obviously, I have a special affection for libraries, and this brings up the historical part. That history begins in the late 1940’s when I was a newly-arrived and German immigrant trying to navigate a new world and often feeling lost and at times quite unhappy.

One day in my wanderings along the Grand Concourse in the Bronx, where we lived, I somehow found the Bainbridge Public Library. I wandered in very unsure of myself. I had no money and no idea how to navigate this formidable structure and the very important people sitting behind large desks. But I got a cheery “hello,” was asked some questions about myself (no passport required), and then given a library card that had my name on it. A new world. And then, told I was free to wander about the library, find a book I was interested in, and check it out. No charge.

In time, I came upon the stories of John Tunis. They were baseball stories, and I plowed through all of them—Iron Duke, Keystone Kids, and all eight books in his series on the (then) Brooklyn Dodgers, starting with The Kid from Tomkinsville. It was my introduction to fine literature, and indeed, as I learn from the Wikipedia entry on John Tunis, he was called “the ‘inventor’ of the modern sports story,” and writers such as Philip Roth (American Pastoral) and Bernard Malamud (The Natural) were influenced by his work. That life-changing time in my life—made possible by a very welcoming public library—imbued me with two loves: baseball and books. I go to lots of Nationals games with our son and read a lot of books, subscribing in my supercilious way to Joyce Carol Oates’ remark that watching too much television “turns your brain to mush.”

I left New York and the Bronx in the late 1960’s, and decades later, after the crack epidemic that ravaged the Bronx and so many other places had abated, Nancy and I returned. A prime destination for me was, of course, the Bainbridge Library. I got uncertain about directions, and we stopped to ask a very large cop where Bainbridge Avenue was. He looked at me and said, “Ah, you want the library?” Indeed.
Community Composting Comes to Capitol Hill

While cleaning vegetables or scraping off dinner plates, do you sometimes think about the impact of food scraps on the environment? As you learn about climate change, with your coffee cup in hand, do you ever wonder if your coffee grounds and cup could do more than add to the local landfill? If so, composting might be right for you.

To introduce easy composting to the neighborhood at a low cost, members of the Capital Hill community have the opportunity to join with the Compost Crew Pilot Composting Program and begin simple, clean, and convenient composting. The Compost Crew will provide the tools (compost containers and bags) and weekly at-home curbside pick-up services.

**How Will It Work?** The Compost Crew will provide each participating household with a collection bin and compostable bags. You separate; they do the dirty work! Just leave the collection bin at the curb on the designated day of the week. The scraps will be processed at a composting facility in Maryland and turned into highly valuable compost products. Each household will be eligible to receive premium compost soil conditioner.

**What Can Be Composted?** Check out compostcrew.com/thelist

**How Much Will It Cost?** $35 for two months of service. No long-term commitment is required; after the first two months, households may continue on a month-by-month basis at a discounted rate.

**Who May Join?** Anyone in the Capitol Hill community; click on the link and sign up at compostcrew.com/caphill. If at least 50 households sign up, the project will be up and running within the month!

If you have questions, contact the Compost Crew at info@thecompostcrew.com or 301-202-4450.

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**CHV Town Hall**

Executive Director Molly Singer said that CHV membership has steadily grown from the Village's inception, and there are now 500 members. Dues provide only 32 percent of the budget, and as members get older, services will be required that require more time and more complex responses.

To meet these challenges, CHV will be working with city agencies, nonprofits, and the private and health sectors in DC.

As the future course is charted, the Village will expand its successful model to include more technology assistance, working with other Villages, and diversifying membership.

Left: Food for Life, a culinary training and work readiness program headquartered on Capitol Hill, prepared food for attendees at the CHV Town Hall. The organization’s students prepare two- and three-course dinners which can be ordered for pick-up on Tuesday and Thursday nights. Several CHV members use and recommend the service. Information is available at www.foodforlife-dc.org.
Anacostia River Gets a Passing Grade

The Anacostia River—our own piece of the Chesapeake watershed—has a long and checkered history, but is emerging as a success story among urban rivers in America. Starting as the locus of native American villages, it served as the avenue to bring slaves to work the tobacco fields in upstream Maryland, thereby sealing its fate as the resultant runoff filled it with sediment. Later it became the locus for shipbuilding, armaments manufacture, and energy production, a legacy from which its banks and waters only now are emerging as what the National Park Service envisions as a “signature urban park.”

Bill Matuszeski, who serves on the Mayor’s Leadership Council and the WashCog Advisory Committee on the Anacostia River, presented a fairly bright outlook for the River at the June Voices program. He noted public and private investments being made in parks, waterfronts, stream restoration, and trails and natural areas.

“Believe it or not, due to the advanced sewage treatment efforts here, by 2018, the Anacostia will be the cleanest river in the DC Metro area after a storm,” he said. “However, it will take a number of years to achieve a truly fishable and swimmable river due to toxic removal and control.”

Meanwhile, preservation and development along and over the river will continue, with completion of the 11th Street Bridge project by 2021 and new parks in the RFK Stadium area. But he also cautioned that it will depend on citizens to keep the pressure on the city and the Environmental Protection Agency to clean up toxic wastes, remove legacy toxic sediments, and assure that sewage treatment solutions are working.

More Voices Waiting to be Heard…

Meet and learn from your illustrious Capitol Hill neighbors in informal, free, public discussions about social, economic, and political topics.

September 11: Changing the Odds for America’s Children with MaryLee Allen, Director of Policy at the Children’s Defense Fund.

Ms. Allen is a regular contributor to CDF’s signature reports, State of America’s Children and Portrait of Inequality, and in 2015 Ending Child Poverty Now, and she has authored and co-authored many other reports and publications throughout her decades at CDF. She co-chairs the National Child Welfare and Mental Health Coalition and works closely with advocates and service providers across the country. She currently serves on the Board of Directors of Generations United.

Village Voices programs are 7:00-8:00 p.m. at the Northeast Public Library, 330 Seventh St. NE. Call 202-543-1778 or e-mail info@capitolhillvillage.org to register or to request a ride. Programs are open to the public.

Ready Set Prepare!

Capitol Hill Village is starting development of a community-wide emergency response plan that will include three important elements:

► Ensure individual and household knowledge and preparedness for disaster or catastrophe.

► Increase neighbor-to-neighbor and community level response to support at risk individuals who may need extra help or resources to live safely in the case of a disaster.

► Create a community-wide communication and response network to manage our ability to work together, leverage community partnerships, and prioritize response to ensure the well-being of seniors.

CHV is fortunate to have the help of a professional emergency responder in designing and creating this plan, but it is multi-faceted and requires many inter-related components to be created by community members. The process will take about nine months to develop, market, test, revise, and implement. It will then become a part of CHV’s ongoing support to the community to ensure readiness by all.

We need volunteers with many skills sets to participate in creating the plan. Please let Molly Singer know if you can help.
Stay Tuned! Literary Club Adds an Afternoon Meeting

Beginning in September, the Village Literary Club will add an afternoon meeting. Currently the Club meets from 6:00-7:30 p.m. on the third Tuesday of the month.

In response to both high attendance at the evening meetings and requests for more day-time Affinity Groups, the Club will hold two meetings a month—one at the regular time in the evening and the other in the afternoon.

The afternoon Club will read the same books as the evening one. Village members will be able to choose which one to attend. The new afternoon Club will begin in September. Stay tuned for more information on the day, time, and venue of this meeting.

Thursday, June 29, 12:00-2:00 p.m.
Townhomes of Capitol Hill, 750 Sixth St. SE

Wellness Café: Sing-Along with CHV Ukulele Seniors

After a light lunch, musician and music teacher Janet Gilmore will discuss the mental, spiritual, and physical benefits of music. Then you will have an opportunity to experience these benefits first-hand by singing some familiar tunes along with the newly formed CHV Ukulele Seniors. No talent or experience is necessary, just a desire to experience the joy and healing of music.

Thursday, June 29, 3:00 p.m.
Private Home

Parkinson’s Support Group

Note: Signup deadline is 3:00 p.m., Monday, June 26

The degree of fatigue with Parkinson’s was discussed at the first formal meeting of the CHV Parkinson’s Support Group. Conversations of Parkinson’s and other such diagnoses will continue with the meeting in future meetings. Please call or email the office for more details.
Tuesday, July 4, 9:30 a.m. 
Meet under bridge at Eighth and I Streets SE

**Independence Day Parade**

Join the Capitol Hill Village contingent marching in the annual Barrack’s Row Fourth of July parade. CHV will host a coffee hour after the parade at the office at 725 Eighth St. SE.

Wednesday, July 5, 5:30 p.m. 
Private Home

**History and Biography Book Group**

Steve Fraser’s fascinating and penetrating history, *The Age of Acquiescence*, traces the national transformation from the American Revolution and the subsequent rise of capitalism through the Civil Rights movement and visionary attempts to protect the democratic commonwealth. Fraser analyzes our current surrender to free-market orthodoxy, speculates why we no longer fight for a just society, and urges a revival of the tradition of resistance (425 pp.).

Reservations required. Members.

Thursday, July 6, 2:00–4:00 p.m. 
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

**Games and Puzzles Group**

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

Open to All

Saturday, July 8, 6:00 pm. 
Private Home

**CHV Potluck Dinner**

*Note: Signup deadline is 3:00 p.m., Wednesday, July 5*

Join your CHV neighbors in the second CHV potluck of 2017 at a home near St. Mark’s Church. Bring an appetizer, a side or main dish, a beverage, or dessert and socialize in a relaxed setting. When you register with the CHV Office, be prepared to state what you’re bringing to the party.

Members

Monday, July 10, 1:00 p.m. 
Tunnicliff’s Tavern, 222 Seventh St. SE

**Wise Guys Camaraderie Lunch**

*Note: Signup deadline is 3:00 p.m., Saturday, July 8*

Join other men in an informal, Dutch-treat gathering to get to know each other better and relax over tavern fare and good conversation.

Members

Monday, July 10, 4:00–6:00 p.m. 
East City Bookshop, 645 Pennsylvania Ave SE

**Purls of Wisdom—CHV Needlecraft Group**

*Note: Signup deadline is 2 p.m., Monday, July 10*

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

Open to All

Thursday, July 13, 2:00 p.m. 
Private Home

**Social Bridge Group**

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

Members and Social Members

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Thursday, July 13, 6:00–7:30 p.m.
Private Home

**Cinephiles**

Participants should see at least two of the following films: *Hero; Wonder Woman; I, Daniel Blake; Manifesto; Letters from Baghdad.*

Friday, July 14, Starting at 9:00 a.m.
Your Home

**Book Pickup**

Books, CD's, videos or DVD's are picked up for donation to the Friends of the Southeast Neighborhood Library. If you have extra books, CD's, videos or DVD's that you would like to donate, please call the office to let CHV know the quantity of items you have and to receive instructions for the pickup. (Place items in a visible area outside your home, labeled so volunteers can identify.)

Please DO NOT include travel books older than 5 years old, any books in poor condition (old, mold, discolored, worn or torn), or out-of-date business, economics and technical books.

**Reservations required. Members Only**

Friday, July 14, 6:30 p.m.
National Democratic Club, 30 Ivy St. SE

**CHV Dinner Party**

**Note: Signup deadline is 11 a.m., Wednesday, July 12**

We had such a good time in June that we're going back to the NDC in July. In this spacious venue, guests will enjoy a dinner that includes choices between: soup or salad; three entrees (meat, fish, or vegetarian); two desserts; coffee and tea. The cost of this three-course meal will be $35, including taxes and gratuities. Alcoholic beverages will be charged individually. It is recommended that you purchase your drinks at the bar. Our host for the evening is Paul Cromwell, the member providing us access to the NDC, a private club. For easy conversation, diners will be seated at tables of no more than six. This is a great opportunity to meet other CHV members and welcome potential members. CASH ONLY. No-shows must pay the $35 for their missed meal.

**Members, Social Members, Volunteers, Potential Members**

Monday, July 17, 6:30–8:00 p.m.
Northeast Neighborhood Library, 330 Seventh St. NE

**Caregiver Support Group**

Capitol Hill Village and Iona Senior Services are partnering to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend with Dementia or memory loss. Join us to share your experience and to get support and helpful information. The group is led by a professional from Iona.

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, feel free to contact the group facilitator, Bill Amt, at bamt@iona.org.

**Open to All**

Tuesday, July 18, 6:00–7:30 p.m.
Private home

**Village Literary Club**

**Note: Signup deadline is 12:00 p.m., Monday, July 17**

In July, the Village Literary Club turns to the Middle East with Hisham Matar’s *The Return: Fathers, Sons, and the Land In Between* (2016, 243 pp). *The Return* is an “eloquent” memoir of a son's search for a father imprisoned by Qaddafi. It is a story of exile—what it’s like to create a life in a new country—and also a suspenseful detective story that reads like a “microcosm of what the Middle East has experienced as democratic hopes have crashed and burned.” Winner of the 2017 Pulitzer Prize and on the “10 Best Books” lists for The New York Times, the Washington Post, and The Guardian.

**Members and social members**

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Thursday, July 20, 2:00–4:00 p.m.
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

**Games and Puzzles Group**

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

*Open to All*

Friday, July 21, 12:30–1:30 p.m.
Southeast Neighborhood Library, Seventh and D Sts. SE (accessible entrance on D Street)

**Physio-Balance Class**

Join other members in this balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a volunteer physical therapist from Physiotherapy Associates. **Reservations required.**

*Members, Social Members, Volunteers, Guests.*

Monday, July 24, 4:00–6:00 p.m.
East City Bookshop, 645 Pennsylvania Ave SE

**Purls of Wisdom—CHV Needlecraft Group**

**Note: Signup deadline is 3 p.m., Monday July 24**

Join friends and neighbors for conversation and to work on your favorite needlework project. Bring your needles and sense of fun to join other friends and Village members to make progress on your latest needlework projects. There will not be lessons or technical assistance; this is for folks with some level of knitting experience.

*Open to All*

Thursday, July 27, 2:00 p.m.
Private Home

**Social Bridge Group**

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

*Members and Social Members*

Thursday, July 27, 3:00 p.m.
Private Home

**Parkinson’s Support Group**

**Note: Signup deadline is 3:00 p.m., Monday, July 24**

The degree of fatigue with Parkinson’s was discussed at the first formal meeting of the CHV Parkinson's Support Group. Conversations of Parkinson's and other such diagnoses will continue with the meeting in future meetings. Please call or email the office for more details.

Thursday, August 3, 2:00–4:00 p.m.
Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

**Games and Puzzles Group**

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

*Open to All*

Saturday, August 5, Starting at 9 a.m.
Your home

**Hazardous Waste and Shredding Pickup**

**NOTE: Signup deadline is Noon, Wednesday, August 2**

Hazardous materials and personal papers will be picked up from CHV members’ homes for delivery to the District’s safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

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Hazardous wastes for pickup include paint, house cleaners, batteries, televisions, computers and their accessories, video equipment, and other items not accepted in weekly home trash pickup.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pickup. If you need assistance doing so, call the Village office at 202-543-1778 or e-mail info@capitolhillvillage.org to arrange for a volunteer to assist with the drive.

**Members Only**

Thursday, August 10, 2:00 p.m.

Private Home

**Social Bridge Group**

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

**Members and Social Members**

Thursday, August 10, 6:00–7:30 p.m.

Private Home

**Cinephiles**

Participants should view at least two of the following films for discussion: *Beatriz at Dinner, Maudie, Tulip Fever, The Big Sick, The Beguiled, The Exception, 13 Minutes, and Lady Macbeth*.

Monday, August 14, 1:00 p.m.

Tunnicliff’s Tavern, 221 Seventh St. SE

**Wise Guys Camaraderie Lunch**

**Note: Signup deadline is 3:00 p.m., Saturday, August 12**

Join other men in an informal, Dutch-treat gathering to get to know each other better and relax over tavern fare and good conversation.

**Members**

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202-543-1778 during regular office hours (9 am to 5 pm) or by e-mailing info@capitolhillvillage.org

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Tuesday, August 15, 6:00–7:30 p.m.

**Private Home**

**Village Literary Club**

**Note: Signup deadline is 12 Noon, Monday, August 14**

In August, the Village Literary Club will read Shirley Hazzard’s now classic novel *The Transit of Venus* (1980, 337pp). The *Transit of Venus* won the National Book Critics Circle Award and was a finalist for the National Book Award in 1980. It is a novel that has endured, one that readers remember and want to return to. Highly plotted, complex, tragic, and playful, it follows two Australian sisters through the decades as they make their lives in post-war London. Considered a “great and tragic love story,” it also tackles science (astronomy), international politics, and the gender wars. Fans of Hazzard comment most on her wonderful writing: “her prose is magic on the page”; reading Hazzard is “like walking in an enchanted garden.”

**Members and Social Members**

Thursday, August 17, 2:00–4:00 p.m.

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

**Games and Puzzles Group**

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.

**Open to All**

Friday, August 8, 12:30–1:30 p.m.

Southeast Neighborhood Library, Seventh and D Sts. SE (accessible entrance on D Street)

**Physio-Balance Class**

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a volunteer physical therapist from Physiotherapy Associates.

**Reservations required.**

**Members, Social Members, Volunteers, Guests.**
Monday, August 21, 6:30–8:00 p.m.
Northeast Neighborhood Library, 330 Seventh St. NE

**Caregiver Support Group**

Capitol Hill Village and Iona Senior Services are partnering to offer a support group for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend with Dementia or memory loss. Join us to share your experience and to get support and helpful information. The group is led by a professional from Iona.

To sign up, please contact the Village office at 202-543-1778 or info@capitolhillvillage.org. For more information, feel free to contact the group facilitator, Bill Amt, at bamt@iona.org

*Open to All*

Thursday, August 24, 2:00 p.m.

Private Home

**Social Bridge Group**

Do you know how to play bridge, or would you like to learn/relearn? We hope to have fun playing bridge while trying to reach consensus about how to bid. No master points involved. Come join us! Please RSVP by calling the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org.

*Members and Social Members*

Thursday, August 31, 3:00 p.m.

Private Home

**Parkinson’s Support Group**

*Note: Signup deadline is 3:00 p.m., Monday, August 28*

The degree of fatigue with Parkinson’s was discussed at the first formal meeting of the CHV Parkinson’s Support Group. Conversations of Parkinson’s and other such diagnoses will continue with the meeting in future meetings. Please call or email the office for more details.

Saturday, September 2, Starting at 9 a.m.

Your home

**Hazardous Waste and Shredding Pickup**

*NOTE: Signup deadline is Noon, Wednesday, August 30*

Hazardous materials and personal papers will be picked up from CHV members’ homes for delivery to the District’s safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site and viewed by the CHV delivery team to ensure they are destroyed.

Hazardous wastes for pickup include paint, house cleaners, batteries, televisions, computers and their accessories, and other items not accepted in weekly home trash pickup.

Capitol Hill Village recommends that you remove your hard drive from computers you are disposing in the pickup. If you need assistance doing so, call the Village office at 202-543-1778 or e-mail info@capitolhillvillage.org to arrange for a volunteer to assist with the drive.

*Members Only*

Wednesday, September 6, 5:30 p.m.

Private Home

**History and Biography Book Club**

Marie Arana’s biography *Bolivar: American Liberator* (2013, 603 pp.), traces the life of Simon Bolivar, the man largely responsible for ending the Spanish Empire in South America and creating six new nations: Venezuela, Colombia, Ecuador, Panama, Bolivia, and Peru. “El Liberator” traveled from the Amazon jungles to the Andes Mountains, forged fragile coalitions, and lived a life of heroism, tragedy, and legend. “Reads like a wonderful novel, but is researched like a masterwork of history.”

*Members*

Thursday, September 7, 2:00–4:00 p.m.

Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE

**Games and Puzzles Group**

Join other CHV members and their friends for two hours of brain-stretching, bantering fun. Owner Kathleen and her colleagues will introduce you to new games that they like, and teach you to play them.
Continuing Weekly CHV Events

**Easy Strollers**

*NOTE: Easy Strollers will not be walking in July and August*

This activity is designed for those who would like to extend their ability to walk distances. Strollers will walk 5-10 minutes with a rest on some of the many benches scattered throughout the cemetery. The pace for the group will be very slow, but those who prefer may walk ahead at a faster pace. Wear appropriate shoes and bring water.

*Members, Social Members and Volunteers*

Mondays, 2:00–3:00 p.m.
Townhomes on Capitol Hill, 750 Sixth St. SE

**Tai Chi**

Practice the beautiful and healthy art of Tai Chi with a long-time student of David Walls-Kaufman, who will teach a monthly class. On the third Monday of the month, Walls-Kaufman will teach the class.

*Reservations required. Open to All*

Mondays, 3:00 p.m.
Garfield Park, South Carolina Ave. at Second St. SE

**Petanque**

Join a group of Capitol Hill game enthusiasts for a friendly game of Petanque, which is the French game of boules and similar to the Italian game of bocce. Paul Cromwell provides instruction for beginners. For further information call Paul at 543-7530.

*Open to All*

Tuesdays and Thursdays, 10:00 a.m.
Capitol Hill Presbyterian Church, Fourth St. & Independence Ave. SE (side entrance accessible)

**Qigong**

The gentle, powerful Chinese movement exercise known as qigong (pronounced chee gong) is offered by CHV member Joni Bell, who has practiced this discipline for 10 years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. Free for CHV members.

*Members and Social Members*

**Second Wind**

*Note: Second Wind is on summer vacation and will resume September 5.*

Join a group of CHV members who meet to raise their voices in song under the direction of a master musician/chorister to learn new music and enjoy the sound of our own voices. The bar for participation is not high, just a love of singing together. While the ability to read music is a plus, it is not required, and there are no auditions. For further information, contact Marsha Holliday at 202-544-2629.

*Members and Social Members*

Wednesdays, 12 Noon–1:00 p.m./
Townhomes on Capitol Hill, 750 Sixth St. SE

**Meditation Hour**

Lose yourself in Meditation and you will leave this session with a sense of relaxation and clarity. This group session is open to the public so arrive early to get a spot!

*Open to All*

Wednesdays, 3:00–5:00 p.m.
Private Home

**Majong**

Mahjong originated in China and is similar to the Western card game Rummy. It is a game of skill, strategy, and calculation and involves a certain degree of chance. Join a group of members and volunteers who meet to play together. To sign up for this group and learn the meeting location, call the Capitol Hill Village Office at 202-543-1778.

*Members and Social Members*

**New Time:** Thursdays, 9:30–10:30 a.m.

**July Location:** Southeast Library, 403 Seventh St. SE

*Note: Call the CHV Office for time and location in August.*

**Mellow Flow Yoga**

The room will be tiled room so bring a mat or towel. Chairs will be available for those who want to do chair yoga, and the instructor will modify poses for those using the chair. Bring your own mats and/or props, because we will not be providing those. This class is free and open to the public so arrive early to get a spot! *Reservations required.*

*Open to All*