

CAPITOL HILL VILLAGE

NEWS

AUGUST 2012

Upcoming Events

Thursday, August 9 • 6:00-7:30 pm
Private home. Call office for address.

Cinephiles Club

Participants should call the CHV office to register their attendance, learn of the address, and view any one or two or all of the following films:

- ▶ *To Rome with Love*, the new Woody Allen film
- ▶ *Beasts of the Southern Wild*, the adventures of a young boy and his dad in Louisiana—critic Roger Ebert called it one of the best pictures of the year
- ▶ *Your Sister's Sister*, a romantic comedy with more than a twist or two.

All members are welcome to join this convivial group of film buffs. Good conversation, laughter, and a bit to eat are always ensured.

Please call the office to find out the address and to sign up by 3 pm on Wednesday, August 8.

Members only

Friday, August 10 • 9:00 am
Your home

Book Donation Monthly Pickup

Friends of the SE Library will be picking up donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village members' front porches. The items will be included in the monthly used-book sale Saturday, August 11th (10 am to 3 pm), in the basement of the library at 7th Street SE, just off Pennsylvania Avenue.

Sign up by noon, Wednesday, August 8.

Members only

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 or by e-mailing info@capitolhillvillage.org

August Class has been CANCELLED
Southeast Neighborhood Library, 7th and D Sts, SE.
Accessible from D St.

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 physical therapist volunteering from Physiotherapy Associates.

Starting in September, Balance Classes will be held the third Friday of the month.

Next class will be September 21st, 12:30pm-1:30pm.

Members only

PLEASE NOTE:

Hazmat/Shredding Monthly Pickup

There will be no pickup in August. Next pickup will be in September.

Literary Club

The Literary Club will not meet in August. Details about the next meeting will be in the September newsletter.

August 2012 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY 29	30 Pilates, 10 am, see p. 3 Petanque, 4 pm, see p. 3	33 Qigong, 10 am, see p. 3	AUGUST 1 Mahjong, 3 pm, see p. 3	2 Qigong, 10 am, see p. 3	3	4
5	6 Pilates, 10 am, see p. 3 Petanque, 4 pm, see p. 3	7 Qigong, 10 am, see p. 3	8 Mahjong, 3 pm, see p. 3 Contact the office by 12 noon to arrange August 10 book pickup or by 3pm to sign up for the Aug. 9 Cinephile Club	9 Qigong, 10 am, see p. 3 Cinephile Club, 6:00-7:30 pm, see p. 1	10 Book Donation Pickup, Starting at 9 am, see p. 1	11
12	13 Pilates, 10 am, see p. 3 Petanque, 4 pm, see p. 3	14 Qigong, 10 am, see p. 3	15 Mahjong, 3 pm, see p. 3	16 Qigong, 10 am, see p. 3	17	18
19	20 Pilates, 10 am, see p. 3 Petanque, 4 pm, see p. 3	21 Qigong, 10 am, see p. 3	22 Mahjong, 3 pm, see p. 3	23 Qigong, 10 am, see p. 3	24	25
26	27 Pilates, 10 am, see p. 3 Petanque, 4 pm, see p. 3	28 Qigong, 10 am, see p. 3	29 Mahjong, 3 pm, see p. 3	30 Qigong, 10 am, see p. 3	31	SEPT. 1

For more information about any event, or to RSVP for an event, call the CHV office at 202.543.1778 during regular office hours (9 am to 5 pm) or e-mail info@capitolhillvillage.org

Upcoming Events *continued from page 1*

Continuing CHV Events

NOTE: You do NOT need to RSVP for continuing events, but please confirm schedule with the office during January.

Every Monday • 4:00 pm (note new time)
Garfield Park, South Carolina Ave. at 2nd St. SE

Petanque

Petanque is the French game of boules, similar to the Italian game of bocce. Beginners can request instruction by calling Paul at 543-7530. *Open to all*

Tuesdays and Thursdays • 10:00 am
Capitol Hill Presbyterian Church, 4th Street and Independence Avenue SE

Qigong *for Members only*

This gentle, but powerful, Chinese movement exercise is offered by CHV member Joni Bell.

Mondays • 10:00 am
St. Mark's Church Dance Studio

Pilates

St. Mark's Dance Studio is hosting a new pilates class. Pilates, developed by Joseph Pilates in the early 20th century, is a body conditioning system that builds strength, flexibility, coordination and endurance. Performed on a mat, the class progresses through exercises that develop strength in the abdominal muscles, legs, arms and back. Individual class \$7; 10 class card (no expiration date) \$55

Open to All

NOTE: Dancers are taking a break in August. Classes will resume in Sept. Hill Center

Dance: Move/Learn/Create

Designed for people who love to dance, who miss dancing or who want to try moving in a new way.

Led by Margot Greenlee of the Liz Lerman Dance Exchange, this class promotes conscious



moving and critical thinking. Participants dive into the creative process by learning basic warm up exercises, partnering skills, and short dance phrases. The class combines the best of ballet, yoga and social dance, for a well-paced and refreshing experience.

Margot promises to give you just the right amount of challenge and care so that your body feels agile and your mind stays sharp. It is always beginner-friendly and for those that come more often, you will be challenged! Wear comfortable clothing (sweat pants and multiple layers for warmth). Dance barefoot or in sneakers.

Wednesdays • 3-5 pm
Private home

Mahjong

Mahjong is a game the originated in China. Similar to the Western card game rummy, Mahjong 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. Beginners welcome.