



VILLAGE NEWS



The 2026 CHV Gala at St. Mark's Church had it all: a great crowd of folks, people catching up with each other (or meeting for the first time), music, dancing, deciding which salons to sign up for, fun Route 66-related activities, delicious food and beverages, and the warmth of gathering with others in support of CHV. See more photos and coverage on page 6.

Plan to Thrive!

In April, Capitol Hill Village will roll out **Plan to Thrive**, a year-long, multi-component initiative helping CHV members create personalized and actionable plans for aging. The program combines new and existing planning tools, facilitated discussions, and virtual education sessions under one cohesive umbrella.

Our mission is to help members move from “**I should think about this someday**” to “**I have a plan,**” so they can feel more secure making informed decisions on how they want to age in the community.

One part of Plan to Thrive is monthly in-person meetings running through September and beginning April 23 at the Northeast Library, 330 Seventh St. NE. (Meeting Room 2, accessible by elevator and stairs.)

Session Agenda for Thursday, April 23:

3:00 p.m.–3:45 p.m.:

Introduction of CHV Planning Tools (Getting Your Papers in Order “GYPIO”, Ready or Not, and Solo Aging) and helping members identify next steps, no matter where they are in their planning process.

4:00 p.m.–5:00 p.m.: **Facilitated discussion** to share ideas and questions related to aging in place planning.

We are excited to introduce a new tool, **Ready or Not**, which is a workbook members can use to move through exercises and questions individually, in partnerships, or in small groups. CHV wants to ensure these programs are accessible and available to our whole community and to help members get started on

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Sidewalk Safety Team Pushes for Council Oversight

Several members of the Capitol Hill Village Sidewalk Safety Team testified in January at the DC Council oversight hearing for the Department of Transportation (DDOT), which was chaired by Councilmember Charles Allen.

Their testimony included:

- DDOT’s calculation of the cost to maintain sidewalks does not include the money that DC residents and visitors incur when they are injured on poorly-maintained sidewalks. The human impact of sidewalk tripping hazards is intentionally unrecognized and unaccounted for by DDOT.
- Advocated for an update to the DC Pedestrian Plan, which DDOT

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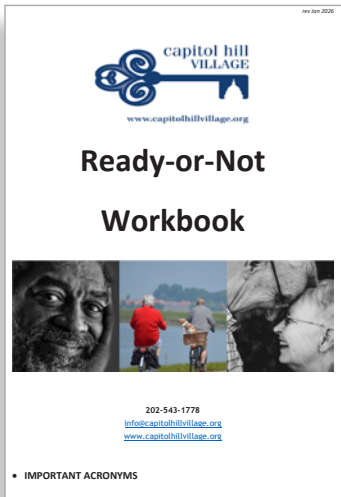
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Plan to Thrive!

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their own or join other members in a small group when they are ready.



The second half of each **Plan to Thrive** session will focus on fostering peer support through a facilitated discussion on a different aging-in-place topic each month. Let's not forget, it takes a village and the more we talk about these topics together the

greater value the information will be that is shared.

Upcoming Topics for Facilitated Discussion

- **April 23:** Defining Aging in Place Goals
- **May 28:** Building a Robust Support System and Having Difficult Conversations
- **June 25:** Long-Term Care Planning and Funding Options
- **July:** Assessing Your Current Home and Future Housing Options
- **August:** Planning for Expected or Unexpected Hospitalization or Emergencies
- **September:** Important Documents for the Future

We hope these facilitated discussions are helpful, engaging, and motivating. Be on the lookout for special experts joining some of the sessions.

In addition to the monthly Plan to Thrive sessions, CHV will continue offering virtual and in-person educational sessions and programs that support navigating the challenges, opportunities, and joys of aging.

The January CHV News, announced new aging-in-place programs starting this year. [Click here to open the PDF.](#) (See page 9 for the Ready or Not Program.)



Lizzy Kosin

To learn more about what to expect in each session and to sign up, find the next Plan to Thrive session on the CHV on-line calendar, or contact **Lizzy**

Kosin, LICSW at 202-543-1776 ext. 106 or lkosin@capitolhillvillage.org.

Sidewalk Team Pushes for Council Oversight

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Despite a \$5 million increase in FY25 to improve responses to 311 requests, there wasn't a measurable impact on DDOT's performance.

- has failed to initiate. DDOT has a strategic bicycle plan, but not a plan to improve pedestrian safety, which would cover a far greater percentage of DC residents than a bicycle plan.
- DDOT's claim that they addressed 86 percent of 311 Sidewalk Repair Requests in Fiscal Year 2025 is erroneous according to our data which puts the number at 64 percent. We encouraged the City Council to inquire into the method that DDOT uses to compute their success.

- Although the City Council increased the DDOT budget in Fiscal Year 2025 by \$5 million to improve responses to 311 requests, there wasn't a measurable impact on DDOT's performance. The Council should inquire on how the \$5 million was used.
- The danger posed by sidewalk tripping hazards increases each year. This is alarming because in three years, one quarter of DC residents are projected to be either older than 65 or will have disabilities.



Typical damage to brick sidewalks found throughout Capitol Hill. Navigating these surfaces when you have mobility or balance issues is very difficult and dangerous.

CAPITOL HILL VILLAGE

To become a member, go to www.capitolhillvillage.org and click on "Membership." Dues can be paid online, or call the office at 202-543-1778.

To support the Village, go to www.capitolhillvillage.org and click on "Support the Village." Capitol Hill Village is a 501(c)3 charitable institution, and your gift is tax deductible.

Please consider CHV in your estate planning. Call Judy Berman for further information.



Call Us: 202-543-1778
(Mon.-Fri., 9 a.m.-5 p.m.)
info@capitolhillvillage.org

<https://www.capitolhillvillage.org>

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To unsubscribe, please send an e-mail to info@capitolhillvillage.org

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Maury Stern, *President of the Board*

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FROM THE EXECUTIVE DIRECTOR

When Life Gives You Lemons



Judy Berman

I am not what anyone would call a big sports fan. I had a brief love affair with the New York Mets when I was a kid; I developed a fondness for college hockey when I found it had all the speed and none of the fistfights of professional games; and I enjoy a day at Nats stadium or Audi field about once or twice per season. (Join me at Nats Stadium on May 21. See page 4.) But, except for the Olympics, you will not find me at home watching sports on TV; and I have never in my life donned a sports jersey with someone else's name on it.

I was not excited by the prospect of a new football stadium being built in our neighborhood. Like many of you, I worry about traffic on game days. I've chosen not to organize my life around football games and now, I will have to. At the same time, I worry that there are so few game days each year that there will be little return for DC on this investment—all the hassles with not enough reward. I worry about the opportunity cost of using precious waterfront land for parking lots, and I worry that outsiders with fistfuls of money and no commitment to our community will be calling the shots on what our neighborhood will become.

But while I doubt you'll find my car with Commanders flags stuck in the windows anytime soon, **the stadium plan has led me to learn something about sports fandom that I really hadn't understood.** To me, sports culture has always seemed to appeal to the worst parts of our humanity—insecurity (why else would we pretend to be famous athletes and talk about a professional sports team as if we were on it, e.g., "we won!"); partisanship (our team is better than all others, except when it's not, and then it

deserves our support even more, and what's more, I'll fight you for it); fanaticism (irrational commitment bordering on worship of something that provides obscene wealth to a select few and false dreams to many). To me, it has always been like the emperor without clothes; wool that a bunch of brilliant capitalists were pulling over our collective eyes.

What did I learn? Sports fandom is community. It's a point of connection and shared experience. And importantly, it's often intergenerational—something that parents pass on to kids and grandkids; something that extended families enjoy together; something that children and adults of all ages enjoy. And that is something we could use more of, including in development around the stadium.

In the creation of a new neighborhood around the stadium, DC has an opportunity to develop a Lifelong Intergenerational Neighborhood, a community that has safe and inviting places for babies and children and the adults who love them, including older adults. It can be a neighborhood where people who develop disabilities or who need extra care at any age can find housing with support—whether it's assisted living, memory care, or a group home—and where multi-generational families can balance independence and connection.

The same structure that serves as an "in-law" space can support young adults who need a safe place to launch from and young families who need extended families to help care for children. It can be a neighborhood designed to bring and keep generations together rather than segregate them. And for CHV's purposes, it's a neighborhood that

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Batter Up for Older Americans Month

Join Capitol Hill Village on **Thursday May 21** for a fun afternoon at Nationals Park as we celebrate Older Americans Month with other DC Villages.

We will be part of a larger group of older adults, caregivers, families, and aging services organizations from across the region coming together for a day of connection and community. The Nats will face the New York Mets in a 4:05 p.m. start, and ticket holders can also check out a pre-game Resource Fair from 2:45 to 4:05 p.m. hosted by the DC Senior Resource Group.

We've reserved a block of tickets so CHV members and volunteers can sit together (in the shade) in Section 109, right near the other Villages. Tickets are \$44 each; we never want cost to be a barrier so please reach out if you need support to cover the cost of your ticket.



This is a “proof of concept” event, which means that if enough tickets are sold, the Nationals may turn this into an official annual celebration. It's a great chance to enjoy a game while also supporting something that could grow into a lasting tradition.

Whether you're a lifelong baseball fan or just in it for the ballpark hot dogs, this is a great opportunity to get out,

meet others, and be part of something special. We can also help coordinate transportation to and from the game.

If you're interested in joining us, register and purchase tickets in the CHV on-line calendar: <https://capitolhill.helpfulvillage.com/events/14427-baseball!-nats-vs-the-mets>

We'd love to have you there!

FROM THE EXECUTIVE DIRECTOR

When Life Gives You Lemons *continued from page 3*

allows older people to remain near families and long-time friends even when health and other circumstances change.

While I might not have thought of putting a football stadium at the heart of the Lifelong Intergenerational Neighborhood of my dreams, I've come to realize it's a nearly perfect metaphor for what our riverfront neighborhood can be. The stadium is a focal point that has appeal for all ages, and sporting events are an excuse to bring people together. When designed with intention and forethought, it can accommodate people of all ages and abilities. In fact, it can do more than accommodate—it can delight!

I may never be a superfan. I've already missed the boat on teaching

my kids to love a team. I will continue to worry about the logistics and reality of the new stadium and the impact on our neighborhood. **But if the Commanders and the District can agree that DC deserves a Lifelong Intergenerational Neighborhood; that loyal, silver-haired Commanders fans deserve a home in the shadow of the new stadium along with their children and grandchildren; and that all of us deserve the choice to live out our lives in the place we call home—and if they put their money where their beliefs are**—I might just open an account at Fanoutfitters.com and get myself a jersey.



The next LGBT Member Meetup will be April 14 from 4:00–5:30 p.m. on the first floor of As You Are, 500 Eighth St. SE. As You Are is wheelchair accessible (1st floor specifically). [Register in the CHV on-line calendar](#), or contact group leader Dick Hoagland at rehoagland@comcast.net. It's helpful to register so if anything changes you will get a notice.

Passages and Announcements

CHV member **Delia Neuman** died on St. Patrick's Day. During her professional life, Delia served as professor and director of the School Library Media Program, first at the University of Maryland in College Park and then at Drexel University in Philadelphia. She rose to prominence in 2012 as an author/editor of the second edition of *Library Media Standards*, the basis for certification of school librarians and media specialists at the national level. She wrote the book *Learning in Information-Rich Environments: I-LEARN and the Construction of Knowledge in the 21st Century*.

Delia was blessed with impeccable taste, an easy smile, and a sly sense of humor. She loved to dance and enjoyed the Capitol Hill Village Gala and an annual St. Patrick's Day party at her parish. In retirement, Delia was committed to social justice initiatives and helped provide meals for those in need. A funeral Mass will be celebrated at 11:00 a.m. April 11 at St. Peter's Catholic Church, 313 Second St. SE, followed by inurnment the following week at the Congressional Cemetery.

* * * * *

Audley "Buddy" Wolfe died in January. In 1976, he began a long career in fundraising consultancy at



Buddy Wolfe

West Virginia University and Ohio State University and later with non-profit organizations. More recently, Buddy

volunteered with CHV to support fundraising efforts. He was generous with his expertise and a key advisor on strategy.

The Plastic Detox: A Conversation About Plastic & Health

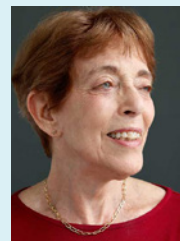
The Plastic Pollution Coalition, in collaboration with the Oceanic Preservation Society, is hosting a webinar from **5:00-6:00 p.m. on**



Louie Psihoyos

Thursday, April 9, titled "The Plastic Detox: A Conversation About Plastic & Health."

The webinar will feature **Louie Psihoyos**, co-director of a new documentary "The Plastic Detox"; environmental and reproductive epidemiologist



Shanna H. Swan



Rev. Lennox Yearwood Jr.

Shanna H. Swan, Ph.D.; and environmental justice leader **Reverend Lennox Yearwood Jr.** They will discuss the latest science about plastics and human health, the

far-reaching impacts of the plastic pollution crisis, and the practical steps people can take to "unplastic your life."

The webinar will be moderated by **Dianna Cohen**, Co-Founder and Chief Vision Officer of the [Plastic Pollution Coalition](#).

[Please RSVP Here.](#)

Buddy was a fierce advocate for his community and country. He loved theater—as both a patron and participant. He was an avid reader of history and fiction, a news junky, a foodie and amazing cook, a traveler, a gamer, and a lover of animals (especially the many cats in his family). Buddy was the "fun uncle"—teaching kids to game, giving them rides in his Corvette, or bringing fake mustaches for a fun photo op—always creating memories to last.

The family asks that you consider a gift in Buddy's memory to Capitol Hill Village's Annual Fund, or to the CHV Genderson Fund.

"Announcements and 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

Gardenpalooza!

Saturday, May 16
9:00am – 12:00pm

[Click to Register](#)



CHV 2026 Gala: A Trip to Remember

An enthusiastic crowd of CHV members, friends and supporters gathered at St. Marks Church on March 21 to enjoy good company, music, food, and dancing, all in support of Capitol Hill Village.

Attire for the attendees was a wonderful mix of period theme costumes (Mary Bloodworth's vintage waitress outfit was a delight), western wear, travel attire, and Route 66-themed clothing and accessories.

Fun activities, including a Route 66 photo booth and Memory Map, along with Jigsaw Puzzles, Bingo, and Trivia were staffed by volunteers. Volunteers also helped with decorations, and clean-up at the end of the evening.

Gala Co-Chairs, **Ceci Albert** and **Karen Stuck**, and Sponsor Chair **Linda Pettie** deserve a big round of applause, as do the Gala Committee Members who worked for months to

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2026 Gala Committee

Ceci Albert, *Co-Chair*
 Karen Stuck, *Co-Chair*
 Linda Pettie, *Sponsors*
 Mary Bloodworth
 Bruce Brennan
 Donna Breslin
 Nancy Broers
 Merritt Chesley
 Don Denton
 Genie Hutinet
 Mary Kaniewski
 Dawn Nelson
 Sam Pastore
 Gene Philhower
 Susan Sarfati
 Cathi Smith
 Lisa Tate
 Roxanne Walker
 Sheila Walter
Jenna Jones, in Memoriam

Many Thanks to Our 2026 Gala Sponsors

Gold

JEANNE
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COMPASS

Bronze

 **Corewood Care**

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LOGAN
 TITLE

 **PHYLLIS JANE YOUNG**
 associate broker

Silver


 NATIONAL CAPITAL BANK



Yarmouth Management

Michael Hash
and Buck Waller

Bronze continued

Misra Law PLLC
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LINDA PETTIE


Friend



 **COLDWELL BANKER**
Chuck Burger

Capitol Hill Dentistry
 Babak Noohi, DDS, MS

 **THE COX TEAM**

 **COLDWELL BANKER**
Don Denton

Drelichman Group
 Anibal Drelichman 

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 **SAM PASTORE**


 **TODD LITCHFIELD**
 REALTOR®


 **Tech Painting Co.**

John and Susan Sedgewick

Stan and Kathleen Soloway

CHV 2026 Gala: A Trip to Remember *continued from page 6*

make the evening fun for everyone and a financial boost to CHV.

Thank you to these on-site volunteers who helped to make the Gala a big success!

- Demi Andrews
- Pope Barrow
- Katie Bergeron
- Robert Cooke
- Deborah Hanlon
- Peter Hernandez
- Genie Hutinet
- Sarah Jackson
- Pauline Jelinek
- Amber Jones
- Lawrence Johnston
- Robert Hall
- Lynne Holland
- Stacy Lee
- Felix Nienstadt
- Kirsten Oldenburg
- Donne Romano
- Gillian Timon
- Doug Uyeno
- Buck Waller
- Vicky Winter

- Rosemary Wisniewski
- Abby Yochelson

Many Salon Events sold out at the Gala, and when the Online Auction ended on Sunday, March 22, a large portion of the donated items were snapped up. (See page 13 for a story from the first Salon of the season.)

Thanks to our generous sponsors (including the Community Sponsors listed below), the night was a successful fund-raiser for the Village. We also thank our in-kind donors: The Hill Rag and Schneider's.

Well-Dunn Catering lavished attendees with delicious small bite "diner" food: deviled eggs, beef or black bean burgers, hot dogs, tomato soup, grilled cheese, tossed salad, cole slaw, mini milk shakes, and several types of pie or ice cream for desert.

DJ Jim Dawson kept folks dancing all night and led several lines dances. Thank you, Jim. We hope to see everyone next year!

Thanks to Our 2026 Community Sponsors

Capitol Hill Dental Arts
District Orthodontics
East Capitol Dental
Ingleside at Rock Creek
Joel Nelson Group
Renaissance Development
Ceci Albert
Barbara Fox & Jonathan Saxton
Bernadette & James McMahon
David Moore
Lee & Gina Reno
Caroline Shook
Karen Stuck



Above: Caroline Shook and Mary Bloodworth in their Route 66-inspired outfits

Left: Gala volunteers setting up for the Gala. They worked at St. Marks Church both Friday and Saturday to make the evening special for all.

CHV 2026 Gala: A Trip to Remember *continued from page 7*



Judy Berman and James Kennedy



Tom Chapman, Donna Breslin, Jordi Hutchinson and her husband, Councilmember Charles Allen



Lizzy Kosin and Robert Cooke



DC Mayor Candidates Provide Views on Long-Term Care

The DC Coalition for Long-Term Care sent questionnaires to candidates running for DC Mayor in the June 16 Primary Election. Coordinator **Neil Richardson** summarized the responses from the three leading candidates. Following are his conclusions:

At a baseline level, all three candidates align with the Coalition's core priorities: increasing wages for care workers and implementing the Certified Nurse Aide Amendment Act. Each also brings a personal connection to caregiving that informs their perspective. Where the responses begin to diverge is in how deeply candidates engage the structural challenges the Coalition has been naming—and the extent to which they translate shared values into actionable policy.

Dr. Rhonda Hamilton brings clear subject matter expertise, particularly in dementia care and the disability community. Her characterization of the DC healthcare system as “reactionary” reflects a concern many of us share. She supports regional training partnerships and brings a thoughtful lens to care delivery, although her response is less developed in terms of system-wide workforce strategy.

Councilmember Janeese Lewis-George continues to be a committed partner to this coalition and a co-sponsor of the Act. Her response reinforces the importance of collective bargaining as a pathway to health equity and affirms healthcare as a fundamental human right. She also raises important concerns about access and stability within the DC Health Alliance and signals interest in expanding training partnerships beyond the District. At the same time,



Dr. Rhonda Hamilton



Councilmember Janeese Lewis-George



Councilmember Kenyon McDuffie

the response stops short of offering a fully developed implementation framework.

Councilmember Kenyon McDuffie's response operates at a different level of specificity and system design. It reflects a more fully articulated understanding of the fragmentation we have been working to address—and offers a set of interlocking strategies that merit close attention from this coalition. His response consistently returns to two principles we have emphasized: alignment and accountability—including the simple but often absent premise that we cannot improve what we do not measure. Among the elements he outlines:

- Treating Medicaid as a structural foundation for a high-quality, sustainable care continuum
- Establishing a joint DOES–DOH–Board of Nursing task force to eliminate credentialing and workforce bottlenecks
- Building career ladders through stackable credentials, including medication aide pathways
- Creating greater predictability and accountability within UDC and community-based training systems
- Launching a healthcare workforce innovation fund tied

to managed care performance, with reinvestment into workforce development

- Advancing a Center for Allied Health Excellence at UDC
- Implementing a dual-track wage strategy through Medicaid reimbursement reform and broader fiscal policy alignment
- Convening ongoing stakeholder tables—explicitly including long-term care—to ensure continuous system feedback

These responses reinforce something important: *our work has successfully shaped the policy agenda.* The question in front of us now is not whether candidates support long-term care—it is how far they are prepared to go in redesigning the systems that underpin it.

Capitol Hill Village is a partner in the DC Long-Term Care Coalition. For more details on candidate responses, contact the Coalition at ltccoalition@homecarepartners.org. Information about the Coalition can be found on their website: www.dclongtermcare.org.

Trudy Huskamp Peterson: An Archivist Career

By Jane Lang

Trudy Huskamp was at home on her family farm in Iowa in 1966 when the phone rang.

“You’ve been selected to go to Finland,” she was told. It was the International Farm Youth Exchange calling and she had an hour to decide. She consulted an encyclopedia to learn what she could about Finland before deciding yes, she would spend the next farm season—April through November—in Finland. It was this life-changing experience that opened up a barely imagined world to Trudy Huskamp Peterson.

“It gave me a look at a different way of life and insight into how the world works.” Seventeen years later, having earned a PhD in History from the University of Iowa, married Gary Peterson, and worked in numerous positions at the National Archives, Trudy returned to Finland as a Fulbright lecturer on American history and culture at the University of Oulu, renewing friendships and insights from her Farm Youth Exchange experience.

In the years before and after her return to Finland, Trudy Peterson built an international reputation as an expert in archival principles,



When Trudy Peterson worked at the Hoover Presidential Library in Iowa, she was visited by President Lyndon Johnson as he collected ideas for his own Presidential Library.

standards, management, and preservation. Her career in the federal government culminated in her 1993 appointment as acting Archivist of the United States, a position she held for two years.

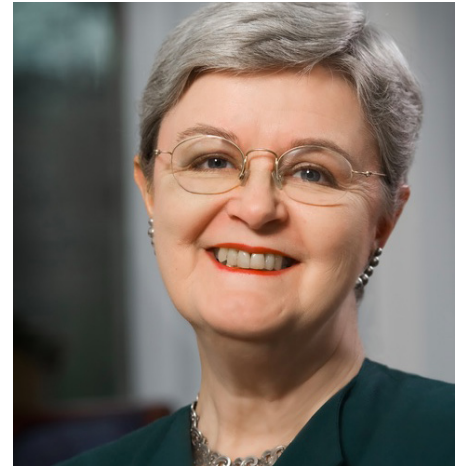
Subsequently she built a consulting practice that has taken her around the world, including consultancies in Armenia, Finland, Guatemala, Korea, Switzerland, Tanzania, Colombia, Bangladesh, South Africa, France, Sierra Leone, among others. Teaching has also taken Trudy to Turkey, Bangladesh, Ukraine, Colombia, the Philippines, Tunisia, Hungary, Kazakhstan—as well as Georgia, California, Tennessee and Mississippi.

A trip to Estonia is set for this spring. Her list of publications and speeches extends over many pages, capped by numerous awards, including, in 2018, the highest recognition for individuals accomplished in the field of information management, the Emmett Leahy Award, and the University of Iowa International Impact Award in 2011.

Records Must be Retained

More tellingly, **Trudy has focused on the relationship of records preservation and human rights.** She has thought deeply about missing persons and the “eating away” of the souls of those left behind, not knowing what became of their loved ones. She worked for years to train archival staffs in Guatemala where excavated mass graves are testament to years of brutal police repression. “I will never lose my affection for the Guatemalan people,” she says.

Archives are “central” to investigations of the violation of human rights, Trudy told me. Indeed, they are “critical in practically every aspect of human rights,” she says. She has consulted with Truth Commissions in Liberia, Honduras, and South Africa and



international criminal courts in the former Yugoslavia, Sierra Leone, Rwanda, Cambodia, Lebanon, Kosovo, and Canada. Her role is typically to research, investigate, describe, organize and preserve the records of the behavior of the governing powers—often the police and military forces—at the end of a repressive era. Frequently she is able to tap into the resources of NGOs that have been tracking people. There are always “shoeboxes of data,” she says, because organizations “can’t run without records.” “I really enjoy the challenge of figuring it out.”

Most importantly, she emphasizes, “*there always comes a time when people will want to know*” what and who caused injuries to others, whether it’s opiates, cigarettes, or insecticides. *They will want to understand why decisions were made and who made them.* For these reasons, records must be maintained; they must have a secure home and the oversight of a neutral custodian.

DC Archives

Hence Trudy’s insistent push over two decades to establish a building to maintain the archives of the District of Columbia. “**Finally, we are now close:** a site has been selected on the UDC campus and the site ready for

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Community Foundation Honors Two Villagers

By Stephanie Deutsch

One of the rites of springtime in our neighborhood is the giving out of Capitol Hill Community Achievement Awards.

This year's awardees will be recognized at a gala fundraising event at the Folger Shakespeare Library on May 6, showing the men and women who receive them that they are admired and appreciated for their efforts. This year, two of the honorees have a special connection to Capitol Hill Village—Judy Berman and Phil Guire.

These signs of recognition, given by the Capitol Hill Community Foundation, go to individuals whose endeavors have helped make Capitol Hill a vibrant, diverse, caring, and creative community.

Judy Berman became Executive Director of CHV in 2019 just before the COVID pandemic hit. She was a steady hand at the helm, working to meet that unexpected crisis and, once it was weathered, to steadily expand



The 2026 Community Achievement Awards honorees are Judy Berman, executive director of Capitol Hill Village, and VanNessa Duckett (right), founder of Polite Piggy's. The Steve Cymrot Spark Award recipient is Phil Guire, former President of the CHV Board and long-time CHV supporter. Photo: Elizabeth Dranitzke.

the reach of the Village and ensure that its services are available to as wide an audience as possible.

Phil Guire brought the same gifts that make him one of Capitol Hill's most successful realtors to the CHV Board, which he led as president for four years. For his willingness to serve the community in a wide variety of roles, Phil is being given the annual

Steve Cymrot "Spark" award, named in honor of the founder of the Capitol Hill Community Foundation.

Tickets for the Gala are available through the Foundation's website <https://capitolhillcommunityfoundation.org/capitol-hill-community-achievement-awards>.

Trudy Huskamp Peterson *continued from page 10*

construction. The architectural plans have been developed. However, the funding for the construction has been pushed to 2028" and "every delay means higher cost. We hope to get the Council to bring the money back to the 2027 budget."

Creating Village Voices— Now at 100!

Bringing it even closer to home, Trudy, who has lived on the Hill for decades and involved with Capitol Hill Village since its inception, created CHV's *Voices* program. Modeled after the OWL program in Iowa (a program to promote conservation through speakers and other activities), *Voices* is a monthly

program of speakers who discuss their areas of professional expertise. It is now conducted on Zoom and has featured luminaries with a wide range of knowledge from human rights to climate to The Plague. **What all the speakers have in common is this: they live on Capitol Hill.**

As Trudy notes, she conceived the program not just to educate but also to introduce neighbors to each other. She credits Mary Bloodworth's technical skill for making the program possible — "Mary's a genius!" Among the *Voices* that Trudy has presented to date, she says she has "no favorites, but some have been extraordinarily helpful," like a talk about the U.S.

census and another before and after the implementation of the Affordable Care Act.

The supply of interesting people on the Hill is limitless," Trudy notes. She finds them by "asking people to suggest people. And I watch, I pay attention," she says. **This season, *Voices* hit a milestone as it presented its 100th speaker.**

"What an accomplishment," Judy Berman, CHV Executive Director writes. "And what a gift you've given to all of us." Indeed. And what an amazing life still being lived.

(See the upcoming Village Voice speakers on page 12.)

Village Voices

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

Monday, April 13 at 7:30 p.m.
Charles King—The Messiah in Context



George Frideric Handel's *Messiah* is arguably the greatest piece of participatory art ever created. Adored by millions, it is performed each year by renowned choirs and orchestras as well as by audiences singing along from their seats. But a work of triumphant joy was born in an age of anxiety: Britain in the early Eighteenth century, a time of war, enslavement, political conspiracy, social polarization, and conflicts over everything from the legitimacy of government to the meaning of truth. In *Every Valley*, award-winning historian Charles King unearths the astonishing backstory to a beloved classic and its place as one of the Enlightenment's hidden guides to thinking our way toward hope.

Charles King is a professor of international affairs and government at Georgetown University. He lectures widely on international affairs and has worked with major broadcast media. His other books include *Gods of the Upper Air*, *Odessa*, and *Midnight at the Pera Palace*.

Tuesday, May 5. In conversation: former U.S. Ambassador to Nigeria John Campbell and Consul General Robyn Hinson-Jones



Nigeria is a country of many ethnic groups, religions, voices. A recent New York Times headline read "How Trump Took Up 'Christian Genocide' in Nigeria." On last Christmas Day, the United States struck areas of northwest Nigeria with Tomahawk missiles, and later the U.S. military confirmed that a small team of U.S. forces now has "boots on the ground" in Nigeria.

Nigeria is a nation with a great variety of peoples and the tensions that go with such a mixed population. Ambassador Campbell and Consul General Robyn Hinson-Jones served in Nigeria, and they will introduce the population profile, the tensions that go with it, and the current involvement of the United States in the country.

Monday, June 8. Marcus Kyd: Bringing Beowulf to Life

Beowulf is the oldest surviving long poem in Old English, written by an anonymous Anglo-Saxon poet between the Eighth and Eleventh centuries. Beowulf is a hero who comes to aid Hrothgar, King of the Danes, in his fight against the vicious monster Grendel. Before the tale is over, Beowulf fights and defeats Grendel; Grendel's mother, becomes king of the Geats, and vanquishes a dragon. And that's not all ...

Access to Past Programs

If you missed a Village program, most are available on the [CHV Channel](#) on YouTube. You can also subscribe to the channel.

Marcus Kyd adapted the 3,182 lines of the saga into a 90-minute tale told in a barroom, following Beowulf's adventures with a bit of other stories along with it. He performed the adaptation with the Taffety Punk Theatre Company at the Capitol Hill Arts Workshop in February, and that



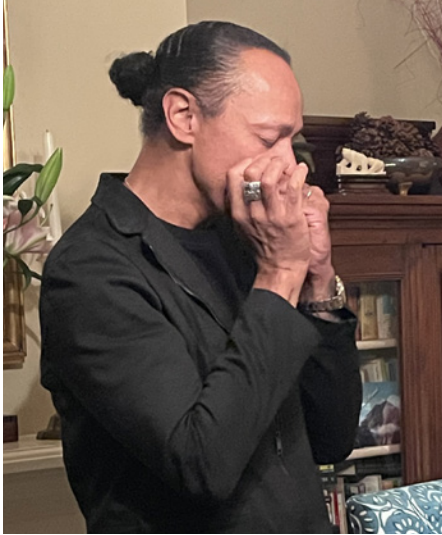
production won a 2026 Helen Hayes nomination for Outstanding New Play or Adaptation. Join us to hear Marcus Kyd discuss his work to turn the saga into a 90-minute drama and hear a bit of the retelling.

* * * * *

Village Voices programs are conducted on Zoom from 7:00–8:00 p.m. and open to the public. Details for accessing the programs will be provided when people register for the event at capitolhillvillage.org or at info@capitolhillvillage.org.

See page 10 for a story about the Village Voices program creator, Trudy Huskamp Peterson.

Harmonica Like You've Never Heard It



By Pegi Jodry

The Gala Salon season was kicked off March 26 at the home of Linda and George Pettie featuring talented harmonica musician Frédéric Yonnet.

A group of folks, who moved to the Hill in the 1960s through 1990s, shared a meal and conversation prior to delving into an engrossing presentation of stories and



performance. In a casual question-and-answer, Fred explained and demonstrated how his harmonica produced its heart wrenching sounds. He shared his childhood background in Normandy and career highlights working with other prominent musicians and helping create evocative soundtracks for Martin Scorsese films *The Irishman* and *Killers of the Flower Moon*.

Unlike other instruments, the sound resonating chamber for a harmonica is the musician's body itself. This led to an interesting discussion of how, over time, these vibrations lead to healing and spiritual development.

You can hear some of Fred's music on YouTube [here](#), including a jam with Stevie Wonder.

Upcoming Salon Events—A Few Seats are Still Available!

April 9: Marcus Brauchli, former Wall Street Journal and Washington Post managing editor, looks at the current state of journalism and potential innovation.

April 11: Bill Keene, Smithsonian's expert on Frank Lloyd Wright takes us on a virtual road trip exploring some of Wright's work and his life.

April 19: Bob Rosen, author of *Detach—Ditching Your Baggage to Live a More Fulfilling Life*, has advice on how to live our best lives (book is included for attendees).

April 21: Shanara Gabrielle, actress just named producing artistic director at Theater Alliance. A few spots remain: <https://capitolhill.helpfulvillage.com/events/14432>.

April 24: Petula Dvorak, former Washington Post Metro columnist, is still watching the landscape for topics we should be concerned about. A few spots remain: <https://capitolhill.helpfulvillage.com/events/14449>.

May 1: NPR's Kojo Nnamdi and Tom Sherwood, hosts of The Politics Hour, keep their eyes on elected officials in the DC metro area.

May 16: Carl Hulse, New York Times Chief Washington Correspondent, has had a busy year covering Congress and its dealings with the White House.

May 19: Ambassador James Story, America's most recent envoy to Venezuela dishes on where we are and where we might what's next for Venezuela and the U.S. Spots remain:

<https://capitolhill.helpfulvillage.com/events/14436>.

May 19: Leah Daniels and Kathleen Donahue, two Hill entrepreneurs share their experiences as they step away from their businesses.

June 7: Lew Simons, a Pulitzer winning journalist, will provide insights into the challenges and rewards of a foreign correspondent's life.

June 12: Amber Kerr, art conservator, sheds light on her work at the Smithsonian American Art Museum. A few spots remain: <https://capitolhill.helpfulvillage.com/events/14447>.

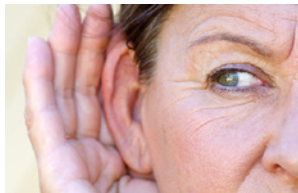
July 19: Patricia Powers Thomson, international development veteran shares insight on the plight of South Sudan and the African region.

April Events

Wednesday, April 1, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

Do you experience hearing loss? Please join us at What We're Hearing, CHV's affinity group focused on hearing impairment, hearing loss, and deafness. We discuss our experiences with hearing loss, share helpful resources and tips, and create an environment of peer support. This group is co-facilitated by Vira Sisolak (member) and Alex Smith (staff). Please contact Alex Smith with any questions or concerns: asmith@capitolhillvillage.org or (202) 543-1778.



Open to all.

Friday, April 3, 1:30–3:00 p.m.

Private Home

CHV Community Drum Circle

Drum your way to connectedness and joy! Join us every other week for an hour of cardio drumming. Bring a drum or any other percussion instrument. No experience necessary, and all are welcome.

The leader sets a beat that everyone then copies and drums together. The result is a resonant uplifting sound, and it is good exercise for the heart, body, and soul!

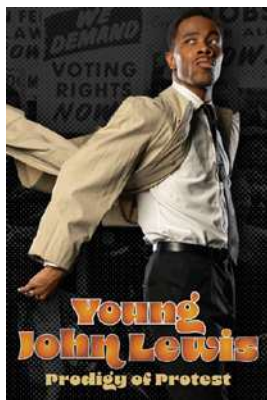
Open to all.

Saturday, April 4, 3:00 p.m.

Mosaic Theater, 1333 H St. NE

CHV Theater Group

The April outing is Mosaic Theater's *Young John Lewis: Prodigy of Protest*. The musical by Psalmayene 24 is both a galvanizing call to action and an inspiring reminder that we can all make a difference, no matter our age. Make Some Good Trouble!



Buy your tickets in advance and register on the CHV on-line calendar. Ann Geracimos has arranged for CHV members to get a 20 percent discount on tickets. Call the theater box office at 202-399-7993 ext. 501 to purchase tickets, using the code CHV20. We've organized a supper afterward at Daru, 1451 Maryland Ave. NE.

Members.

Monday, April 6, 3:00–4:00 p.m.

Virtual Event: Taking Care of Yourself— a Group for Men

This is a discussion group for men to talk about self-care, especially, but not exclusively, as it relates to caring for others, such as a loved one with an illness or disability.

According to AARP, 40 percent of the family caregivers in this country are men, and men often have a different experience with caregiving than women and may have a different relationship to the idea of self-care. This is a space for men to share their experiences and find support from other men.

This event is hosted by Geoff Lewis and facilitated by Tim Rogers, who is certified in Somatic Integrity and has years of experience in group work including as a volunteer for Dupont Circle Village.

Open to all.

Wednesday, April 8, 3:30 p.m.

Capitol Hill Towers, 900 G St. SE

Computer Skills: Keyboard Basics + Duolingo

The first of three tech and social isolation/awareness sessions this month. Bring your laptop or keyboard or use one in the computer room. Presented by WildTech.

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Planning Ahead...

On May 16, the CHV Theater Group will see a performance of 1776 at 1:00 p.m. at Ford's Theater.

Tickets are going very fast! Buy your tickets at the Ford's Box Office or on TodayTix. Then, register in the CHV on-line calendar, and plan to join us for brunch or lunch at a nearby restaurant.



"This popular and award-winning American musical is an insightful, vibrant and humorous take on our founding father's determination to do the right thing for our fledgling nation. ... John Adams, Benjamin Franklin, and Thomas Jefferson argue for independence from the British monarchy, and the ensuing debate defines our country."

April Events *continued from page 14*

Wednesday, April 8, 2:30–4:30 p.m.
Private Home

Poetry Readers

Each attendee may (but is not required to) bring a poem to read and share with the group. Join us for a lively conversation about what we think the poem means and more exploration of the topics the poems touch on.

Members and volunteers.

Wednesday, April 8, 5:00–6:30 p.m.
The Lockwood, 1339 E Street SE

Defending Democracy Group



The CHV Defending Democracy Group aims to serve as a clearinghouse for information about upcoming events, provide points of contact for CHV members interested in other political groups, brainstorm ways to

support local initiatives, and, of course, provide a friendly and supportive group to help us get through the current unsettling events together.

Members and volunteers.

Thursday, April 9, 10:30 a.m.–11:30 a.m.
Capitol Hill Towers, 900 G St. NE

Tech Training with Myles

A drop-in session that meets monthly at Capitol Hill Towers to answer questions about cell phones, tablets, and computers. A form of ID and face mask are required to enter the building.



Myles Nienstadt

Members only.

Thursday, April 9, 2:00–3:30 p.m. ***Now Twice a Month**
Capitol Hill Towers, 900 G St. NE, 4th floor Library

Audio Book Club



James Sanders is leading the CHV Audio Book Club affinity group to accommodate members who are visually impaired. It will operate as a traditional book club, but with an audio component for those who may be visually impaired or prefer listening to books rather than reading them. *Open to all.*

Thursday, April 9, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

Join other CHV members and their friends for two hours of game-playing fun. The staff at Labyrinth will help us pick out new and familiar games. No serious games are played; we are there to have fun; no reservations required, just come.

Open to all.

Thursday, April 9, 5:30–7:00 p.m.

The Residences at Eastern Market, Library, 338 Eighth St. SE

Cinephiles



Participants should view as many of the following films as possible, although list is subject to revision based on film availability: three films directed by Billy Wilder: *Sunset Blvd.*, *Ace in the Hole*, *Stalag 17*.

Three others: *No Other Choice*, *Good Bye June*, *Rooster*.
Bring a dish to share or a beverage (soft drink or wine).

Members only. Registration required.

Friday, April 10, 9:00–11:00 a.m.
Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wed., April 8

Do you have clothes, books, knickknacks, or other small items you'd like to donate to Goodwill? Clean out your house for a good cause. Donations being accepted at Goodwill of Greater Washington:

- Clothing in good condition
- Accessories in good condition
- Linens and Textiles, clean and stain-free
- Housewares in good and working condition
- Electronics in working condition and with ALL parts

▶ continued on page 16

April Events *continued from page 15*

Goodwill Pick-up *continued*

- Art and Antiques, such as mass-produced items, signed pieces, and collectibles of any kind, including books, magazines, and comic books
- Books and Records

Please limit donations to no more than one 30-gallon trash bag.

Members only.

Saturday, April 11, 11:00 a.m.–3:00 p.m.
Community Action Group, 124 15th St. SE

Memory Studio

Memory Studio is an art and music workshop for individuals with memory loss, with respite services for care partners. Teaching Artist **Nephelie Andonyadis** leads a program of music and art including live music, movement, and art activities inspired by work from the Phillips Collection. The goal is to be present, have fun, and to focus on what folks can do rather than what they can't.

There is no online registration for this program. Those interested must contact CHV for an assessment of eligibility and an intake interview: call 202-543-1778 or email info@capitolhillvillage.org and ask for Judy.

Open to all.

Monday, April 13, 7:30–8:30 p.m. ***Time Change**

Virtual Event: Village Voices: Charles King— The Messiah in Context

In *Every Valley*, award-winning historian Charles King unearths the astonishing backstory to a beloved classic and its place as one of the Enlightenment's hidden guides to thinking our way toward hope.

See story on page 12.



Tuesday, April 14, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

The Parkinson's Support group is for individuals with Parkinson's to share knowledge, challenges, and ideas and to provide encouragement to one another. Additionally, we are all encouraged to form and maintain a team of support and communication with friends and family.

Open to all.

Tuesday, April 14, 4:00–5:30 p.m.
As You Are, 500 Eighth St. SE

LGBT Member Meetup

This is a group for CHV members and their friends. Enjoy an afternoon of socializing and getting to know your neighbors at Capitol Hill Village's monthly LGBT Member Meetup. Registration required.



Open to all.

Wednesday, April 15, 3:30–4:30 p.m.
Capitol Hill Towers, 900 G St. NE

Emancipation Day—All About Washington DC

Tale a closer look at the nation's capital in "All About DC," an engaging and informative session that explores the history, culture, and unique features of Washington, DC. Participants will learn fascinating facts about how the city was designed, discover important moments in DC history—including the significance of DC Emancipation Day—and explore apps that help bring the city's stories to life.



Open to all.

Wednesday, April 15, 4:00–6:00 p.m.
The Residences at Eastern Market, Library, 333 8th St. SE

CHV Happy Hour

The CHV BYOB Happy Hour is open to members and their friends or invitees. The focus will be on having great conversations and making new connections.

Feel free to bring a nibble to share; cups and napkins will be provided.

Members and volunteers.

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Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go to HV from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

April Events *continued from page 16*

Thursday, April 16, 10:30 a.m.–2:30 p.m.
Meet on bench inside East Capitol St. entrance to U.S. Capitol grounds at 10:30 a.m.

Outing to the National Gallery of Art— Walk, View, Eat

Join other CHV members for a walk to the National Gallery of Art. Once at the museum, which has no admission charge, you can move at your individual pace. Join a docent tour or choose your own viewing agenda and WOW! There are so many options! Along with the amazing permanent collection there are many special exhibits (check the gallery's website for current exhibits at: <https://www.nga.gov/exhibitions/current.html>).

At 12:30 p.m. we'll meet in the Cascade Cafe for lunch together, then walk back up the hill, or you can resume your own gallery viewing.

Open to all; please register.

Thursday, April 16, 1:30–3:00 p.m.

Virtual Event: Social Justice Reading Group

Book to be determined.

Open to all.

Thursday, April 16, 7:30–8:30 p.m.

Virtual Event: LGBT Intergenerational Book Club

We will discuss our first book, *To Kill a Mockingbird* by Harper Lee (1960). Participants may research our selected book before the meeting to learn about content that may be triggering, you can use: <https://www.meetnewbooks.com/>

For more information, contact Sophia at sross@capitolhillvillage.org or 202-543-1778 x204.

Open to all.

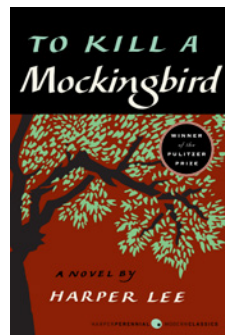
Friday, April 17, 1:30-3:00 p.m.

Private Home

CHV Community Drum Circle

See the April 3 entry for further information.

Open to all.



Monday, April 20, 1:00 p.m.
Tunnicliff's, 222 Seventh St. SE

Wyze Guyz

Join other men in an informal, Dutch-treat gathering at Eastern Market's favorite pub, Tunnicliffs, to get to know each other better and relax over tavern fare and good conversation.

Members and volunteers.

Monday, April 20, 3:00–4:00 p.m.

Virtual Event: Taking Care of Yourself— a Group for Men

See the April 6 entry for further information.

Open to all.

Tuesday, April 21, 4:30–6:00 p.m.

The Residences at Eastern Market, Library, 333 8th St. SE

Village Literary Club

Sign up by noon, April 20.

In April, the Village Literary Club will read Doris Kearns Goodwin's *An Unfinished Love Story: A Personal History of the 1960's* (2024, 408 pp). Most of us lived through the turbulent 1960's. This very readable book takes us back there through the experiences of Kearns Goodwin and her husband Richard, who lived at the center of that dramatic time.

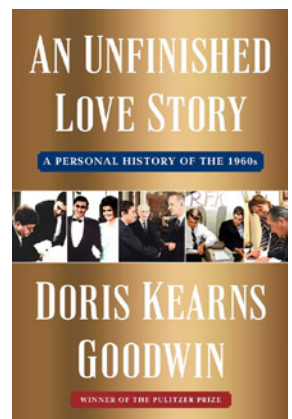
Members.

Tuesday, April 21, 6:00–7:15 p.m.

Virtual Event: LGBTQ Social Hour

LGBTQ folks of all ages are invited to Capitol Hill Village's monthly LGBTQ Social Hour! Participants will come together to connect, combat isolation, and foster relationships.

For more information, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.



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April Events *continued from page 17*

Wednesday, April 22, 3:30–4:30 p.m.
Capitol Hill Towers, 900 G St. NE

DC Black History—by Quadrant

Take a journey through Washington, DC, and explore the powerful stories that shaped Black history across the city's four quadrants—Northwest, Northeast, Southeast, and Southwest.

Open to all.

Wednesday, April 22, 5:00–7:00 p.m.
Northeast Library, 330 Seventh St. NE

Defending Democracy Group

See the April 8 entry for further information.

Members and volunteers.

Thursday, April 23, 9:00 a.m.–12:00 p.m.
Your Home or CHV Office

Personal Shredding & Hazardous Waste Pick-up

Note: Registration closes Tuesday, April 21

Hazardous materials and personal papers will be picked up from CHV members' homes for delivery to DC's safe disposal site. Here's what you need to do:

Personal papers (medical, financial, utility bill stubs, old check stubs, etc.). Put in paper sacks or cardboard boxes. These will be shredded at the drop-off site.

Chemicals and batteries (household cleaners, garden chemicals, alkaline batteries). Put these in a sturdy plastic bag or a cardboard box, and make sure the containers are sealed and not leaking.

E-waste (televisions, TV remotes, computers, monitors, modems, DVD players, cellphones, NiCad batteries, etc.) and other items not accepted in weekly home trash pickup. Remove your hard drive from computers you are disposing. Wipe your address book and personal information from cellphones.

- NO SMALL APPLIANCES. Hand mixers, blenders, etc., can go in the regular trash.



- NO LARGE APPLIANCES (washers, dryers, refrigerator, etc.) Call DC 311 for bulk trash pick-up.
- NO DRUGS Over-the-counter medicines = regular trash. Prescription drugs = call or drop off at the Village for proper disposal.

If you need assistance, call the CHV office at 202-543-1778 or e-mail info@capitolhillvillage.org. When you register, please indicate what and how much you have to be picked up.

Members only.

Thursday, April 23, 2:00–4:00 p.m.
Labyrinth, 645 Pennsylvania Ave. SE

Games and Puzzles

See the April 9 entry for further information.

Open to all.

Thursday, April 23, 2:00–3:30 p.m. ***Now Twice a Month**
Capitol Hill Towers, 900 G St. NE, 4th floor Library

Audio Book Club

See the April 9 entry for further information.

Open to all.

Thursday, April 23, 3:00–5:00 p.m.
Northeast Library, 330 Seventh St. NE

Plan to Thrive

The roll-out of a new monthly program to help members create plans for aging. This session will introduce planning tools and help members identify next steps. See the story on page 1.

Members.

Thursday, April 23, 3:00–4:00 p.m.

Virtual Event: Parkinson's Support Group

See the April 14 entry for further information.

Open to all.

Thursday, April 23, 5:00–6:30 p.m.
Private Home

Village Opera Society

Check the CHV on-line calendar for information on the discussion topic.

Members.

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May & Ongoing Events

Saturday, April 25, 11:00 a.m.–2:00 p.m.
The Lockwood Conservatory, 1339 E St. SE

LGBT Intergenerational Lunch Group— Earth Day

Our monthly lunch meetups provide an opportunity for LGBT folks from different generations to connect and build friendships over lunch and fun activities. This month, we will celebrate Earth Day with fun activities and a hands-on plant workshop. If you have any questions, contact Sophia at sross@capitolhillvillage.org or 202-543-1778. And don't forget your lunch!



Open to all.

Saturday, April 25, 11:00 a.m.–3:00 p.m.
Community Action Group, 124 15th St. SE

Memory Studio

See the April 11 entry for further information.
Open to all.

Friday, May 1, 1:30–3:00 p.m.
Private Home

CHV Community Drum Circle

See the April 3 entry for further information.
Open to all.

Monday, May 4, 3:00–4:00 p.m.

Virtual Event: Taking Care of Yourself— a Group for Men

See the April 6 entry for further information.
Open to all.

Tuesday, May 5, 7:00–8:00 p.m.

Virtual Event: Village Voices with former U.S. Ambassador to Nigeria John Campbell and Consul General Robyn Hinson-Jones

Ambassador Campbell and Consul General Robyn Hinson-Jones served in Nigeria, and they will introduce the population profile, the tensions that go with it, and the current involvement of the United States in the country.

See the story on page 12.

Wednesday, May 6, 3:30–4:30 p.m.

Virtual Event: What We're Hearing

See the April 1 entry for further information.
Open to all.

Wednesday, May 6, 5:00–6:30 p.m.

The Residences 6th floor meeting room, 777 C St. SE

Defending Democracy

This meeting will focus on the local elections going on in DC this year: Mayor, City Council, and Delegate. A group within Seniors Defending Democracy has been tracking the races and will report on who has collected the signatures needed to qualify for a spot on the ballot and our preliminary understanding of their positions on key issues important to the group.

Members and volunteers.

Friday, May 8, 9:00–11:00 a.m.

Your Home

Goodwill Pick-up

NOTE: Signup deadline is 12:00 Noon, Wednesday, March 11

See the April 10 entry for further information.
Members only.

Ongoing Events

Mondays, 9:30 a.m.

Meet at the plaza outside the Eastern Market North Hall

Easy Strollers

The Easy Strollers will walk for about 20 minutes at a gentle pace. We will cancel if there is rain. Sign up at the CHV office to make sure you will get notices of changes.

Open to all

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Options for Registering for CHV Events

- Click [here](#) to access Helpful Village or go to HV from the CHV website and register on-line.
- Call the CHV Office at 202-543-1778 or email info@capitolhillvillage.org and request to be registered.

Ongoing Events *continued from page 19*

Mondays, 10:00 a.m.–12 Noon

Virtual Event: DC Center for LGBT Community— Coffee Hour

It's the Coffee Drop-in, hosting friendly conversations on current issues. Contact supportdesk@thedccenter.org to get the Zoom link.

Mondays, 11:00 a.m.–12 Noon

The Residences at Eastern Market, 777 C St. SE (first floor)

Tai Chi

In a typical Monday there will be 3-4 repetitions of the first 13 Tai Chi postures. One repetition will pause for 30 to 60 seconds for key postures, accompanied by commentary by the Tai Chi leader. At the end, there will be a run through of the final 26 postures for more experienced practitioners of Tai Chi. Beginners, contact Susan Ades at susancades@gmail.com and arrive at 10:45 a.m. to learn some Tai Chi basics.

Open to all. Registration required.

Mondays, 12 Noon–1:00 p.m.

Capitol Hill Towers, Computer Room, 900 G St. NE

Mindful Monday—Peer Recovery Support Group

Join us for CHV's weekly Mindful Monday Group—Peer recovery support. Hosted by Raymond Mallard, 202-492-5277.

Open to all.

Mondays, 1:00 p.m.

Second and I Streets. SE

Petanque

Join a group of Capitol Hill 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 more information, contact Paul at: pcromwell23@gmail.com

Members and volunteers. Registration required.

Mondays and Thursdays, 4:00–5:00 p.m.

Virtual Event: Recharge & Restorative Yoga

A mix of sitting/standing exercises targeting overlooked body muscles. This class focuses on stretching the spine, learning to control balance—which is critical to

seniors—and soothing stress. You don't have to be a member to join this Zoom class. Namaste!

Open to all.

Tuesdays and Thursdays, 10:00–11:00 a.m.

The Residences at Eastern Market, 777 C St. SE, 6th Floor

Qigong

Qigong is a form of gentle exercise, suitable for any age or physical condition, that consists of flowing movement and breathing techniques.

It is designed to improve the function of internal organs, vascular systems, and muscular and joint health. In addition, the practice may enhance circulation and sleep and relieve stress.

Open to all.



Tuesdays, 11:00 a.m.–12:00 noon

Capitol Hill Towers, 900 G St. NE

CHT Grief Support Group

Have you experienced a loss? Are you having difficulty coping with feelings of grief? You are not alone. Capitol Hill Village invites you to join our Grief Support Group which meets Tuesdays, noon to 1:00 p.m.; *at this time, the group is for Capitol Hill Towers residents only.*

Please contact Alex Smith if you have any questions: asmith@capitolhillvillage.org or 202/543-1778.

Tuesdays, 2:00–3:00 p.m.

Virtual Event: Antiracism Reading Pod

Please contact the CHV office at info@capitolhillvillage.org to be added to the group or for information on starting your own group.

Members and volunteers.

Tuesdays, 2:30–4:30 p.m. ***Runs March 17–May 5**

Northeast Neighborhood Library, 330 Seventh St. NE

A Matter of Balance

Matter of Balance is an evidence-based curriculum designed to reduce fear of falling and improve activity levels for older adults who are aging in place. In this course, we'll break down our beliefs and fears about falls

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Ongoing Events *continued from page 20*

A Matter of Balance *continued*

and share strategies to reduce the risk of falling. We will practice skills and techniques that reduce fear of falling, build confidence and assertive communication skills, and allow us to live a more active life.

Matter of Balance is designed for any older adult who is concerned about or afraid of falling, has fallen in the past, or is interested in improving their flexibility, balance, and strength. There will be 8 weekly in-person sessions, with each session being about 2 hours long. **Participants should be able to attend at least 5 of the 8 sessions.** Contact Alex Smith to register or if you have questions: asmith@capitolhillvillage.org or 202-543-1778.

Members.

Wednesdays, 12 Noon–1:00 p.m.

Virtual Event: Meditation Hour

Patrick Hamilton will guide simple exercises, that alone or in combination can help break the cycle of mental stress we experience and can be incorporated easily into your daily schedule. Patrick is a member of the Washington Buddhist Vihara and Bhavana Forest Monastery and Retreat Center in West Virginia.

Open to all.

Wednesdays, 12:30–2:00 p.m.

Capitol Hill Arts Workshop, 545 Seventh St. SE

Second Wind Chorus

Second Wind is a community chorus that has enjoyed making music together for over a decade on Capitol Hill. Members have varied backgrounds in music and welcome anyone who loves to sing and wishes to join the chorus.

For more information about Second Wind Chorus see: secondwindchorusdc.com.

Wednesdays, 2:00–4:00 p.m.

Various Locations (see below)

Mahjong

Mahjong is a game that 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. Check the online calendar for updates.

Locations:

- 1st Wednesday: Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE
- 2nd Wednesday: Tunncliffe Tavern, 222 7th Street SE
- 3rd Wednesday: Labyrinth Games and Puzzles, 645 Pennsylvania Ave SE
- 4th Wednesday: Mr. Henry's, 601 Pennsylvania Ave SE

Contact CHV at info@capitolhillvillage.org to sign up.

Fridays, 11:30 a.m.–1:00 p.m. ***No Session April 3**

The Residences at Eastern Market, 777 C St. SE; 6th floor

Women's Conversations and Connection Group

This is an opportunity to meet with CHV members and volunteers to make connections and friendships. It is open to all women, and when you arrive at the Residences, let the concierge know you are with Capitol Hill Village and going to the 6th floor meeting with CHV member Jeety Kang.

Registration is encouraged, but please attend whenever it works with your schedule. A light snack is provided.

Members and volunteers.

Registering for CHV Events

The Capitol Hill Village on-line event calendar can be viewed at capitolhill.helpfulvillage.com/events; members can register for all events on that website, or by contacting the CHV Office at 202-543-1778, or by emailing info@capitolhillvillage.org.

CHV encourages registration for events so that we can update you on information about the event including meeting locations and information for accessing virtual events.

CHV uses Zoom for virtual events. You can access these with a smartphone, tablet, or computer. Please contact the CHV office if you have questions about connecting.

When you register for a virtual meeting, you will receive a confirmation that contains a CHV Zoom link or further instructions for accessing an external Zoom link. Let the CHV Office know if you do not receive a confirmation or reminder. At the meeting time, click on the link to join.

If you need assistance accessing the Helpful Village calendar, contact the CHV Office at 202-543-1778 or info@capitolhillvillage.org.

2026 JON GENDERSON MEMORIAL FUND

Wine Reception



Save the Date!

**Sunday, May 31, 2026
2:00–4:00 p.m.**

**The Residences at Eastern Market,
777 C Street, SE, WDC 20003**



Capitol Hill Village
1355 E Street SE
Washington, DC 20003