



# VILLAGE NEWS



Capitol Hill Village celebrates its volunteers, Julie Washburn, pictured with Joe Cooney, articulates what CHV means for volunteers, “For someone like me, who was looking for a reason to feel “at home” again, CHV has provided a gentle way to re-enter the neighborhood.” See story below.

## Finding My Way Home: A Journey to Community at Capitol Hill Village

By Julie Washburn

Returning to the United States after eight years abroad is a disorienting experience under the best of circumstances. Returning after recently losing a job, into a world that feels increasingly uncertain and chaotic, left me asking a heavy question: “*Is this really the place I should land?*”

Washington, DC was familiar, yet I felt like a stranger in my own city. I knew I needed to anchor myself, so I began searching for ways to give back. After a few dead-end emails to various organizations, a friend mentioned “villages”—neighborhood-based networks that support older adults. I thought, “*Why not?*” and reached out to Capitol Hill Village.

### The Power of Immediate Connection

My first experience was driving a member to an appointment and in the time it took to get to the appointment, I learned that she has written a book that was published. Who could have imagined I would be meeting an author!

My second experience as a new volunteer wasn’t just about “service”—it was about meeting a “companion” friend. I recently started visiting a member on a regular basis and despite our different life stages, the commonalities between us were immediate and striking. We connected over our shared love for DC, our faith, and the importance of family. In a

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FROM THE EXECUTIVE DIRECTOR

## Seize Your Power



Judy Berman

One of the changes brought about by our tech-enabled world is the ability to rank and rate everyone and everything we come into contact with—from the cashier who rings up our morning coffee, to the driver who takes us home from our medical appointment, to the webinar on how to get the most out of webinars. If you search the web, you can find ratings on doctors, restaurants, taskers, and pretty much everything you can buy online.

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# Finding My Way Home continued from page 1

matter of minutes, the “stranger” label dissolved.

## More Than Just Volunteering

What I’ve discovered is that CHV is a rare ecosystem. The profound care and love directed toward the members doesn’t stop there—it naturally overflows to the volunteers. For someone like me, who was looking for a reason to feel “at home” again, CHV has provided a gentle way to re-enter the neighborhood.

I am learning that Capitol Hill is more than just a collection of rowhouses; it is a community that:

- **Takes care** of its own with genuine intentionality.
- **Supports** one another through life’s transitions.
- **Goes above and beyond** to ensure no one feels isolated.

## A Place to Land

I came to CHV looking for a way to fill my time, but I found a place where I might belong. It turns out that while the Village supports its members, it simultaneously engulfs its volunteers in wider community support.

In a world that can often feel disconnected, CHV has shown me

the power of a neighborhood that truly sees one another. *I didn’t just find a volunteer opportunity; I found a new member friend with a lifetime of stories to share.* And since returning, I now feel that living in the U.S. and Capitol Hill just might end up being the right place for me at exactly the right time.

**Do you have a story to tell about your experience at CHV as a member and or volunteer? Why not share it? Email editor Karen Stuck at [karenstuck@comcast.net](mailto:karenstuck@comcast.net) with your idea.**

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## FROM THE EXECUTIVE DIRECTOR continued from page 1

# Seize Your Power

Some of us are eager to share our opinions with the world—we know what we have to say is important, we want others to know what we know. And, we get celebrated by the platforms we engage on because our contributions increase the value of their currency (and contribute to tech profits).

Some of us only share when we’re mad. Not only do we seek an outlet for our anger or disappointment; we want others to avoid suffering the way that we have (except for the business—we WANT the business that performed badly to suffer, or better yet, change its practices). Sometimes we succeed in getting what we want.

I don’t know about the rest of you, but the idea that I’m being rated by my Airbnb host triggers me to strive for the highest rating possible—e.g., not just take out the trash, but replace the bags. Rating is power.

Now, I want to hand you some power. Tell us about your experience with Capitol Hill Village. I want you to rate us AND help us understand how you

use CHV and what you get—and don’t get—out of it.

CHV Member and Volunteer Survey messages will be arriving by phone and email in a few days now. I’m sure some of you will be annoyed. Maybe the request rankles. Maybe you feel “surveyed out” and wonder “why don’t people just talk to each other anymore!”

Believe me, I get it. It’s why we only do an extended survey every other year. And I would hate for this survey to take the place of conversation. Every CHV member and volunteer is encouraged to call or message me at any time and share what’s on your mind. Or speak to any staff member when you see them at programs and events, especially at “office hours.” I love hearing feedback about staff interactions and program experiences. I can’t do my job without understanding your perspective.

At the same time, I want you to know how important the survey is, how much care we take to make sure it’s anonymous and safe, and how valuable the information is that you

share with us. We use the aggregated responses from our surveys to understand what members need and where we need to put more energy. One survey helped us understand how many members were interested in pedestrian safety issues, which has driven an advocacy campaign. Our last survey suggested that Village membership has a significant and positive impact on the health of individuals following hospitalizations.

This is actionable information that we can use to change what we do and how we do it. They are examples of just how the survey data guides our programs and services.

The survey data also helps us demonstrate our value to others. While individual stories and anecdotes are critical, so are quantitative data. Together they tell a much more powerful story than either does alone. Quantitative data requires that we get a sizable sample. That’s why we ask, and remind, and ask again. That’s why we have a committee of members review the survey, press us on why questions

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## CAPITOL HILL VILLAGE

To become a member, go to [www.capitolhillvillage.org](http://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](http://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.



CHV #55474

PROUD MEMBER OF



United Way of the National Capital Area

CHV #8066



Call Us: 202-543-1778  
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Connect with CHV at:



To unsubscribe, please send an e-mail to [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

### Capitol Hill Village Leaders

Judy Berman, *Executive Director*

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Lizzy Kosin, *Director of Care Services*

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FROM THE EXECUTIVE DIRECTOR *continued from page 2*

## Seize Your Power

are included, and give us feedback on how the questions and answer options are framed.

Many of you may find it tedious. I know that you'd rather we survey less often. Believe me when I say that I wish there were a better, more cost effective and efficient way than a survey to get the information we need, but I haven't found it yet.

I hope you choose to seize your power and respond to the member survey.

It's one of the best ways we have to tell our collective story.

If you prefer not to enter the information online, call the CHV Office and schedule a time to answer the questions over the phone. If you prefer to use a paper copy, we will get one to you—just call us and ask. Don't let CHV move forward without adding your voice to the mix!

## Solo Agers are Getting Together!

Do you or someone you know identify as a solo ager? Solo agers are described as anyone over 50, who lives alone, is not married (including due to divorce or death of a spouse) or partnered in a long-term relationship, and has no living children.

According to recent census data, nearly 26 million Americans are solo agers, and that number is expected to grow in coming decades.

In July, Capitol Hill Village is partnering with Corewood Care Aging Life Care Managers to present a weekly, virtual six-week series on solo aging. The series is guided by a workbook (provided) and videos to supplement learning materials. Each week will center on a different topic specific to solo aging, with the focus on planning for the future.

Participants are encouraged but not required to attend each session to gain the most from the program.

- **Week 1:** introduction to solo aging and what to expect from this series (7/8)
- **Week 2:** your social networks and other social supports (7/15)
- **Week 3:** healthcare decision-making and end of life choices (7/22)



- **Week 4:** aging in place (7/29)
- **Week 5:** alternative choices (8/5)
- **Week 6:** summation of the overall program (8/12)

### The Details

- It will be on Zoom.
- Time: 1:00–3:00 p.m. for each session
- Dates: July 8, 15, 22, and 29; August 5 and 12.
- Open to CHV Members—space is limited.

For more information about the program, contact Lizzy Kosin at 202-543-1778/ext 106 or [lkosin@capitolhillvillage.org](mailto:lkosin@capitolhillvillage.org). You can also sign up through the CHV on-line calendar in Helpful Village.

# Pride: Exist. Resist. Have the Audacity.



Louisa Reynolds Smith

Capitol Hill Village member Rodger Streitmatter has attended Capital Pride parades for four decades. His participation rose to a whole new level last

year, though, when he marched with a contingent from his church.

“It was so special for me because that experience combined two huge parts of my identity—being a person of faith and being a gay man,” Streitmatter said.

Special also was the fact that he and the other representatives from St. John’s Episcopal Church in Georgetown did not merely attend the event but were part of the parade. “We walked the entire route of the parade, right down the middle of 14th Street, he said. “We kept waving our rainbow flags, and all the folks standing on the sidelines kept cheering us on. We had a blast.”

Included in the contingent was not only Streitmatter’s husband and fellow CHV member Tom Grooms, but also the associate rector at St. John’s, Sarah Duggin, who married them 15 years ago. Half of the group were members of the LGBTQ+ community, and the other half were allies.

Although only a small percentage of St. John’s members are members of the LGBTQ+ community, the church celebrates Pride Month by organizing numerous activities. The marquee event last year was an evening of drag bingo hosted by local personality Tara Hoot, with the gathering raising \$15,000 for the church. On another evening, LGBTQ+ parishioners and allies came together to watch and

then discuss the popular gay rom-com “Bros.”

Several DC Episcopal churches had contingents in last year’s parade. Other denominations that are known for supporting the LGBTQ+ community include the Unitarian Universalist Church, United Church of Christ, United Methodist Church and the Lutheran Church, as well as many Jewish synagogues.

This year marks the 51st celebration of Pride Month in Washington. The theme is “Exist. Resist. Have the Audacity.” As in other years, the event’s primary intent is to affirm the presence, resilience, and courage of LGBTQ+ people.

Pride Month celebrations have gradually changed over the years. In the distant past, for example, lesbians and gay men tended not to interact with each other to the degree that they do today, Streitmatter said. The level of support by allies also has grown enormously, he added.

Another change is that while members of younger generations consider themselves part of the larger LGBTQ+ community, they are less likely to identify with one particular segment of that population. Research shows that the rejection of traditional labels such as “lesbian” and “gay” is a worldwide phenomenon.

## Pride Events in DC

The Capital Pride Parade is June 20, from 3:00 to 7:00 p.m., beginning at 14th and T Sts. NW, and ending at 9th St. and Pennsylvania Ave. NW. The parade is limited to groups that have registered, but everyone is invited to watch and cheer from the sidelines.

The Capital Pride Festival is June 21, from noon to 10:00 p.m. on the National Mall. Festival organizers



Rodger Streitmatter

recommend that if people use rideshare, they provide 699 Constitution Ave. NW as the drop off/pick up point.

In addition to various food courts on the Mall, the festival will provide five beverage gardens. Local bars and sports leagues will host three “adult only” courts, and the other two will be available to all ages.

Is photography allowed? Absolutely!

To volunteer at the events, see [www.capitalpride.org/volunteer](http://www.capitalpride.org/volunteer) for volunteer opportunities.

## Accessibility

Both the Parade and the Festival will provide dedicated accessibility zones to offer ASL services and to accommodate people using wheelchairs. Organizers ask that people make reservations ahead of time to guarantee a spot in the zone.

If you’re looking for folks to attend these events with, consider participating in one of CHV’s Pride month celebrations and other city events where you’re sure to find some friends. Contact [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) with questions. See more Pride activities on page 5.

# Capitol Hill Village Celebrates Pride!



By Sophia Ross

June is Pride month. Join the festivities at this lineup of events.

## June 3, 5–7 p.m., LGBT Elders Day Event and Resource Fair

Annie's Paramount Steak House, 1609 17th St. NW.

Join Capitol Hill Village and Queering the District in recognizing LGBT Elders Day! Founded in 2016 by Chase Brexton Health Care, LGBT Elders Day celebrates the lifetime of contributions made by LGBT+ older adults and to recognize and thank LGBT+ elders who have fought for the LGBT+ community. This event will consist of a resource fair and speed friending style activity. This event has limited registration due to space constraints.

## June 16, 6:00–7:15 p.m., LGBTQ Virtual Social Hour

Join us for our monthly virtual intergenerational social hour! We'll enjoy an hour or so of chit chat and connection via Zoom.



## June 20, 11 a.m.–2 p.m., Intergenerational Lunch Meetup

Lockwood Apartments Conservatory, 1339 E St SE

Join us for a relaxing yet stimulating time. We'll select and watch an LGBT-themed film together and discuss it. Don't forget your lunch!

## June 24, 1–4 p.m., Capitol Hill Village Pride Celebration

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

Celebrate LGBT+ older adults and Pride Month with Capitol Hill Village! This afternoon of fun will include socializing, live music from the HQBleu Band, food, and more. All are invited to attend.

To get more information or register for any of these events, contact [ross@capitolhillvillage.org](mailto:ross@capitolhillvillage.org) or call 202-543-1778 x204. Our LGBT+ programs are funded by the DC Department of Aging and Community Living and are open to all DC residents.

## Local Pride Activities

Don't just celebrate Pride month with CHV! Get out and attend some of these fun events around the District:

## June 7, Palisades Pride Street Party

Featuring music and dancing, a drag performance, bracelet-making, face painting, book giveaways, rainbow popsicles, food, and more. One of many Pride month events being hosted by the Palisades Community Association and Palisades Village in June. All are invited to attend! To learn more contact: [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org)

## June 13, 4–6 p.m., Mount Pleasant Village Pride Popup Party

1910 Park Road NW.

Celebrate Pride with Mount Pleasant Village. This event will feature live music, food, beverages, and tons of fun! Everyone is welcome to attend.

To learn more contact: [information@mountpleasantvillage.org](mailto:information@mountpleasantvillage.org)



## June 24, 6:45 to 9:30 p.m., Nats Night Out

Nationals Park, 1500 S. Capitol St. SE

Pride Night OUT at the Nationals is back—and we're taking over Nationals Park when the Nats face the Phillies on June 24. Hosted by Team DC, tickets will be \$40 and include a special Pride jersey, with or without sleeves. Note: Pre-game Drag show starts at 5:45 p.m.

Get your tickets at: <https://www.zeffy.com/en-US/ticketing/nats-night-out-2026>

Check out the Capital Pride Alliance community calendar to learn about other Pride events: <https://www.capitalpride.org/events-365/>

# Fighting Back Against Scams: CHV Looks Out for You

The CHV News frequently carries stories about fraudulent scammers out to separate you from your money, along with tips to help keep yourself safe. Nonetheless, we recognize that scammers continue to plague our members, and we will continue to alert you to the latest from the fraudsters.

We also want you to know that **Capitol Hill Village is here to help you.** Never feel that being the victim of a scam is your fault; these people are constantly trying out new ways to take advantage of people. **The best way to fight back is to keep informed of fraudulent activities** and of the ways that you can recognize a fraud before it's too late. But if you do get scammed, speak up! There's nothing to be ashamed of. If you have questions about a phone call, email, text message, or other communication, it's a good idea—before acting—to check in with friends, or feel free to contact the CHV office for advice. If you've already acted and learn it's a scam, call CHV so we can help you report it to the correct authorities and alert others to be on guard.

**The Federal Trade Commission is a good source of information, such as the following about investments.**

You might be interested in making money through investments. Who isn't? So offers that promise big returns might draw your attention... and scammers know this. They use those promises and clever schemes to lure you in and, unfortunately, people are losing big money on [investment scams](#). In fact, the FTC reports more than \$7.9 billion in losses to investment scams, with a median individual loss of more than \$10,000 in 2025. Do you know how to spot and avoid investment scams?

Scammers might reach you through social media, WhatsApp, or online ads, promising you'll make a lot of money quickly. These messages might also come from a friend or love interest offering you "coaching" to learn how to make a fortune in stocks, forex, or cryptocurrency. After you invest, they'll often say your investments are doing well, maybe even showing fake "proof" that you're making money. The reality? The investment isn't real and you end up losing all your money.

To avoid an investment scam:

- **Remember that investments always involve risk.** If anyone plays down the risk of an investment or acts like risk disclosures are just a formality you don't need to worry about, keep your money. Those are scammers who want you to think their opportunity is risk-free when it's not.
- **Check out the reputation of the investment company, its officials, and its promoters.** Search online with their name plus words like "review," "scam," or "complaint." Go through several pages of [search results](#).
- Check for licenses and registrations. Many investment scams start with unlicensed people or unregistered firms, so use the free search tool on [Investor.gov](#) to check out anyone recommending or selling investments. For investments in precious metals or coins, check out the [CFTC database](#).

Report investment scams to the FTC at [ReportFraud.ftc.gov](#).

**Fraudulent messaging is prolific including from seemingly legitimate sources.** The "Social Security Administration" informs you to check your statement; Xfinity



says it has updated its systems and your account will be shut down if you don't respond; Zelle or Venmo reports activity on your account and provides a contact phone number. The list is endless.

Sometimes the messaging is not even from an organization or business that you are associated or have business with. These people are just fishing/phishing for a response, and once you respond they will have you hooked. They may gain access to your social network; it may mean that they will lead you down a path that will cost you money. Regardless, we need to be ever alert.

**So, how do you know what to do?**

**Protect yourself from scams by:**

- slowing down,
- verifying the source, and
- *never* paying with gift cards, wire transfers, or cryptocurrency.

First, look carefully at the messaging; scams frequently include small mistakes like misspellings, incorrect titles, etc.

And a very good way to **check the authenticity of the sender** is to place your cursor at the end of the sender's name; a down arrow will appear; click on that arrow and you will see the address of the actual sender. *If it bears no relationship to the supposed sender, they you know it's not legitimate.*

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# Sobering Data Prompts Request for DDOT Focus on Pedestrians

Spurred on by ANC3D Commissioner Chuck Elkins, a member of the Capitol Hill Village Sidewalk Safety Team, DC Health analyzed fall injury data from emergency department records in all seven DC hospitals. They isolated falls occurring in outdoor public locations from 2018 through 2025.

The findings are sobering.

- Since 2021, DC has annually recorded between 215 and 350 emergency department visits resulting from falls outdoors. **Residents aged 65 and older accounted for between one-third and one-half of those visits**—more than double any other adult age group.
- Preliminary 2025 data, covering only the first nine months of the year, shows a significant increase in that age group compared to all of 2023 and 2024.

The inpatient hospitalization data tells an even starker story. More than 1,000 DC residents are hospitalized for fall injuries every year—fractures, head trauma, serious wounds requiring



overnight stays. **Residents aged 65 and older account for 63 to 72 percent of those hospitalizations**—roughly six times higher than the next oldest age group. This dataset cannot yet be filtered to outdoor falls only.

These are not minor inconveniences. These are residents who are seriously hurt, many of them elderly. They do not have lobbyists. They do not appear before the DC Council Committee on Transportation and the Environment. After a serious fall, many of them are no longer able to walk safely in their own neighborhoods.

Therefore, among the CHV Sidewalk Safety Team recommendations to the Committee on Transportation and Environment, are:

- Direct the DC Department of Transportation to enter into a formal data-sharing agreement with DC Health to improve the usefulness of hospital fall injury data for infrastructure decision-making. The Sidewalk Safety Team would participate enthusiastically in those discussions.
- Consider adding a senior public health professional to DDOT’s staff to counter what appears to be systematic discounting of public health consequences.
- Consider creating a dedicated pedestrian safety position at DDOT. Pedestrians deserve an advocate within DDOT, with the standing and resources to compete for attention along with vehicles and bicycles, which the Department currently prioritizes.

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## Fighting Back Against Scams: CHV Looks Out for You *cont. from page 6*

- **Verify Identity:** If a message claims to be from a legitimate company or government agency, contact them directly via their official website or phone number, not the contact info in the email/text.
- **Ignore Urgent Pressure:** Scammers create a false sense of urgency to make you panic. Take your time and check if the request is legitimate.
- **Use Secure Payments:** Only pay with credit cards, which offer better fraud protection. Never pay with gift cards, wire transfers, or cryptocurrency, as these are rarely recovered.
- **Create strong, unique passwords** for every site.
- **Filter Communication:** Block unwanted calls and messages. Do not click links or open attachments in unsolicited texts or emails.
- **Monitor Data:** Regularly check bank and credit card statements and credit reports for suspicious activity.
- **Phishing:** Emails or texts that appear legitimate but contain malicious links.
- **Too Good to Be True:** Offers for “free” money, high-return investments, or unrealistically discounted items.
- **Romance/Friendship Scams:** Building trust online before asking for money.

### Common scam tactics to be on the lookout for:

- **Impersonation:** Pretending to be the IRS, SSA, law enforcement, or bank officials.

### If you are scammed, act immediately:

Change passwords and contact your bank or credit card company to freeze accounts. Ask CHV for help if you need it.

# CHV Member Work in the Art League Show

Congratulations to CHV members Karen Zens, Carolyn Rondthaler, Nan Raphael, and Tara Hamilton who all had artwork included in the 2026 Capitol Hill Art League show at the Hill Center.

The exhibition runs through August 30th. All pieces of art may be purchased and will be on display throughout the Hill Center Galleries and [online at Hill Center Galleries](#).



Tara Hamilton – Capitol Spring



Carolyn Rondthaler – Barred Owl



Nan Raphael – Keeping Hope in the Midst of Chaos



Carolyn Rondthaler – End of Day West Coast



Karen Zens – Roman Memories



Nan Raphael – Red, Black and Blue- 2026



Tara Hamilton – Free DC



Karen Zens – Untitled

# Urban Walkers are on the GO!

Urban Walkers, a re-started Affinity Group co-led by **Bobbie Brinegar** and **Barbara Fox**, has set up two walks in the area with a historical focus.

A word of warning. The walks are likely to be very popular, so you need to register early. While the first two are mostly filled, we want you to know the kinds of things that will be on the calendar.

**First, on June 5, is a tour of H Street** led by Kate Deneson of Justice Walks DC, exploring the interplay of historic Washington's rise from the struggles after the uprising/riots of 1968.

The tour provides significant focus on how gentrification is playing out today in the neighborhood, which was recently named one of



the “hippest” neighborhoods in the United States. The tour encourages discussion and participation.

We will begin at the Giant, 300 H St. NE and end at the Atlas District. After the approximately two-hour walk, we will have lunch (not included in the tour fee). Tour cost is \$25 each. Payment details will be provided after registration in the CHV on-line calendar. [Register here.](#)

**Then, on July 8, a walk to view the New Deal murals at the Cohen Federal Building, 300 C St. SW.**

Originally the Social Security Board Building, the Cohen Building exemplifies New Deal art and architecture at their best. It's the “Sistine Chapel of the New Deal,” in the words of the founder of the Living New Deal, an organization dedicated to documenting and preserving the history and culture of the period.

The tour begins at 10:30 a.m. It is free, but space is limited and registration is required in the CHV on-line calendar. [Click here](#) to be added to the waiting list.

## Rent Control Options

Older tenants and tenants with disabilities who live in rent-controlled housing can register with the city to receive reduced annual rent increases. Qualified tenants must live in rent-controlled units and:

- Must be at least 62 years old and/or
- Must have a temporary or permanent disability.

Registered tenants are eligible for a cap on their rent increases—[for 2026, the cap is 2.1%](#). (The rent control year runs



from May 1, 2026, to April 30, 2027.) To register with the

Rental Accommodations Division for reduced rent increases, tenants must file online at [RentRegistry](#). The [Office of the Tenant Advocate](#) is available to assist tenants with filing; you can reach them at 202-719-6560 or by visiting the OTA office at 899 North Capitol St. NE. <https://ota.dc.gov/service/rent-registry-0>

## Catch Second Wind in Concert

**Capitol Hill Village's Second Wind chorus will top off its spring season with a free performance at the Capitol Hill Arts Workshop, 545 Seventh St. SE, on Saturday, June 13, at 3:00 p.m.**

Whatever your musical taste or favorite period, you'll find something to please in the ensemble's program: a medley of the Beatles' greatest hits, including “Let It Be,” “Yesterday,” and “Hey Jude”; a fifteenth-century Latin chant, “Ave Maris Stella”; a moving rendition of a folk tune and American spiritual, “Shenandoah/Deep River”; and the

classic swing number made famous by the Andrews Sisters, “Boogie Woogie Bugle Boy.”

The June concert marks the first under Second Wind's new conductor, **Ben**

**Hinke**, and new accompanist, **Ashlei Peoples**. Come hear for yourself the beautiful music they all make together.

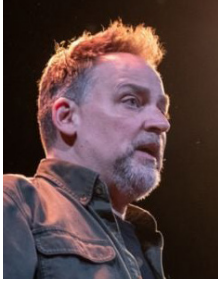


And if you're tempted, and love to sing, consider joining the chorus – check out [www.secondwindchorusdc.com](http://www.secondwindchorusdc.com)

# Village Voices

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

## 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 ...

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.

## 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.

*Note: After the June Voices, Voices is taking a vacation. See you in September.*

*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](http://capitolhillvillage.org) or at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).*

# 2026 Gala Salon Events

## Carl Hulse

New York Times Chief Washington Correspondent Carl Hulse (shown with Abby Yochelson), is a frequent speaker at CHV Gala Salons, providing insight into Congressional actions and national political affairs. Abby Yochelson and Wally Mlyniec hosted.



## Kojo and Tom

National Public Radio's Kojo Nnambi and Tom Sherwood, considered the eyes and ears of the metro area, regaled Salon guests with insight on political issues and upcoming elections in the DC Metro area. Dawn Nelson and Cynthia Whittlesey hosted.



## Please Support CHV

A gift of any size helps us deliver the health and social programs needed by so many older adults in our neighborhood, including meal deliveries, in home assistance, social activities, educational programs and more.





## 2026 JON GENDERSON MEMORIAL FUND

**Thank you to Lori Genderson and Schneider's for a wonderful wine reception.**

Thank you to our donors, and if you haven't yet given to the Genderson Fund, it's not too late.



**Donations to the Genderson Fund** currently support more than 70 older adults on Capitol Hill who face financial hardship and ensures that urgent health and safety needs they can't otherwise afford are covered.

## 2026 Gala Salon Events



### Ambassador James Story

Venezuela continues to hold a place in U.S. news, and salon guests were treated to insights from James Story (in blue shirt), who served as U.S. Ambassador for five years. Karen Stuck hosted.



### Leah Daniels and Kathleen Donahue

Leah Daniels, at Hill's Kitchen, and Kathleen Donahue, at Labyrinth Games & Puzzles, were beloved Capitol Hill entrepreneurs who recently stepped away from their businesses. They had plenty to offer about running a successful business and navigating a pandemic and a shifting economy. Nancy Deck and Kathleen O'Leary hosted.



### Petula Dvorak

Longtime Washington Post columnist Petula Dvorak (center), took time from her busy schedule to talk to Salon guests about her work chronicling life on Capitol Hill and her life as a groupie for her son's smashing punk rock band. Don and Jean Denton hosted.

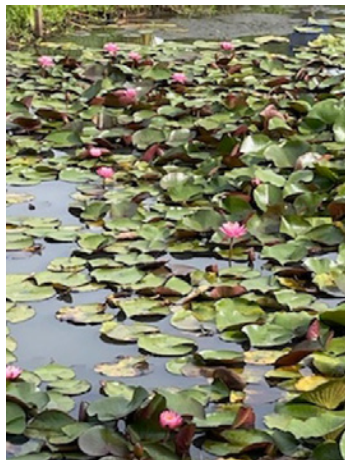


# June Events

Monday, June 1, 10:00 a.m.–12:00 noon  
Bladensburg Waterfront Park, 4601 Annapolis Rd.

## Kayaking

Kayak with CHV on this beautiful section of the Anacostia River from the Bladensburg Waterfront Park to the Kenilworth Aquatic Park. This is an easy round trip suitable for all levels of kayakers. The Park will supply kayaks, single or tandem; paddles; and life vests. Along the two-hour trip, we will see turtles, waterfowl, blue herons, and hawks as well as water lilies and other vegetation.



We plan to meet at Bladensburg Waterfront Park at 10 a.m., kayak to Kenilworth Aquatic Garden and return by noon. The cost of a kayak rental is around \$30 for the day. You can reserve your own kayak or learn more at PG Parks Rentals. Pre-reservation of a kayak is not required. Carpools can be formed.

This event will be canceled in the case of inclement weather. Register in the CHV on-line calendar to get the latest information. Questions? Contact Deborah Hanlon, 202-344-7716.

*Open to all.*

Monday, June 1, 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.

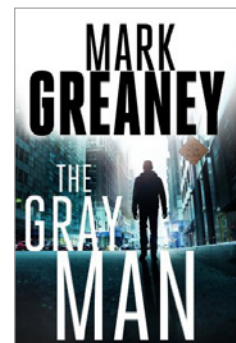
This event is hosted by Geoff Lewis and facilitated by Tim Rogers, who is certified in Somatic Integrity and has years of experience in group work including as a volunteer for Dupont Circle Village.

*Open to all.*

Tuesday, June 2, 4:00–5:30 p.m.  
Private Home

## Wyze Guyz Happy Hour Book Club

We typically rotate between spy/mystery/thrillers and science fiction. The book this time is *The Gray Man*, which is the debut novel of Mark Greaney, published in September 2009, by Jove Books. It is also the first book in the Gray Man series, featuring assassin and former CIA operative Court Gentry. The book follows Gentry on the run from a former CIA officer who wants him dead to safeguard his client's interests in Nigeria. It was adapted into a film in 2022, starring Ryan Gosling as the title character.



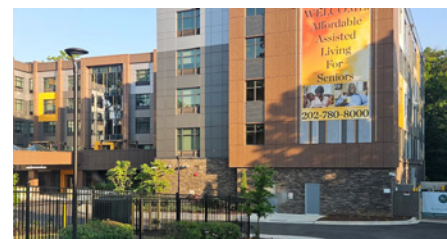
Please register and email Howard Gantman if you are not on our regular list and want to attend. Light snacks and/or drinks (including NA versions) are welcome.

*Members.*

Wednesday, June 3, 1:00–2:00 p.m.  
1650 Kenilworth Ave. NE

## Tour Residences at Kenilworth Park

The Residences at Kenilworth Park is an affordable Assisted Living Community that has been lovingly designed to serve



the needs of District residents 60 years and older. The five-story building overlooks open land adjacent to the Kenilworth Aquatic Gardens.

Join fellow CHV members for a tour of The Residences at Kenilworth Park — Community Centered Assisted Living. When registering, please indicate if you need transportation to the event.

Interiors at The Residences are state-of-the-art with private studio and one-bedroom apartments and spacious common areas. This is an affordable option for senior care through the Low-Income Housing Tax Credit program. If you are of low or moderate means and need assistance with personal care and daily tasks, you may want to call to see if you qualify.

*Members.*

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## June Events *continued from page 12*

Wednesday, June 3, 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](mailto:asmith@capitolhillvillage.org) or (202) 543-1778.



*Open to all.*

Wednesday, June 3, 5:00–6:30 p.m.

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

### 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.*

Wednesday, June 3, 5:00–7:00 p.m.

Annie's Paramount Steak House, 1609 17th St. NW

### LGBT Elders Day



Join Capitol Hill Village and Queering the District Podcast in recognizing LGBT Elders Day. Founded in 2016 by Chase Brexton Health Care, LGBT Elders Day

occurs annually on May 16 to celebrate the contributions made by LGBT+ older adults, recognizing and thanking LGBT+ elders who have fought for the LGBT+ community. This event will consist of a resource fair and speed friending style activity. This event has limited registration due to space constraints. Register [here](#). See more Pride events on page 5

*Open to all.*

Friday, June 5, 10:00 a.m.–12 Noon

Meet at the Giant, 300 H St. NE

### Urban Walkers—Justice Walks DC



Join us for an outing of Urban Walkers for a tour of H Street NE led by Kate Deneson of Justice Walks DC. Explore the interplay of historic Washington's rise through the struggles after the 1968 uprising/riots. Significant focus on how gentrification is playing out today in the neighborhood recently named one of the "hippest" neighborhoods in the United States. The tour encourages discussion and participation.

We begin at the Giant at 3rd and H Street NE and end at the Atlas District. We'll stop for lunch after the tour is over (not included in the tour fee). The tour fee is \$25/person. Payment details provided after registration in the CHV on-line calendar. See story on page 9.

*Members and volunteers.*

Tuesday, June 8, 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.*

Monday, June 8, 7:00–8:00 p.m.

### Virtual Event: Village Voices—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

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## June Events *continued from page 13*

### Village Voices—Marcus Kyd *continued*

8th and 11th centuries. Beowulf is a hero who comes to aid Hrothgar, King of the Danes, in his fight against the vicious monster Grendel. 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 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. See story on page 10.

*Open to all.*

Tuesday, June 9, 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. Get to know your neighbors at Capitol Hill Village's monthly LGBT Member Meetup. Enjoy an afternoon of socializing—RSVP required! Register here.

As You Are will be open at 4:00 p.m. for the LGBT Member Group, but the kitchen team will not be in until 5:00 p.m.

*Open to all.*

Wednesday, June 10, 10:30–11:30 a.m.  
Hill Center, 921 Pennsylvania Ave. SE (Meet on the east lawn of the Hill Center.)

### Village Drum Circle

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

*Open to all.*

Wednesday, June 10, 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, June 10, 7:00–8:15 p.m.

### Virtual Event: Alzheimer's Education Series

June is Alzheimer's Awareness month. Join us for an educational series to learn more about Alzheimer's and other dementias and what you can do to take care of your brain health.

- **June 10:** Get the Facts: Alzheimer's 101
- **June 17:** What to Expect: Identifying and Treating Alzheimer's
- **June 24:** What's Ahead: Where You Can Find Support and How You Can Help

Presented by Cleveland & Woodley Park Village (CWPV), Alzheimer's Association, and Capitol Hill Village. For help with registration, contact CWPV at 202-615-5853 or [info@cwvp.org](mailto:info@cwvp.org).

*Open to all.*

Thursday, June 11, 2:00–3:30 p.m.

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.*



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## June Events *continued from page 14*

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Thursday, June 11, 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.*

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Friday, June 12, 9:00–11:00 a.m.  
Your Home

### Goodwill Pick-up

**NOTE: Signup deadline is 12:00 Noon, Wed., June 10**

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
- 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.*

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Friday, June 12, 10:30 a.m.–12:00 noon  
The Residences at Eastern Market, 777 C St. SE; 6th floor

### Women's Conversations and Connection Group

**Note Revised Schedule.** We will now meet every other week from 10:30 a.m. to noon.

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.*

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Saturday, June 13, 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](mailto:info@capitolhillvillage.org) and ask for Judy.

*Open to all.*

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Saturday, June 13, 3:00 p.m.  
Capitol Hill Arts Workshop, 545 Seventh St. SE

### Second Wind Spring Concert

Whatever your musical taste or favorite period, you'll find something to please in the ensemble's program: a medley of the Beatles' greatest hits, including "Let It Be," "Yesterday," and "Hey Jude"; a fifteenth-century Latin chant, "Ave Maris Stella"; a moving rendition of a folk tune and American spiritual, "Shenandoah/Deep River"; and the classic swing number made famous by the Andrews Sisters, "Boogie Woogie Bugle Boy." Admission is free. See story on page 9.

*Open to all.*

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Monday, June 15, 1:00 p.m.  
Tunnichliff's, 222 Seventh St. SE

### Wyze Guyz

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

*Members and volunteers.*

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## June Events *continued from page 15*

Monday, June 15, 3:00–4:00 p.m.

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

See June 1 entry for further info.

*Open to all.*

Tuesday, June 16, 4:00–5:00 p.m.

### Virtual Event: Long-term Care Planning

As a supplement to CHV’s Plan to Thrive monthly in-person session, join this virtual presentation to learn more about long-term care planning.

The population continues to age, which unfortunately introduces the onset of a variety of chronic health or cognitive illnesses and the resulting need for long-term care services. Industry sources and retirement planners in fact estimate that up to 70 percent of the population will need some level of long-term care and assistance at some point in their lives.



Mark A. Gottlieb

Mark A. Gottlieb, MHA, Long Term Care Specialist, will lead the session addressing:

- Challenges and costs associated with the need for and use of LTC services
- LTC services spectrum and associated costs
- Options for funding LTC costs, including but not limited to LTC Insurance products (both traditional & “hybrid”), as well as public and private funding sources

The presentation is strictly educational and will not solicit business. A Q and A session will follow.

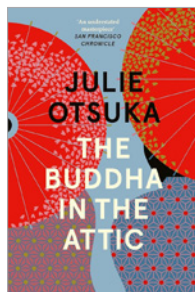
*Members and volunteers.*

Tuesday, June 16, 4:30–6:00 pm.

The Residences at Eastern Market Library, 333 Eighth St. SE

### Village Literary Club

In June, the Village Literary Club will read the novel *The Buddha in the Attic* by Julie Otsuka (2011, 144 pp). Otsuka’s book details the lives of Japanese picture brides immigrating to America in the early 1900’s up through the Japanese internment.



*Members. Sign up by Monday, June 15.*

Tuesday, June 16, 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](mailto:sross@capitolhillvillage.org) or call 202-543-1778 x204.

Wednesday, June 17, 12 Noon–5:30 p.m.

Museum of American History, 1300 Constitution Ave. NW

### Museum Muse & Mingle: 2026 National History Day National Performance Showcase

Meet at Bar Americano (Jefferson Drive SW, on the lawn between the National Air & Space Museum and



the National Gallery of Art) at noon for lunch, and then we’ll head to the Museum of American History to watch performances in the Hall of Music starring and created by middle and high school students for the Museum’s 2026 National History Day National Performance Showcase. These performances will highlight a range of under-told stories in American history that reflect the 2026 theme of “Revolution, Reaction, Reform in History.” Free and open to the public. People can stay as long as they want.

*Members.*

Wednesday, June 17, 5:00–6:30 p.m.

The Lockwood Conservatory, 1339 E St. SE

### Defending Democracy Group

See June 3 entry.

*Members and volunteers.*

Wednesday, June 17, 7:00–8:15 p.m.

### Virtual Event: Alzheimer’s Education Series

See June 10 entry.

*Open to all.*

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# June Events *continued from page 16*

Thurs., June 18, 10:30 a.m.–11:30 a.m.

**\*Note June Date Change**

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, June 18, 10:30 a.m.–2:30 p.m.

**\*Last outing until Fall**

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

Meet on bench inside East Capitol St. entrance to U.S. Capitol grounds at 10:30 a.m. Join other CHV members and friends 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. Along with the amazing permanent collection there are many special exhibits (check the gallery's website for new exhibits at <https://washington.org/visit-dc/national-gallery-of-art-washington-dc> At 12:30 p.m. we'll meet at the Cascade Cafe for lunch together, then resume your own gallery viewing or return home.

**Open to all. Register with CHV so you can be contacted in case of day-of changes.**

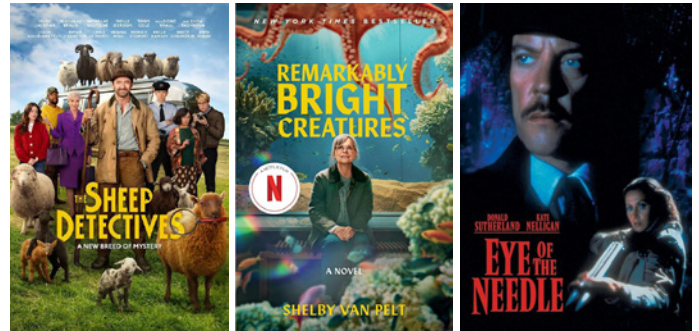
Thursday, June 18, 4:30–6:00 p.m. **\*June Date Change**

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:

- The Sheep Detectives (theaters),
- The Devil Wears Prada 2 (theaters, streaming on HBO),
- Eye of the Needle (Prime and Apple TV),



- Sudden Fear (Kanopy),
- Remarkably Bright Creatures (Netflix).

Bring a dish to share or a beverage (soft drink or wine).

*Members only. Registration required.*

Friday, June 19

## Office Closed for Juneteenth Holiday



Saturday, June 20, 11:00 a.m.–2:00 p.m.

The Lockwood Conservatory, 1339 E St. SE

## LGBT Intergenerational Lunch Group

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 be watching and discussing an LGBT movie/documentary (to be decided day of the event).

If you have any questions, contact Sophia at [ross@capitolhillvillage.org](mailto:ross@capitolhillvillage.org) or 202-543-1778. Don't forget your lunch! See more Pride events on page 5

*Open to all.*



Sunday, June 21, 3:00 p.m.

Keegan Theater, 1742 Church St. NW

## CHV Theater Group

Our June theater outing is *The Play That Goes Wrong* at The Keegan. Set in 1920, a regional drama society is presenting its newest production, a murder mystery. But things quickly go from bad to utterly disastrous, with an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything, including their lines. Part

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# June Events *continued from page 17*

## CHV Theater Group *continued*



Monty Python, part Sherlock Holmes, this award-winning comedy will leave you aching with laughter.

Senior tickets \$55 (+\$5 service charge) through the theater box office (not available on [Todaytix](#)).

Register in the CHV on-line calendar, buy tickets on your own, and join us for the performance and supper afterwards at a nearby restaurant (probably Agora).

*Members.*

Wednesday, June 24, 10:30–11:30 a.m.

Hill Center, 921 Pennsylvania Ave. SE

### Village Drum Circle

See June 10 entry. Meet on the east lawn of the Hill Center (along 10th Street).

*Open to all.*



Wednesday, June 24, 1:00–4:00 p.m.,

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

### Capitol Hill Village Pride Celebration



Celebrate LGBT+ older adults and Pride Month with Capitol Hill Village! This afternoon of fun will include socializing, live music from the HQBleu Band,

food, and more. See more Pride events on page 5.

Our LGBT+ programs are funded by the DC Department of Aging and Community Living and are open to all DC residents.

*All are invited to attend.*



Wednesday, June 24, 4:00–6:00 p.m.

The Residences at Eastern Market Library, 333 Eighth 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.*

Wednesday, June 24, 7:00–8:15 p.m.

### Virtual Event: Alzheimer's Education Series

See June 10 entry.

Thursday, June 25, 1:00–3:00 p.m. *\*Time Change*

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.*

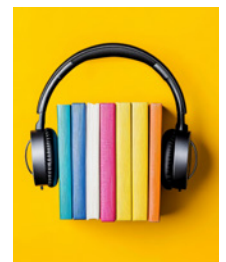
Thursday, June 25, 2:00–3:30 p.m.

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.*



#### 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](mailto:info@capitolhillvillage.org) and request to be registered.

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# June, July & Ongoing Events

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Thursday, June 25, 3:00–4:00 p.m.

## Virtual Event: Parkinson's Support Group

See June 8 entry for further info.  
*Open to all.*

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Thursday, June 25, 3:00–5:00 p.m. **\*New Program**  
Northeast Library, 330 Seventh St. NE

## Plan to Thrive

A new monthly program to help members create plans for aging. By joining our monthly Plan to Thrive sessions, we hope you move from “I should think about this someday” to “I have a plan.” You do not need to join every session to benefit, but we encourage you to join as many as you can!

This session will be a facilitated discussion focused on building a robust support system and having important/difficult conversations.

*Members.*

Plan To  
**Thrive**

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Thursday, June 25, 5:00–6:30 p.m.

Private Home

## Village Opera Society

Check the CHV on-line calendar for information on this month's program.

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Friday, June 26, 10:30 a.m.–12:00 noon

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. See June 12 entry for more info.

**Note Revised Schedule:** We will now meet every other week from 10:30 a.m. to noon.

*Members and volunteers.*

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Saturday, June 27, 11:00 a.m.–3:00 p.m.

Community Action Group, 124 15th St. SE

## Memory Studio

See June 13 entry.

*Open to all (after approval from the office).*

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Monday, June 29, 3:00–4:00 p.m.

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

See June 1 entry.

*Open to all.*

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Wednesday, July 1, 3:30–4:30 p.m.

## Virtual Event: What We're Hearing

See the June 3 entry. *Open to all.*

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Friday, July 3

## CHV Office Closed for Fourth of July Holiday

We hope everyone has a safe and Happy Fourth!

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# Ongoing Events

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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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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](mailto:supportdesk@thedccenter.org) to get the Zoom link.

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Mondays, 11:00 a.m.–12 Noon

The Residences at Eastern Market, 777 C St. SE., 1st 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

# Ongoing Events

## Tai Chi *continued*

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](mailto:susancades@gmail.com) and arrive at 10:45 a.m. to learn some Tai Chi basics.

*Open to all. Registration required.*

Mondays, 10:00 a.m. **\*Note Time Change**  
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](mailto:pcromwell23@gmail.com)

*Members and volunteers. 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 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](mailto:asmith@capitolhillvillage.org) or 202/543-1778.

*Capitol Hill Tower Residents.*



Alex Smith

Tuesdays, 2:00–3:00 p.m.

## Virtual Event: Antiracism Reading Pod

Please contact the CHV office at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to be added to the group or for information on starting your own group.

*Members and volunteers.*

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



Patrick Hamilton

# Ongoing Events

## Meditation *continued*

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.

The chorus will top off its spring season with a free performance at the Capitol Hill Arts Workshop, 545 Seventh St. SE, on Saturday, June 13, at 3:00 p.m. See story on page 9.

For more information about Second Wind Chorus see: [secondwindchorusdc.com](http://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.



We meet weekly in alternating locations:

- June 3, Labyrinth Games & Puzzles, 645 Pennsylvania Ave. SE;
- June 10, Tunnickliff's, 222 Seventh St. SE;
- June 17, Labyrinth;
- June 24, Mr. Henry's, 601 Pennsylvania Ave. SE.;
- July 1, Labyrinth

Contact CHV at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) to sign up.



## Registering for CHV Events

The Capitol Hill Village on-line event calendar can be viewed at [capitolhill.helpfulvillage.com/events](http://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](mailto: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](mailto:info@capitolhillvillage.org).



UNITED STATES OF AMERICA

# 250<sup>TH</sup> ANNIVERSARY

1776 ★ 2026

## March With Us!

Once again, Capitol Hill Village will join Capitol Hill's community Fourth of July Parade down Barracks Row ending at the Metro Plaza. CHV members and volunteers are invited

to organize behind the CHV banner and display your red, white, and blue patriotic pride.

**Meet under the overpass at 8th & I Streets SE at 9:30 a.m. July 4.**



Capitol Hill Village  
1355 E Street SE  
Washington, DC 20003