



Little Falls Village

Neighbors Helping Neighbors

www.littlefallsvillage.org

LFV Office Address: 4701 Sangamore Road, Suite S-232, next to the Safeway
(301) 320-3267

LFV doings! | June 2018



Please let us know as soon as possible when you need a ride, so we have time to find a volunteer to drive! While we'll always try to provide a ride, finding rides in less than 72 hours is very hard to fill. A week's notice is just right!



Remember that we can assist with more than just a ride. We can also help with household tasks, visits – in person or on the phone, transitioning back home after a hospital or rehab stay, handyman assistance, errands, getting organized, helping to find answers to a variety of questions you may have, technical assistance and a whole lot more. Just call or [email](mailto:info@littlefallsvillage.org) the office



[Visit Our Website](http://www.littlefallsvillage.org)

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NOTES: M&V = for LFV Members and Volunteers Only

ALL = Open to the public

RSVP FOR EVENTS OF INTEREST BY Calling (301) 320-3267 or Email

info@littlefallsvillage.org

(LFV Library Events at Little Falls Library, 5501 Mass. Ave.)

FRIDAY 6/1, 6/8, 6/15, 6/22, 6/29 @ 10:30 am: LFV Walkers Club / Meet in the enclosed courtyard to the left of the Safeway. A great way to keep in shape and enjoy the warm weather! Will continue every Friday @ 10:30 am (M&V)

WEDNESDAY 6/6, 6/13, 6/20, 6/27 @ 10:00 am – noon: Men's Bridge / Sumner Village Community Center.

SUNDAY 6/3 @ 1:00pm – 4:00 pm: Arts Outing - National Gallery of Art Tour of the American Collection / Docent (and LFV Volunteer) Pickett Randolph. Will also be time for Solo Touring / Leave 1:00 pm from parking lot in front of Safeway, 2:00 pm docent tour, return @ 4:00 pm (M&V)

THURSDAY 6/7 @ 1:00 pm – 3:00 pm: Game Day / Sumner Village Community Center, 4910 Sentinel Drive – Bridge, Mahjong, Scrabble, Mexican Train, Rummy Cube and more! We give lessons and welcome game suggestions! (M&V)

SATURDAY 6/9 @ noon – 1:30 pm: Saturday Brunch / Pralines Sumner Mall (last one until September). (M&V)

MONDAY 6/11 @ noon – 1:30 pm: LFV Men's Lunch / China Pavilion, 4611 Sangamore Rd., next to CVS in the Sumner Mall. Join us for great conversation & a tasty lunch buffet! (M&V)

THURSDAY 6/14 @ 1:30 pm -3:30 pm: LFV Library Event / Realizing Your Investment Profile & Goals by Paul Sheppard, Little Falls Library (ALL)

THURSDAY 6/21 @ 10:30 am showtime: Senior Cinema at the Avalon / tickets \$5. Movie will be announced the week prior. Members usually carpool. Let us know if you need transportation (ALL, transportation only for M&V)

TUESDAY 6/26 @ 10:30 – 11:30 am: Poetry Circle / Corrian Atwell's house. Bring a poem to read & your poetic thoughts to share (M&V)



Thank you to our wonderful volunteers for making LFV a community of Neighbors Helping Neighbors!

During the past month, these volunteers assisted with transportation, including driving the van on LFV outings, planning the “Arts Outings”, meal preparation and delivery, shopping, tech/handyman assistance, administrative, planning assistance, and participating on Committees.

Cecilia Bacigalupo
Debbie Bisio
Kay Bowman
Grady Catterall
Sharron Cochran
Jane Croft
Gary Ender
Elaine Ferat
Karen Goldstein
Bill Grosshandler
Gabrielle Grunau
Susan Harding
Marlene Harrison
Joanne Hellyer
Eleanor Hillegeist
Russ Hogle
Helen-Louise Hunter
Sally McCarthy
Barbara Norton
Lisa Owen
Pickett Randolph
Sandy Roy
Todd Smith
Betty Taska
Mamie Terrot
Bobbie Turnbull
Don Turnbull
Manuel Valencia
Luis R. Zavaleta

WEDNESDAY 6/27 @ 1:30 – 2:30 pm: LFV Library Event / Checklist for Longevity – The 10 Things We Should Complete & Share, by Corewood Care, Clifford M. Cohen, Esq. and Joe Sperling, J.D., Little Falls Library (ALL).

THURSDAY 6/28 @ 5:00 pm – 6:30 pm: Happy Hour & Light Dinner / Enjoy non- & alcoholic drinks, a little dinner & lively conversation with LFV friends at **Passion Fin in Sumner Mall (M&V)**

Planning Ahead – RSVP Now!

THURSDAY 7/12 @ 1:30 – 2:30 pm: LFV Library Event / Secrets to Resilience When You Are Stressed, by Marti Bailey from Sibley Senior Association. Little Falls Library (ALL)

WEDNESDAY 7/25 @ 1:30 – 2:30 pm: LFV Library Event / Fall Prevention Strategies by Sumner Fitness Physical Therapist Andrew Singer, PT, DPT, MHS, Little Falls Library (ALL)

WEDNESDAY 8/1 @ 1:00 – 2:00 pm: LFV Book Club/ Book will be announced. Call the LFV office regarding book reservations. Bring a packed lunch! The Book Club will meet every other month on the 1st Wednesday of each month. LFV Office ‘Back Room’ (M&V)

THURSDAY 8/9 @ 1:30 – 2:30 pm: LFV Library Event / Tips for Trips – Fun Ways to Explore the Metro Area at the Little Falls Library.

THURSDAY 8/29 @ 1:30 – 2:30 pm: LFV Library Event / American Diplomacy in a World of New Challenges, Ambassador (ret.) Robert M. Beecroft, at the Little Falls Library.

Other Community Events

Church of the Little Flower Concert – Friday 6/8 @ 7:30 pm / Apollo Orchestra featuring Elgar Concert for Cello, with the National Symphony’s cellist Steven Honigberg. 5607 Massachusetts Ave. Free.

Sibley Senior Association (SSA) Events of Interest / RSVP to SSA:

- ❖ **SSA Exercise Classes 2nd Quarter 2018:** Several locations & times; costs vary per class. Call SSA Office (202) 364-7602. \$10 administrative fee per quarter for non SSA members.
- ❖ **SSA Laugh Café:** First Thursday of Every Month, noon – 1:00 pm. Call SSA Office (202) 364-7602. Free.
- ❖ **SSA Expo:** Saturday 9/22 Aging on Your Own Terms. Details to be provided later. Free.



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Suite# S-232
Bethesda, MD 20816
301-320-3267

info@littlefallsvillage.org

The LfV office is staffed M-Th from 9:00 am to 5:00 pm and on Fridays service requests are responded to until noon.

NOTES:

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Thank You for Your Support



Ameriprise
Financial

Andy B. Gibson David E. Weinstein
Financial Advisor Financial Advisor
301.263.8502 301.263.8516

6400 Goldsboro Road, Suite 550
Bethesda, MD 20817

Andrew B. Gibson
&
David E. Weinstein

❖ **AARP Smart Driver Course:** 9:30 am 6/22 (refresher 4-hours), 9/21 (6 hour class for new students), 10/26 (6-hour class). Call (941) 249-4650.

Suburban Hospital (SH) Events of Interest / RSVP to SH:

❖ **Tuesday 6/19 @ noon – 1:30 pm: Embrace Your Age**, with Dr. Ava Kaufman, Kenwood Country Club, 5601 River Road. Dr. Kaufman will share insights and practical advice that will keep you living your life to the fullest no matter your age. Registration required, call (301) 896-3939. Free.

OLLI/Osher Lifelong Learning Institute at American University:

❖ **June Minis:** 6/4 - 6/9. Registration open now. <https://olli-dc.org/view> all study groups

❖ **July Shorts:** 7/16 – 7/20

Live & Learn Bethesda – Summer classes in art, exercise, computers and social media through 8/16, Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda.

Beacon Celebration of the Arts Online Competition

– Runs through 6/29, \$10 entry fee.

<http://www.thebeaconnewspapers.com/celebration-of-the-arts>

Water Aerobics Anyone?

Are you interested in an LfV Water Aerobics Class at a neighborhood pool, beginning in June on Mondays @ either 10:00 am or 11:00 am? The cost would be \$5 per class.

If interested, RSVP to the LfV office by 5/31.



