



The Navigator

A neighborhood-based membership organization of paid staff, volunteers, and vendors supporting Southwest Waterfront and Navy Yard residents who wish to age in place.

Issue 15 - April 2018

Volunteer Profile: Joe Bressler



Father of two enjoys the flexibility of volunteering with Waterfront Village

Southwest resident James Bressler is two years old. According to his father, Joe, he has a lot of energy. That's why volunteering for Waterfront Village is a win-win for Joe: He helps village members with technology and brings James by on his visits.

"It's been really great," Joe said. "A lot of the seniors I work with love to see kids. So they play with James while I work on their computer."

And at the same time, Joe is able to teach James early on about the value of giving back.

"I've always loved volunteering. It's been a big part of my life. But now that I have two kids (James and his sister, Sophie, three months old), I find it tough to find the time. But I want to pass that along to my kids, I see the need in the community, and I want to meet some of my neighbors. So this is a perfect opportunity." **Read More**

April Calendar

The 2017-2018 season of Village Night at Arena Stage concludes with *Hold These Truths* on **Tuesday, April 3**, with an optional pre-performance dinner gathering at



Arena's cafe. The 2018-2019 season will commence with the original musical *DAVE* on **Tuesday, July 17** and continue with *Turn Me Loose*, *Anything Goes*, *The Heiress*, and *JQA*. Photo courtesy Arena Stage.



Waterfront Village is joining senior villages nationwide in developing programming and activities to engage more senior men in Village life. Our Men's Coffee & Conversation group is having a get-together hour at the Tap Room at Union Stage, the newest performance venue at The Wharf, on **Thursday, April 5**. The Tap Room features 16 beers on tap plus New Jersey-style pizza.



Lunch in the Neighborhood goes south of the border and south of M Street on **Friday, April 6**. Agua301 is a "Modern Mexican" restaurant (proudly not Tex-Mex!) that celebrates the culture and cuisine of Mexico by taking contemporary Mexican cuisine and infusing it with modern flair. Lunch in the Neighborhood will repeat **Friday, May 4**, at a location to be announced, and continue monthly, on the first Friday.



Our monthly home barbering service is offered **Monday, April 9**. Please book directly with Leslie Bryant at 202-368-4603. \$30 haircut/\$35 haircut with shave, plus a \$10 travel charge shared across up to four appointments. Repeats **May 14** and the second Monday of the month thereafter. [Contact the Village](http://www.theladyclipper.com) for complete in-home styling, manicure, and pedicure referrals. www.theladyclipper.com



SW Curry Club Kick-Off Dinner

Village Members and guests with a yen for Indian cuisine will gather **Monday, April 9**, for the first of seven gatherings at Masala Art Indian Restaurant, each featuring the cuisine of a different region of India. The Curry Club will start with Uttar-Pradesh Northern Indian dishes, enhanced by a tableside discussion with the chef. Repeats **May 14** and the second Monday of each month thereafter.

Our Wellness Outreach Series continues on **Wednesday, April 11**, with a focus on lifestyle balance.

Just for fun, we will complete a Mind Fit exercise, and enjoy a light lunch with our presenters.



Pamela Wilson
Certified Yoga
Teacher/Therapist



Tim Hawk
Home Care Liaison
Home Care Assistance



Rachel Waddick
Executive Director
Pawtricity Foundation



Village Open House & Informational Meeting

A gathering for prospective Village members and volunteers is being held **Thursday, April 12**, at The Carrollsburg, 1250 4th Street, S.W., from 4 - 6 pm. Open to the public with light refreshments offered. Repeats **Thursday, May 10**, at Waterside Towers, 907 6th Street, S.W.



Village Members and one guest are invited to an open house and continental breakfast at Yoga Factory at The Wharf for a discussion of the benefits of restorative, strength-building, and relaxation yoga on **Wednesday, April 18**.

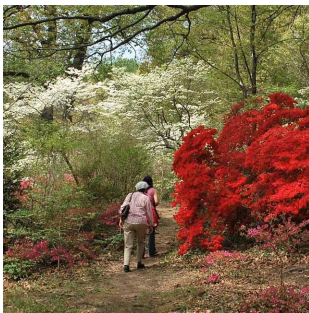


The Village Book Club will be meeting on **Thursday, April 19**, at Politics and Prose to discuss *The Big Sea* by Langston Hughes. Born in 1902, Hughes recounts in this book his life in Harlem, where he was a rising poet, and in Paris, where he was a cook and waiter.

Water Taxi to Alexandria's Torpedo Factory and Lunch

Waterfront Village invites fellow D.C. Villages to try out our new water taxi to Alexandria to enjoy lunch at the Chart House, then shopping and exhibits at the Torpedo Factory Art Center on

Friday, April 20.



Admirers come to the National Arboretum every Spring to witness thousands of azaleas covering the flanks of Mount Hamilton in a blaze of color, and Village members will join them on the trails **Monday, April 30**. There is also plenty to see in the ADA compliant Administration Building exhibits, the Bonsai & Penjing Museum, the National Herb Garden, and the Friendship Garden if the trails would be challenging.



The Village offers complimentary transportation to its Full Service members **every Thursday** to Navy Yard amenities including Bank of America, Harry's Reserve, Harris Teeter, Wells Fargo, and the U.S. Post Office on L Street SW. We're also happy to make stops along 4th Street SW as requested.

Save the Dates:

- May 3 - Book Lecture and Reception with Palisades Village
- May 10 - Open House and Informational Meeting at Waterside Towers
- May 11 - Ginkgo Gardens Shopping Trip and Barracks Row Lunch
- May 14 - SW Curry Club Regional Indian Dinner
- May 17 - Village Book Club
- May 19 - LGBTQ Older Adults Workshop
- June 13 - Special Event: Mount Vernon Gardens Tour and Dinner**
- June 27 - Village Matinee at *Camelot*
- July 17 - Village Night at *DAVE*

Three easy ways to register:



- Full Members enjoy our events plus:
- Telephone check-ins
 - Weekly grocery/bank/USPS shuttle
 - Friendly Companion visits
 - Handyman help
 - Reading for the visually impaired
 - Uber, airline, rail booking service
 - Prescription, grocery, meal delivery
 - 16 rides per year in the District or Arlington County by our volunteer drivers or staff

Welcoming our new Members*

Malcolm Bernhardt
Camille Cook
Marija Fine
Irene Forsman
Susie Humphreys
Marlene Johnson
Jane and Kier Jorgensen
William and Ruth Lubic
Helmut and Brigitte Merklein
Marie Savoy

Thanking our renewing Members:

Coralee Farley
Barbara Friedman
Wilma Goldstein

*The most new members of any month since Village inception!

**Learn More About our
Free 60-Day Trial
Membership**

"There's a Party Goin' On!"

Reprinted from *The Southwester*, April 2017



If you were somewhere Tuesday evening, Feb. 13, other than Westminster Presbyterian Church for the First Anniversary Celebration of Waterfront Village, you missed out. Any stranger strolling by would have every clue – “*There’s a Party Goin’ On...*” Walk-ins were welcome in addition to the 100-plus people who had registered. The place filled to capacity. [Read More](#)



Village Member Elsbeth (Liz) Bergman passed away on March 30 after a brief illness. Her children Andrea and Dave have requested that, in lieu of flowers, donations be made to [Friends of Southwest DC](#). All memorial donations will be matched by Friends of Southwest DC.
[Click here to donate.](#)



Learn more about volunteering for Waterfront Village

Website Benefits Donations Events Contact

**A Member of the National
Senior Village Movement**



**Barbara Ehrlich
President**

**Bob Craycraft
Executive Director**

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