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Villages	FY22	FY23	New Programs Will Be Introduced in the Coming FY23 Year
Capitol Hill Village	•Launched: Stronger Memory (a Brain Exercise program) •Racial equity programming and action, including District Dialogues anti-racism learning series, a webpage dedicated to anti-racism resources, book groups, training for board, staff, and members •Expanded Village Connections (1:1 volunteer/member partnerships); •brain health support group for LGBTQ community •Film and Conversation Series on Gender and Sexuality, in partnership with the Interactivity Foundation •Supporting LGBTQ Grandchildren •Write Night, in partnership with Free Minds Book Club •Community Bookshelf (lending library for member-authored books) •Partnership with Garden Tool Lending Library •Contemplating End of Life (2-day hybrid symposium) •Get Your Move On (an event to inspire physical activity) •Group for hand and wrist mobility	•OTC Hearing Aid Education Series •Civic Engagement Events in partnership with Working America •Ongoing 1:1 and group programming in partnership with GWU Occupational Therapy Doctoral program •Dementia 101 series •New Help Desk site in Ward 5	•Caregiving Support Group for men •Expanded Help Desk in Ward 2 •Emergency Preparedness •Increased Volunteer Training and Recognition •Expanded vaccine education & outreach •Monthly in -person happy hours •Outreach and education on end of Public Health Emergency •Impacts on Medicaid and SNAP
Cleveland &Woodley Park Village	•Expanded outdoor concert series to include new neighborhood locations (to allow individuals to walk there) with direct mail outreach to encourage participation by anyone 60 and over (e.g., not limited to Village members)	•Two additional concerts in new neighborhoods (McLean Gardens and Rosedale Conservancy) •Resumption of neighborhood monthly speaker series •In person at the library in partnership with the two main street programs	•Choral concert in partnership with a local faith community •Communication training for visitors to those with dementia •Virtual session with a playwright about caregiving
Dupont Circle Village	•Reignited its Diversity Task Force designed to make sure policies and programming are diverse, welcoming, respectful, and inclusive.	•Dupont Circle Village continues to provide In House concerts •In January DCV hosted the DC Concert Orchestra Society for its members	•Partnering with Humanities DC •Working on a photography project that will capture longtime DC residents and members in their third act (time after retirement)
East Rock Creek Village	•Launched 8-week Stronger Memory Brain Exercise program to help stave off cognitive decline •Conducted a 3-part Money Smart for Older Adults programs to help prevent elder abuse & fraud •Added a new Wed morning walk/exercise using Nordic pole •Added decluttering service; In FY22 Q1, we created new Care Committee that meets monthly with case manager to monitor & address members' service needs & track progress using a dashboard	•Launched "Celebrating East Rock Creek Village Creatives" program	•Partnering & working with the Parks at Walter Reed to hold live jazz concert at the Arts Plaza in June 2023 •Will launch first in-person Otago Fall Prevention Exercise class since the pandemic
Foggy Bottom West End Village	•French Club •First Friday Fellowship •Traveling with Technology classes •Book Club for the seniors	•Saturday Music & Afternoon Tea •Tour of the White House •Walking Tour of Black Georgetown •Tours of NGA's Sculpture Gardens •Basic health support services •Soup for Members in Recovery	•Meditation Group •Gentle Yoga •Older Adults Exercise Program •Grief Support Group •Free subscriptions to Washington Checkbook
Georgetown Village	•Launched a second class of our Stronger Memory program •Started a TED Talk discussion group online, showing the Ted Talk and discussing it via zoom. •Restarted our in-person exercise classes which had been discontinued during the pandemic. Started a new member lunch program to help new members get integrated into the Village. •This then morphed into a monthly member lunch program. We restarted our social hours-outdoors. •Held a monthly online Trivia game centering on different topics. •Explored Georgetown History through trips to the Peabody Room and a ride on the Canal Boat •Inaugurated Georgetown Village Tech Hub to raise the comfort level and knowledge of members online •Held monthly Men's Lunch Group	•Moved to new location Space will host more in-person programming •Arts programming-Trip to Textile Museum. •Started Health Care Committee Series to educate members to utilize patient portals, prescription sites, etc.	•Increase physical opportunities for members, •Zumba classes •New series of in-person and online discussions in memory of our late board Bill Plante-"Conversations With.....Bill Plante Memorial Series" •Open Aging Discussion Group to be held in "Georgetown Village Square" •Monthly jigsaw puzzles and game days, craft lessons including crocheting and knitting •Increased volunteer training including working with members who have dementia, additional multi-generational volunteer training for local school students. •Participation in community programs such as the Georgetown University Center for Global Policy & Performance •Piano Concert to be held in the late spring/early summer
Glover Park Village	•Launched a diversity and inclusion project, titled "Age-In-Place DC. The projected targeted seniors in African American communities in Wards 2, 4, 5, 6, 7 and 8. The project reached over 300 unduplicated seniors and provided 1,078 services (help with vaccines, distribution of PPE, groceries, errands, DACL Home Delivered Meals, transpiration and more). 89 referrals to DACL were made for follow-up and/or Case Management Services •Offered Tai-Chi sessions for Arthritis •Partnered with a Non-profit that provides seniors the opportunity to order groceries for delivery with no delivery charge	•Expanding Buddy Program to add another point of connection to help address loneliness and isolation	•Diversity & Inclusion: Age-In-Place Year 2 to include Wards 3 •Food Insecure: Working on a process to provide more consistent delivery of groceries to members
Kingdom Care Senior Village	•Brain Health programs were provided •Programs educating on seniors on community history – Suffragists – the Vote for Women, Glover Park History, Scandalous Washington	•Top to Toe – Gentle Movement and body Awareness •Drawing Class with Paul Spreiregen •Black History: Quander Family, NAACP history	•Food Insecurity: Distribution of food, groceries, assistance with food subsidies
Mt. Pleasant Senior Village	•Gave seniors the tools and information that helped them navigate the ageing process.	•Diversity Committee has begun intensified outreach to mostly Spanish-speaking residents of the large apartment buildings in Mount Pleasant. •Partnership Committee has been working with multiple partners to develop plans to enhance life for seniors and other community members who rely on a healthy business •New group has been formed to examine end of life care	•Working with ANC and selected others to develop plans to meet the needs of residents of large neighborhood apartment buildings •Work with senior Latinos whose work in service industries was disrupted by the pandemic and resulting societal shifts

Northwest Neighbors	•Revised Phone Buddy program to address social isolation •Instituted a Diversity, Equity, and Inclusion Working Group •Contracted with Village Programming Coordinator to coordinate social programming •Instituted a Programming Working Group •Social Programming: Humor Group, Foods Around the World Lunch Group, Men's Group, Bingo, Millennium Stage Trips, Museum Tours	•Services Development: Began Anti-racism work with consultants. •Performances: Sufi Program and Flamenco Dancing •Other Programs: Movie Club, winery trip	•Docent-led tours to museums, •Expansion of affinity groups. new support group for new retirees •Look into ways to support people who are aging solo
Palisades Village	•Social Programming: Tap Dancing, Holiday Singalong, •Provided healthcare series for members •Living on Purpose series of classes to educate members, •Held living your best after retirement classes •Held 11 speaker/author talks to seniors	•Implement Pickleball •Great Decision Discussion group	•Educate on emergency Preparedness •Low Vision Support Group •Dance & Movement classes
Waterfront Senior Village	•Conducted a home expo for older adults featuring 15 vendors or District agencies serving older adults •A week-long series of events celebrating Senior Citizens Day featured a peach festival •A lecture on a Civil War hero who rose from being a slave to serving as a U.S. Congressman •A pickleball workshop conducted by a local coach •A restaurant night out and a Boardwalk-themed happy hour •Initiated a monthly coffee hour with guest presenters covering relevant topics for older adults including fall prevention, home organization, assessing need for home health care assistance, low cost transportation options, and other topics •Doubled the number of subsidized memberships offered by the Village •Conducted a vaccine clinic featuring Covid, flu and shingles vaccines	•Expanded pickleball options by working with local recreation center. •Started an indoor board games, cards and puzzles group. •Worked with a local law firm to provide overview of wills, trusts and other end-of-life documents. •Hosted a healthy soup lunch internally and a group lunch at a The Point restaurant. •Worked with a local theatre for a local matinee that would feature captions for those who cannot always hear dialogue in a movie theatre. •Promoted the use of the AARP free tax services by hosting a member of the AARP tax team to speak about the program	•Evaluating contract proposals from a local artist to instruct a 10-week painting class, will culminate in an art exhibition featuring the work of partisans of the painting class as well as older local artists in the community •A town hall meeting for all older adults in Southwest DC and the Navy Yard is being held on March 6 and will focus on safety -- in the home, on the streets and online.
Greater Brookland Intergenerational Village	•Continued affinity Groups: Recurring Walking Group & Knitting Group •Gentle Yoga at Bluebird Sky Yoga studio 2x monthly •Bird watching (& counts) at local parks (2x per year) •Chocolate truffle making workshop at Tastemakers •Summer Solstice member gathering •Fall Fest member gathering	•Tips to reducing cognitive decline •Living with Hearing Loss classes •Forest Bathing at the US National Arboretum (meditation) •Wills, Trusts & Estate Planning; Care Conversations - initiative where Village Volunteers are paired with senior members for ongoing relationship building and to communicate back their needs for support to staff •Taking Care of Me in 2023 (a workshop with a licensed psychologist and neighbor)	•Gardening Group (series to support growing food in the neighborhood) •Hand Dancing series with Dance Place •A Partnership with MedStar to offer a series of presentations around Colorectal Cancer awareness and screening, specifically targeting Black and Brown neighbors in Ward 5, 6, 7 & 8 •Spring Clean Up - Big Volunteer Day where Village Volunteers are distributed throughout the neighborhood to support seniors with junk removal and organizing projects •New Affinity Groups: Game group, Local excursion Group, Meditation Group, Garden Group

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Village	New Programs Have Been Introduced in FY23 So Far	New Programs Will Be Introduced in the Coming FY23 Year
Capitol Hill Village	OTC Hearing Aid Education Series; Civic Engagement Events in partnership with Working America Ongoing 1:1 and group programming in partnership with GWU Occupational Therapy Doctoral program; Dementia 101 series New Help Desk site in Ward 5	Caregiving Support Group for men; expanded Help Desk in Ward 2; Emergency Preparedness; increased Volunteer Training and Recognition; expanded vaccine education & outreach; Revised Get Your Move On campaign; Monthly in -person happy hours; Outreach and education on end of Public Health Emergency -- impacts on Medicaid and SNAP
Cleveland &Woodley Park Village	2 additional concerts in new neighborhoods (McLean Gardens and Rosedale Conservancy); Resumption of neighborhood monthly speaker series, Tuesday Talks, in person at the library in partnership with the two main street programs	Choral concert in partnership with a local faith communiity, communication training for visitors to those with dementia, and a virtual session with a playright about caregiving
Dupont Circle Village	DCV continues to provide In House concerts. In January DCV hosted the DC Concert Orchestra Society for its members.	Partnering with Humanities DC, DCV will be working on a photography project that will capture longtime DC residents and DCV members in their third act (time after retirement).
East Rock Creek Village	In Oct, 2022, launched "Celebrating ERCV Creatives" program -- began with local author talk;	Partnering & working with the Parks at Walter Reed to hold live jazz concert at the Arts Plaza in June 2022. Beginning in March 2023, will launch first **in-person** Otago Fall Prevention Exercise class since the pandemic; Also in March organizing first ERCV field trip to the Baltimore Aquarium. Will continue to build out the "Celebrating ERCV Creatives" program with upcoming memberhip survey to ID talents & interests & hope to hold crafting events & arts exhibit.
Foggy Bottom West End Village	Saturday Music & Afternoon Tea; Tour of the White House; Walking Tour of Black Georgetown; Tours of NGA's Sculpture Gardens; (New Services included: Basic health support services, Soup for Members in Recovery;	Meditation Group, Gentle Yoga, Older Adults Exercise Program, Grief Support Group; Free subscriptions to Washington Checkbook
Georgetown Village	Businesses with a Social Mission-toured local businesses and spoke with owners regarding their mission-i.e Bitty and Beau's, Dog Tag Bakery, Made in DC, etc. Moved to new location and chose a space that is enabling us to set up the "Georgetown Village Square" for members to have a place to socialize and drop by, in an effort to combat senior isolation. Purchase furniture to establish discussion areas for member programming. This space also gives us an area to host more in-person programming. Arts programming-Trip to Textile Museum. Started our Health Care Committee Series - *Technology Enabled Health Care* , to educate members to utilize patient portals, prescription sites, etc.	Increased physical opportunities for members, zumba, obstacle course, etc. New series of in-person and online dicussions in memory of our late board Bill Plante-*"Conversations With.....Bill Plante Memorial Series". Open Aging Discussion Group* to be held in "Georgetown Village Square". Plan to open "Georgetown Village Square" for monthly jigsaw puzzles and game days. Craft lessons including crocheting and knitting. Increased volunteer training including working with members who have dementia, additioal multi-generational volunteer training for local school students. Participation in community programs such as the Georgetown University Center for Global Policy & Performance. Increased arts programming. Piano Concert to be held in the late spring/early summer. Begin strategic planning for 2024-2027.
Glover Park Village	Expanding our Buddy Program to add another point of connection to help address lonliness and isolation	(1) Diversity & Inclusion: Age-In-Place Year 2 to include Wards 3 (2) Food Insecure: Working on a process to provide more consistent delivery of groceries to members.

Kingdom Care Senior Village	Top to Toe – Gentle Movement and body Awareness; Drawing Class with Paul Spreiregen, Black History: Quander Family, NAACP history.	Food Insecurity: Distribution of food, groceries, assistance with food subsidies, Identifying community need.
Mt. Pleasant Senior Village	**Diversity Committee** Our Diversity Committee has begun intesified outreach to mostly Spanish-speaking residents of the large apartment buildings in ount Pleasant. **Mount Pleasant Street Vision**: The Partnerhiop Committee has been working with multiple partners to developplans to enhance life for seniors and other community members who rely on a healthy business environment on Mt. Pleasant Street, the neighborhood's commercial strip. This project has brought the Village into contact with vrious city agencies, including DACL, DDOT, the Office of Planning, the Maypr's Office, the City Administrator, Age-Friendly DC, and MPD, as well as Councilmember Brianne Nadeau and the seven members of	**Housing Insecurity**: We will be working with our ANC and selected others to develop pplans to meet the needs of residents of large neighborhood apartment buildings, especially those at risk of eviction. In Mount Pleasant, this is a very diverse population that includes many Latinos whose work in servoce industries was disrupted by the pandemic and resulting societal shifts.
Northwest Neighbors	Services Development: Begin Anti-racism work with consultants. Performances: Sufi Program, Flamenco Dancing Other Programs: Movie Club, winery trip	Services Development - Implement anti-racism recommendations from consultants. Begin Strategic Planning Process for 2024-2027. Programs : Docent -led tours to museums, expand on NNV's affinity groups. new support group for new retirees, look into ways to support people who are aging solo
Palisades Village	Pickleball, Great Decision Discussion group	Emergency Preparedness, Low Vision Support Group, Dance & Movement
Waterfront Senior Village	Expanded picleball options by working with local recreation center. Started an indoor board games, cards and puzzles group. Worked with a local law firm to provide overview of wills, trusts and other end-of-life documents. Hosted a healthy soup lunch internally and a group lunch at a The Point restaurant. Worked with a local theatre for a local matinee that would feature captions for those who cannot always hear dialogue in a movie theatre. Promoted the use of the AARP free tax services by hosting a member of the AARP tax team to speak about the program,	Waterfront Village is evaluating contract proposals from a local artist to instruct a 10-week painting class for local residents aged 60 and better. Efforts will culminate in an art exhibition featuring the work of particants of the painting class as well as older local artists in the community. A town hall meeting for all older adults in Southwest DC and the Navy Yard is being held on March 6 and will focus on safety -- in the home, on the streets and online. It will feature speakers from the Metropolitan Police Department, DACL's Safe at Home program and the Department of Insurance, Securities and Banking.
Greater Brookland Intergenerational Village	Herbs for Aging (series with local herbalists); Tips to Reducing Cognivitve Decline; Living with Hearing Loss; Forest Bathing at the US National Arboretum (meditation); Wills, Trusts & Estate Planning; Care Conversations - intiative where Village Volunteers are paired with senior members for ongoing relationship building and to communicate back their needs for support to staff; Taking Care of Me in 2023 (a workshop with a licenced psychologist and neighbor)	Gardening Group (series to support growing food in the neighborhood); Hand Dancing series with Dance Place; a Partnership with MedStar to offer a series of presentations around Colorectal Cancer awareness and screening, specifically targeting Black and Brown neighbors in Ward 5, 6, 7 & 8; Spring Clean up - big Volunteer Day where Village Volunteers are distributed throughout the neighborhood to support seniors with junk removal and organizing projects; New Affinity Groups: Game group, Local excursion Group, Meditation Group, Garden Group