



New Beginnings

We wish each of you a **Healthy, Prosperous, and Happy New Year**. A new year often signals new beginnings, and Mount Pleasant Village wants to help you achieve those healthy resolutions that many of you made for 2019. At the Village’s Annual Meeting, Board President Mary Rojas and Mary Ann Gibbons launched the “2019 Fitness Initiative” for the Village, designed to help us all meet those health and fitness resolutions that so often fall by the wayside. To help us keep track of exercise and fitness opportunities, this newsletter has created a special “Staying Active” column (see the **RED** text box to the right) that will inform readers when and where wellness activities are taking place. Activities will be planned for a range of fitness capabilities, from beginners to more advanced. We urge you to participate in the Fitness Initiative for its social, fun and wellness benefits.

Village Annual Meeting

The December Mount Pleasant Village Annual Meeting combined business, fitness, and fun into a lively two-hour session. More than 60 Villagers heard Board President Mary Rojas highlight some of the many activities and events held during the past year, accomplishments made by the Village Board and Committees, and plans for 2019. Mary Ann Gibbons introduced the “Fitness Initiative” for the Village, an emphasis on wellness, fitness, and exercise activities over the coming year.

(Continued on Page 2)

Upcoming Events

Mount Pleasant Village Annual Holiday Party

Saturday, February 9, 5:00 pm
1753 Lamont Street NW

For Other Activities and Events

see the calendar on the Village website
www.mountpleasantvillage.org
or the weekly *Village Announcements*

Staying Active in Mount Pleasant

Village Walking Group: walks together for 45 minutes on MWF mornings (see the weekly *Village Announcements* for meeting place and times). A new Afternoon Walking Group is forming (see page 3).

FIT360, 3058 Mount Pleasant Street, is a neighborhood gym with exercise equipment small-group training classes, and 24/7 access. Contact: www.Fit360dc.com or 202-588-0988.

Past Tense Yoga Studio, 3253 Mount Pleasant Street, offers classes by instructors trained in yoga for seniors at 9:00 am Tuesdays and Thursdays. Contact: www.PastTenseStudio.com or 202-462-9642.

The Well, 3220 17th Street NW, offers massage therapy, yoga therapy, acupuncture, nutrition counseling, and wellness classes. Contact: www.BeWellDC.com or 202-436-1279.

Body Wise-Bone Smart Workshops, 2036 Peirce Mill Road, offers “Change your Posture from the Inside Out” and “Certified Osteoporosis Exercise and Postural Change.” Workshops offered by Villager Deborah Dougherty. Contact: deborahd100@verizon.net.

(Village Annual Meeting, continued from Page 1)

A high point of the meeting was the exercise routines introduced by William Yates, Director of the YMCA Fit & Wellness Senior Programs, and his associate Angela Rice. He emphasized that exercise and fitness activities should be fun and enjoyable, rather than painful and tedious, and shouldn't feel like work. William and Angela took the audience through several stretching and strengthening exercises, to the fun and delight of the meeting participants.



Board President Mary Rojas opens the meeting



Mary Ann Gibbons introduces the Fitness Initiative



William Yates begins the exercise routines



Top Left: Angela Rice leads stretching exercises; Top Right & Lower Left: stretching, stretching, stretching; Lower Right: "Stickaround" coordination exercise. Photos by Rick Reinhard and Lawrence Rickards

Business Portion of the Annual Meeting



Tom Conway, Co-Chair of the Governance Committee, presented the Board of Directors election results. Judy Byron was elected to the Board and four current Board members were re-elected: Rob Fleming, Lawrence Rickards, Rebecca Shannon, and Katharine Tyler. Laura Breeden presented the Treasurer's report – the Village is on a sound financial footing.

Returning: Mah Jong

The mah jong group will resume play on Monday, January 7, 5:00-7:00 pm, at 1735 Lamont Street. Contact Coach Hoff with any questions: at hoffharmonica@gmail.com or 202-320-6252.

New Afternoon Walking Group Forming

On Friday, January 4, Village members will gather in Lamont Street Park at 2:00 pm for an afternoon walk. Over the next few weeks, the Afternoon Walking Group will decide on the duration, intensity, and meeting time of the walks. So, come out and give it a try.

The Morning Walking Group will continue to meet on Mondays, Wednesdays, and Fridays at its regular 8:30 am starting time, also in Lamont Park, for its 45-minute (approximately) walk.

New Biking Interest Group Forming

Those interested in joining a group of Villagers for bike riding, both near and far, are invited to contact their fellow enthusiasts on the Interest Group section of the Village website: https://mpvillagedc.clubexpress.com/content.aspx?page_id=12&club_id=628724&item_id=29573. While still in its formative phase, the group plans to explore Village interest, bike routes in and around DC, and other organizational issues.

Upcoming: Ad Hoc Book Club

The Village Ad Hoc Book Club is open to anyone who enjoys reading and discussing both fiction and non-fiction. The next book discussion, featuring *Frederick Douglass: Prophet of Freedom* by David W. Blight, will be held Thursday, February 7, 5-7 pm, at Marx Cafe, 3203 Mount Pleasant Street.

New Curb-Side Taxi Service for Those Without Smartphones

Ride services, such as Lyft or Uber, require that customers use a smartphone and designated app to summon a cab. A new company, Go Go Grandparent, is now offering this curb-side service for those without smartphones (though having a cell phone is desirable, it isn't essential). Instead of being app-driven, a customer can call a toll-free number to request service. Like Lyft and Uber, all ride costs are charged to the customer's credit card. The system does require some initial set-up, which can be done by telephone or through their website. For more information, contact Go Go Grand-parent at 1-855-464-6872 or www.gogograndparent.com.

Reminder: Discount Theatre Tickets for Village Members



Mount Pleasant Village is partnering with the Woolly Mammoth Theatre Company to offer Village members a 20 percent discount on any tickets for this season. Tickets may be ordered online at www.woollymammoth.net or by calling 202-393-3939. To obtain the discount, use the code *MTPV* when ordering tickets. Please DO NOT share this code with those who are not current members of the Village.

Educational Experiences in Drama, Literature and Photography Open to Villagers

The Osher Lifelong Learning Institute at American University (OLLI) is offering three classes, beginning in January, at sites adjacent to Mount Pleasant. OLLI is inviting Village residents to register for this unusual learning experience. The three classes being offered are:

Understanding Families through Plays. This study group, led by Dr. Karen Gail Lewis, will explore family dynamics and conflicts through reading and discussing two powerful plays: *Raisin in the Sun* by Lorraine Hansbury, and *Over the River and Through the Woods* by Joe DiPietro. Classes will be held at the Simpson-Hamline United Methodist Church, 4501 Sixteenth Street NW, on Mondays, January 7, 14, 21, & 28, from 11:45 a.m. to 1:15 p.m. Cost: \$10. Register at www.olli-dc.org/events/Jan631.

Contemporary Literature by African-American Writers. This study group, led by Ellen Siegler, will explore the short-story writing of Edward P. Jones, Chimamanda Adichi, Roxane Gay, and James McBride; the writing of new authors; and provocative essays. Classes will be held at All Souls Unitarian Church, 1500 Harvard Street NW, on Tuesdays, January 15, 22, 29, and February 5, from 1:30 to 3:00 p.m. Cost: \$30. To register, go to www.olli-dc.org/events/Jan684.

Four Photographers Documenting 20th Century America. This study group, led by Elly Greene, will focus on the work, historical context and life experiences of four photographers – Dorothea Lange, Gordon Parks, Roy DeCarava, and Esther Bubley. Classes will be held at All Souls Unitarian Church, 1500 Harvard Street NW, on Thursdays, January 10, 17, 24, 31, from 1:30 to 3:00 p.m. Cost: \$30. To register, go to www.olli-dc.org/events/Jan710.

Helping Hands Program: Ready for Jobs Large or Small

Helping Hands volunteers are ready to provide that helpful assistance that can help your life move more smoothly. If you are a Village member and need a ride to medical services, gardening chores, or small home repairs, and so forth, you can request assistance by:

- **Phone:** Call the *Helping Hands* Hotline 202-854-8381 to leave information about the help you need;
- **Email:** Send an email to helpinghands@mountpleasantvillage.org, describing what you need; or
- **Online:** Login to the Village website at www.mountpleasantvillage.org, and click on the blue “Get Help” button on the home page.

Editor’s Note: I would like to acknowledge and express my gratitude to Cecile Srodes for copy editing the monthly Newsletter. Fortunately, she spots my errors before circulation.

JOIN MOUNT PLEASANT VILLAGE

Membership Fee: \$50 annually for an individual; \$100 for a couple. For more information, contact Cecile Srodes at membership@mountpleasantvillage.org.

Donor: Make a tax-deductible donation to Mount Pleasant Village at 1735 Lamont Street NW, Washington, DC 20010.

Contact us. If you have questions, comments or news to share, contact news@mountpleasantvillage.org.