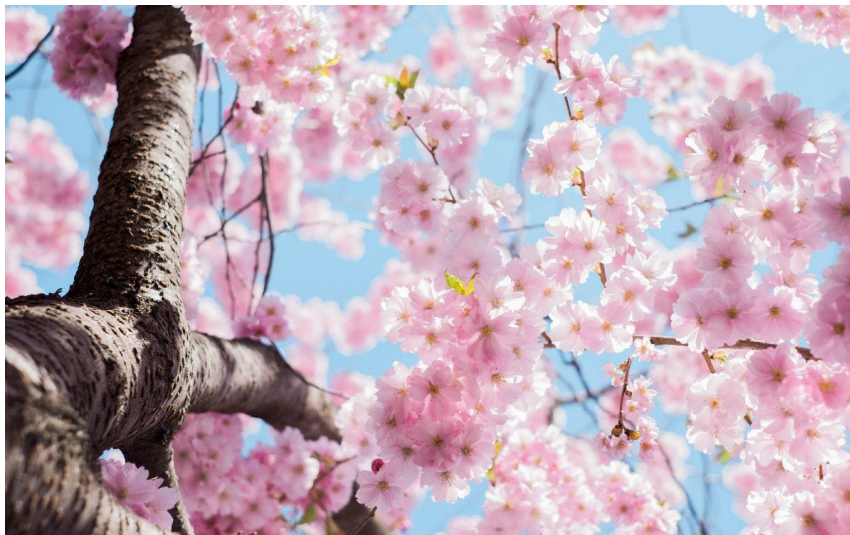




Upcoming Events for Members, Volunteers and Friends
March 2023

For more information about how to register for any event, call the Coordinator at (240) 770-1033.
If you need a ride, call the Coordinator some days before the event.

"Blossom by blossom, the spring begins!"
- Algernon Charles Swinburne



Be Heart Healthy: Learn about ***Sitting Disease*** and ***The Five Heart Numbers You Need to Know***. Then consider joining a walking group, ask a friend to walk with you, or enjoy a peaceful walk by yourself.

Visit the website

www.hopkinsmedicine.org/health/wellness-and-prevention/heart-health

to learn more about Heart Health Wellness and Prevention.



Be Brain Healthy: Be one of the 15 participants to enjoy our **Stronger Memory Program**, a mental exercise program that is designed for everyone to improve brain health. With simple exercises, Stronger Memory stimulates the part of the brain that helps retrieve memories.

The Maryland Umbrella Group is bringing the Stronger Memory Program to Cheverly Village members and will be providing materials and a facilitator to guide the activities. Every participant is expected to do three specific types of activities at home for 30 minutes each day for 12 weeks and to attend a weekly meeting to share your experiences.

Please contact the Coordinator at 240-770-1033 for more details. The program will launch as soon as 15 participants sign up!



Be Tech Savvy: Cheverly Village is preparing to offer “tech coaching,” a new approach in which a trained volunteer “coach” will provide one-on-one, step-by-step instruction to any member who would like to get more comfortable using today’s technology.

This approach will help you learn how to become confident using the electronics you have in your home, whether recording TV programs, accessing programs on Zoom, managing your phone contacts, creating passwords, or text messaging. **Call the Coordinator at (240) 770-1033** and let them know if you would like to be paired up with a trained “tech coach” this spring.

Have Peace of MYnd: Author, film maker and professor Chris Palmer of Bethesda Metro Area Village is offering a series of workshops that will give villages practical and effective tools to develop programs on aging, dying, and death. Through his Village's own discussion group, Chris has learned ways to create a welcoming, positive, and safe environment where groups can have productive discussion about these meaningful subjects. In true village spirit, he is helping other villages that are part of Washington Villages Exchange (WAVE) to create such programs. Cheverly Village is currently organizing a program, which we are calling Peace of MYnd, that will start later this spring.

Tuesday, March 14, 3:00-4:00 PM. The first of Chris Palmer's series of workshops will present a broad overview of topics such as advanced directives, death cleaning, ethical wills, and writing memoirs. The presentation is designed to be highly interactive, with plenty of time for attendees to ask questions and brainstorm.

This is an online event. Call the Coordinator at (240) 770-1033 to help you get registered.



Reach out to your fellow members and wish them a good birthday!

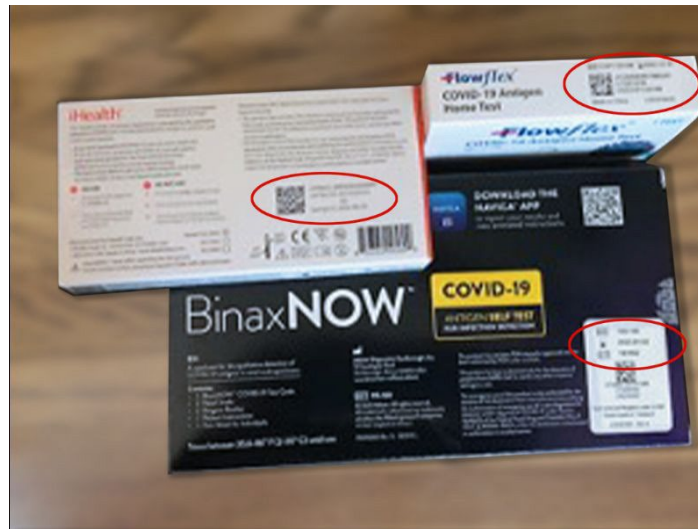
Janet Mullany 3/4

John Meyer 3/15

Steve Graves 3/21

Pat Beedle 3/29





COVID At-Home Test Kits: Although COVID-19 cases are now at a “Low” incidence, vigilance still requires having updated COVID Test Kits on hand. Your at-home testing kits may still have some shelf life. Check the FDA.gov website to see if your tests have been given an extended expiration date. If you need help to use the website, call the Coordinator to request assistance.

At-home rapid COVID-19 test kits can be purchased at major pharmacies and retailers in-store and online. Check with your health insurer as the cost is often subsidized.



Is your Cheverly Village yard sign getting scruffy? Or would you like another sign for yourself or a neighbor? Please tell the Coordinator if you'd like one delivered—or if you can pick one up from Diane La Voy at 3416 Bellevue Ave.

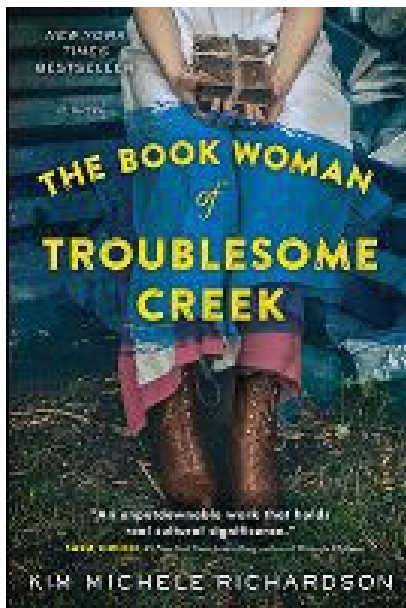
Cheverly Village Events and Activities



The Cheverly Village Stand-up Garden is in need of another person to join the little team of people with green thumbs that help take care of the garden. The tiny garden, which is wheelchair accessible, is located in the sunny space between the Community Center and the Cheverly Police Department. Please email or call the Coordinator if you are interested in learning more about this opportunity.

Cheverly Village Book Club

Wednesday, March 8, 3:00-5:00 PM Online



Cheverly Village Book Club will discuss *The Book Woman of Troublesome Creek* by Kim Michele Richardson. The April selection will be *The Bone People* by Keri Hulme. The May selection will be *Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid.

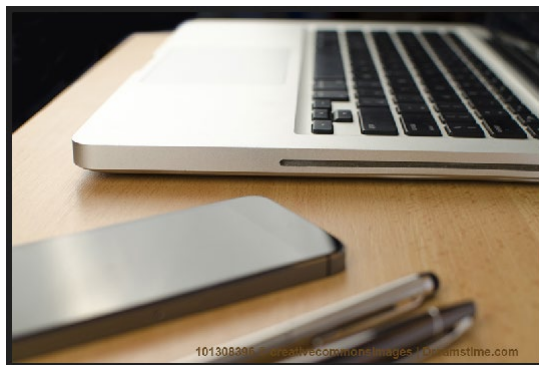
All Village members and volunteers are welcome to join via Zoom or by calling 301-715-8592.

Tech Time

Cheverly Community Center
Sunday, March 12, 3:00-5:00
PM

Note that the March 12th date is the second Sunday of the month, not the usual third Sunday of the month. Next month's Tech Time will be April 16th.

Please call the Coordinator if you plan to attend.



Scrabble and Games

Cheverly Village Games

Thursday, March 16, 3:30-5:30 PM in the Community Center gym.

Cheverly Village Scrabble and Rummikub

Thursday, March 16, 4:00-6:00 PM in the Community Center Conference Room.



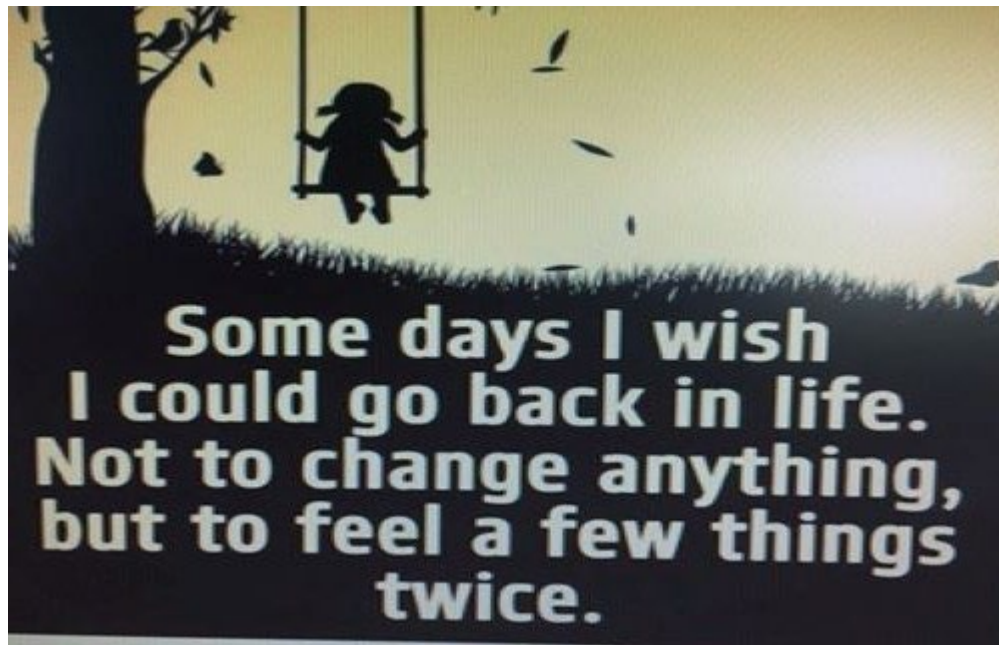
Please register so that we know to expect you. If you need a ride, contact the Coordinator a day or so in advance.



Online Bingo

Thursday, March 23, 2:00-4:00
PM

Interested in playing with us?
Request Bingo cards to be brought to your home by calling the Coordinator.
Please register so that we know to expect you.



Memoir Writing Class with Writer Cathy Smith

New 8-Week Workshop begins Monday, March 13

Your ordinary is everybody else's extraordinary.

Call (240) 770-1033 for more information on how to access these classes and to register.

Community Events—Cheverly and Beyond

Hand Dancing

March 16th from 12:00 to 4:00

Cheverly American Legion

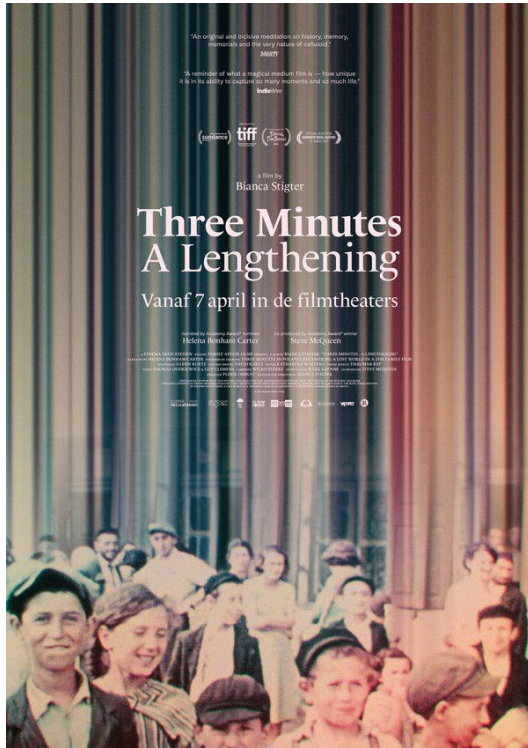
The Cheverly Rec Council is sponsoring the first 20 admissions to the DMV Senior Hand Dancers event for Cheverly residents. Mention seeing this post for free admission after providing your name and address at the door. Join for a day of fellowship, dance, card games and board games! Food may be purchased for \$10.

Hand Dancing is a regional version of Swing, Lindy Hop and Jitterbug, developed in the Washington, D.C. metro area during the 1950s.

Three Minutes- A Lengthening

Friday, March 10, 7:30 PM

Hope Lutheran Church,
4201 Guilford Dr., College
Park



Movies@hope returns with the documentary - *Three Minutes - A Lengthening*. In 1938, an American immigrant returned to his hometown in Poland with a home movie camera and shot a 3 minute snippet of 16mm film. Discovered decades later by his grandson, David Kurtz, this haunting glimpse into the lives of the unsuspecting Jewish citizens of the village at the precipice of World War II led Kurtz on an emotionally charged journey to uncover the fate of the town and its people. Park

Discussion will follow. Safety protocols and refreshments will be announced a week before the event. Contact Paul Thompson at prthomps1@verizon.net with any questions.

Village Members –

For the most prompt, reliable response to your requests for services, please email or call the Coordinator.

(240) 770-1033

coordinator@cheverlyvillage.org
