



Upcoming Events for Members, Volunteers and Friends **March 2024**

For more information about how to register for these events,
call the **Coordinator at (240) 770-1033.**

If you need a ride, please call some days before the event.



March is:
National Reading Month

And March 3-9 is:
Return the Borrowed Books Week

ALSO in March: National SLAM The SCAM Day **March 7, 2024**

You get a call, email, or text message...

- ◁ They say they're from the Social Security Administration and your benefits will end unless you pay.
- ◁ They say they're from the IRS and you owe taxes.
- ◁ They say you need to give your Medicare number to get a new card.

STOP! These are all scams.

Advice to all you trusting souls, remember NEVER to give out any informative to a person calling you.

Government agencies won't call, email, or text you and ask for money or personal information. Only a scammer will do that.

Trust but verify means to hang up and call the official number of the business that called you.



The March Gnome says: Send birthday wishes to these fine folk!



Janet Mullaney	March 4
Joan Alcock	March 14
John Meyer	March 15
Steve Graves	March 21
Pat Beedle	March 29

Cheverly Village Special Events

Peace of Mynd: Navigating Life to the End

On March 20, 2024 from 11 AM to Noon, take some time to Zoom into this conversation from the Sibley Senior Association, **The Connection Between Storytelling, the Arts, and**

Wellness with David Olawuyi Fakunie, PhD. Sharing our memories, our values, and our legacy is part of healthy navigation of life to the end. Check the Event listing on the Cheverly Village website for information on how to register.



Peace of Mynd discussions are meant to help you age well and bring peace of mind to you and your family. Sessions #1 and #2 were devoted to discussions around the appointment of your health care agents and considerations for writing your wishes into an advanced directive. Follow-up discussion will talk about a Dementia Addendum and how you wish to be remembered. Look for announcement of the date soon.

Stronger Memory Program **April 5 through June 21, 2024**

The **Godwin House Stronger Memory Program** will kick off on Friday, April 5 at 1:00 PM at the Cheverly Community Center and will continue with weekly gatherings through Friday, June 21. **The class size is limited to 12.** Deadline for signing-up to attend is March 15. While this program is open to members of the community, first choice is given to Cheverly Village members and volunteers.

Katherine Farzin, who facilitated our first Stronger Memory Program last summer, will return to guide our weekly discussions about brain functions, brain health, memory storage and recall, and healthy life styles.

Does facilitating these sessions sound like fun to you? Let us know and we will arrange a brief 3-hour training session for all interested hosts!



Cheverly Village Events



Scrabble and Games and Rummikub

Join us Wednesday, March 6, in the gym at the Cheverly Community Center.

Card games and most board games will run from **3:30 to 5:30**, while **Scrabble players will meet from 4:00 to 6:00 pm**. More players and new games are most welcome. Bring a favorite game to teach or come to learn a new game. Rummikub has become a new favorite.

Please Note! Board and Card Games and Scrabble day has changed from the third Thursday to the **first Wednesday** of the month.

Let us know you're coming! Register with the Coordinator.



Saturday Lunch
March 9 12:30 to 2:00 PM

STATION 202

Tables will be set up for us so we can gather in our own little group. Please **sign up** with the Coordinator for the lunch **by March 6** to reserve tables and to arrange transportation for those who need it.

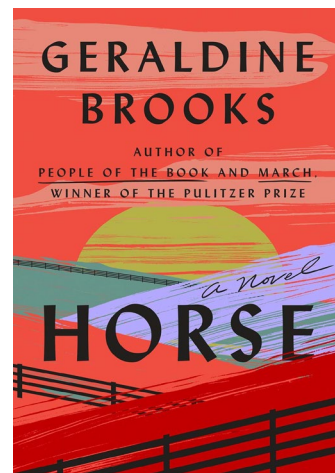
Cheverly Village Book Club

Did you know Anne Hutchinson is credited with starting the first book club back in 1634? She gathered a group of women to discuss the weekly sermon.

Our group will meet on **Wednesday, March 13, from 2:00 to 4:00 PM** via Zoom to discuss *Horse* by Geraldine Brooks.

April's read is *Mutant Message Down Under* by Marlo Morgan.

New members are always welcome. Contact the Coordinator to register and be emailed a Zoom link.



Tech Time at the Cheverly Community Center

Got a technical conundrum? Join us **March 10 from 3:00**

to 5:00 PM in the Conference Room at Cheverly Town Center. Bring your devices and your perplexing questions. Cheverly Village tech volunteers will be there to help.

Please register so that we know to expect you.



Cheverly Village Online Bingo will meet on our *new* day **Wednesday, March 27** (the fourth Wednesday of the month) from **2:00 to 4:00 PM**. More players are needed to join in the fun. This is not hardcore Bingo; we just have a fun time. Please join us!

It is easy to join by **Zoom** from your computer, or you can call in on your **phone**. You will be provided with Bingo cards to use at home.

Let us know if you want to join our Group by registering on the Cheverly Village Events Page or by calling the Coordinator.

Community Events- Cheverly and Beyond

Please note: You may request a ride for community events, but priority will be given to those requiring rides to appointments. The coordinators will do their best to accommodate, but please be prepared with an alternate plan.



“**Heartful Harmony**,” is an excellent video from the Virginia Hospital Center's **Healthy Aging Lecture** series about women’s heart health. It is presented by Dr. Preya Simlote, MD, FACC, Cardiologist at VHC.

Contact the Coordinator and ask them to send you a link to the recording.

The Connection Between Storytelling, the Arts and Wellness with David Olawuyi Fakunle, Ph.D.

Wednesday, March 20 11:00 AM – Noon

An on-line presentation from Sibley Senior Association.

Check the Event listing on the Cheverly Village website for information on how to register.

Lifestyle Factors Affecting Alzheimer's Suburban Hospital Webinar on March 13, 2024

Alzheimer's Disease is likely caused by a combination of genetic, environmental, age, and lifestyle factors. Though research continues, evidence is strong that people can reduce the risk of Alzheimer's and some other brain disorders. Dr. Marilyn Albert, Director of Cognitive Neuroscience, Department of Neurology with Johns Hopkins Medicine, will update us on the latest research related to the potential role of lifestyle factors in modifying the progression of Alzheimer's disease.

Visit our Events Calendar to register with Cheverly Village and find a link to the webinar.

As always, please check out the **Cheverly Village's Event List** on the Cheverly Village website at **www.cheverlyvillage.org** for interesting events being posted by other Villages or other community groups.
