



2024 February Newsletter

February Events:

February 3, 10:30 - 11:30 AM - Asahi Class
February 4, 4:00 - 6:00 PM - Annual Village Forum
February 5, 1:00 - 2:00 PM - VR Class #3 - Suburban Hospital
February 10, 2:00 - 3:00 PM - Master Gardener Lectures - Getting Ready for Spring
February 12, 1:00 - 2:00 PM - VR Class #4 - Suburban Hospital
February 13, 1:00 - 2:00 PM - Everything Green– Planning Event
February 14, 10:00 - 12:00 PM - Walking Group - Labyrinth Walk and Valentines
February 15, 2:30 - 3:30 PM -Coffee and Conversation: What About A Men's Group?
February 17, 10:30 - 11:30 AM - Asahi Class
February 19, 1:00 - 2:00 PM - VR Class #5 - Suburban Hospital
February 21, 7:00 - 9:00 PM - Book Group discusses Powers' *Overstory*
February 24, 10:30 - 11:30 AM - Asahi Class
February 25, 1:00 - 3:00 PM - Making Sandwiches For *Bethesda Cares*
February 28, 2:00 - 3:00 PM - Cool Tech #101

Event Details:

For all our events, register by sending an email to info@bradleyhillsvillage.org with the name of the events in which you are interested.

February 3, 10:30 - 11:30 AM - Asahi Class. Margaret Hilton continues to offer these Finnish exercise classes geared towards improving balance and flexibility while also clearing the mind. Margaret is an instructor and a BHV member who welcomes all levels and makes exercising more fun. Classes take place outside when weather permits or on a screened in porch if raining. To register and receive up to date emails from the instructor, please email Kate Smith. Classes will be held on Feb 3, 17, and 24.

February 5, 12, 19, 1:00 - 2:00 PM - BHV Introduction to Virtual Reality Devices. We have held two classes and continue to enjoy what we are learning about Virtual Reality. There is room for more. Come and play with the Oculus Quest 3 devices that everyone is talking about! Register now and we will send you details of logistics (free parking at Suburban Hospital included).

February 10, 2:00 - 3:00 PM - Master Gardener Lectures - In Person at Connie Morella Library. Getting Ready for Spring! Get ready for the garden landscape gardening season with Master Gardener Betsy Kingery. Learn what to do at the end of Winter and early Spring and how to plan for the growing season.

February 13, 1:00 - 2:00 PM - Everything Green Planning Event. We are midway through our "Everything Green All Year Long" grant and eager to hear from you. So far we have had many wonderful events including bird watching at Locust Grove Nature Center, a presentation by the Montgomery County Beekeepers Association, walks in the neighborhood and at the National Institutes of Health, and presentations by local artists and business owners to bring the out-of-doors to the neighborhood and BHV members. We hope you can join the call to help us plan new activities before the grant ends in June. We hope gardeners, walkers, art goers and homebound participants will join this call.

February 14, 10:00 - 12:00 PM - Valentines Day & Walking Labyrinths- Bundle up and meet at Betsy Carrier's house at 5805 McKinley Street to drive to and walk a nearby labyrinth. Return to Betsy's house and there will be coffee and supplies to make last minute valentines. Registration required so there will be adequate supplies. If inclement weather, meet for coffee and Valentines.

February 15, 2:30 - 3:30 PM - Coffee & Conversation: What About A BHV Men's Group? Our BHV events and leadership positions are open to all genders but we find that the majority of events are attended mostly by women. In watching a recent newsclip on the growing need for men to have connections, we felt it would be helpful to discuss whether BHV members would like to start a men's group. If you are curious about the news clip, visit <https://www.youtube.com/watch?v=XQqBh3q9sHY>. Come to the Coffee and Conversation group and discuss whether there is interest in starting a Men's Group.

February 21, 7:30 - 9:00 PM - Book Group - The Book Group has been very active the last few months. Over a dozen members and spouses got together in December for a festive holiday party. In January, we had a great turnout for our meeting to discuss *Together* by Vivek Murthy, including three new members. For February, we'll read *Overstory* by Richard Powers. Winner of the Pulitzer Prize in 2019, the book is an ingenious novel about trees and the people who have deep, close relationships with them. He not only shows us the passion of the people but also gives us the perspective of the trees themselves. It is an homage to the natural world and activism for the environment. In March, we will read *Banyon Moon* by Thao Thai. If you want to learn more about the Book Group, please email Dianne McCutcheon, dianne07@aol.com

February 25, 1:00 - 3:00 PM - Help Feed The Homeless: Making Sandwiches For Bethesda Cares - BHV members asked what they can do to support other communities and as a way to give back. We will make sandwiches that Bethesda Cares will distribute to the homeless. This event is open to families in the neighborhood and members who have time to meet up and make sandwiches. BHV will buy the supplies and coordinate the program, we just need you to come and to make a small donation to cover the costs. Interested in helping others and working with your neighbors?

February 28, 2:00 - 3:00 PM - Cool Tech #101 with Kathleen McGinnis, Held in conjunction with Friendship Heights Neighbors Network. Do you want to learn how to make photo albums on your phone? How to create a ZOOM account? Where to find Travel tips for seniors on your iphone or ipad? How to use Alexa or Google assistant? Kathleen McGinnis will answer these questions and many more. Part presentation and part problem-solving, this event is geared towards anyone who could use a little help with technology. This event will be held at the Carleton Apartment, 4550 North Park Avenue, Chevy Chase, MD, first floor meeting room. On street parking, carpooling can be coordinated.

Other News and Group Announcements:

BHV Environmental Group - BHV Environmental Group had a productive planning meeting in January and has come up with interesting in-person activities for the group and friends of the group. Some new trips on the horizon: A field trip to Shady Grove Recycling Center in March, the second annual C&O Canal Clean up in April, a backyard Electric Home Appliance Demo Day in May, and the Nature Forward tour and picnic in June. If you have questions or if you would like to be added to the emailings that go out to the group, please reach out to Bill Primosch and Melissa Crown: bhvenviron@gmail.com. All events are listed on the BHV website's Event Calendar.

Everything Green All Year Long: As part of our Everything Green grant, we continue to look for programs and speakers in the area that address social isolation by getting outside or by accessing nature. We are excited to learn about Kennedy Center's *Reach to Forest* series that will open mid February and go through mid March. BHV will try to coordinate carpools to some of these events.

Events of Interest in other villages - Many of the Montgomery County 30+ villages offer events by zoom or in person that are often available to non-members. The Washington Area Village Exchange provides a calendar of events that may be of interest to you. If interested please visit www.wavevillages.org for upcoming events in local villages.