

**Bradley Hills Village**  
**January 2024**  
**Newsletter**

Bradley Hills Village had much to be thankful for in 2023. We hosted over 90 events for our members and attracted over 1000 participants to these events. BHV fulfilled over 100 service requests from our members – over 50 of them were rides to medical appointments or events! The village continues to grow with over 100 households joining or renewing membership in 2023.

2024 promises to be an exciting year as we continue to offer programs for our *Everything Green All Year Long* initiative and organize special events to celebrate our 10th Anniversary. Save the date for February 4th to celebrate our annual gathering at the Woman's Club of Bethesda. Delegate Sara Love will be the featured speaker. More details to follow.

**January Events**

January 8, 10:30 - 12:00 PM - Environmental Group in person at Corella Cafe  
January 8, 3:00 - 4:30 PM - Montgomery County Fraud Protection Forum (Zoom)  
January 11, 2:30 - 3:30 PM - Coffee and Conversation - Gail's house  
January 13, 10:30 - 11:30 AM - Asahi Class with Margaret Hilton  
January 14, 2:00 - 3:30 PM - All About The Bees Talk  
January 17, 7:30 - 9:00 PM - Book Group discusses Vivek H. Murthy's *Together: The Healing Power of Human Connection in a Sometimes Lonely World*  
January 22, 1:00 - 2:00 PM - Virtual Reality (VR) Session #1 - Suburban Conference Center, Room 5  
January 26, 4:00 - 5:30 PM - Happy Hour at Alatri Brothers at 4926 Cordell Avenue  
January 27, 10:30 - 11:30 AM - Asahi Class with Margaret Hilton  
January 29, 1:00 - 2:00 PM - VR Session #2 - Suburban Conference Center Room 5  
January 31, 10:00 - 11:00 AM - Walking Group - Hillmead Park ( Ridge and Valley Roads)

**SAVE THE DATE - BHV Annual Event is February 4th**

**Event Details**

**January 8, 10:30 - 12:00 PM - Environmental Group** - The BHV Environmental Group is celebrating the New Year with a discussion social at the Corella Cafe inside the AC Hotel - 4646 Montgomery Ave. Parking is available at the county parking garage on Montgomery Ave. across from the Hotel entrance. This first in-person meeting will provide us an opportunity to get acquainted and also to take stock of local and state environmental initiatives that affect our community and us individually.

The co-chairs are considering several activities for the new year. They include participation again in the C & O Canal annual clean up, a tour of Shady Grove Recycling Center, a walk at the nearby Nature Forward sanctuary, and learn more about electric cars. But we also want to hear from you about activities you would like the group to undertake. We hope you can join us.  
RSVP

**January 8, 3:00 - 4:30 PM - Montgomery County Fraud Prevention Forum** - Montgomery County Council President Andrew Friedson invites you to an online forum to discuss safety strategies you can use to prevent being a victim of fraud. Montgomery County State's Attorney John McCarthy and Montgomery County Office of Consumer Protection Director Eric Friedman will discuss common fraudulent activities, scams, and other types of financial exploitation that target seniors. (INSERT FLYER). We will leave time for your questions. Meeting ID: 867 1495 6415

Link to event:

<https://us02web.zoom.us/j/86714956415?pwd=bIE1cUJUeW5NTCsvgYml3TUVPmM3FVZz09>

**January 11, 2:30 - 3:30 PM - Coffee and Conversation - Come share stories, memories and new year resolutions.** Meet with Friends to Usher in the New Year! We will meet in person at Gail Douglas' house at 5521 Glenwood Road for this event. Please register by January 8th so we can get a headcount for the host.

**(add photo)**

**January 13 and 27, 10:30 - 11:30 AM - Asahi with Margaret Hilton.** All are welcome to attend the free, outdoor Asahi classes, at 10:30 am. We'll meet in Carole Klein's backyard at 8616 Garfield Street.. If the weather isn't cooperative, we will push to the following Monday (Jan 15, Jan 29). To join the Asahi Group email alerts, please register.

Asahi exercises are designed to enhance physical, mental, and emotional health. Moving slowly and synchronizing movement and breath helps us relax, while also strengthening our legs, arms, and back, and improving balance. Learn more about Asahi here:

<https://www.asahiworld.com>

**(add MoCo Beekeeper Association Logo)**

**January 14, 2:00 - 3:30 PM - All About The Bees - I love Bees!!** Carol Ossi from the Montgomery County Beekeeper Association will share information and answer your questions about honey bees—why bees are important, why bees are disappearing, what can be done so there will be more bees in our neighborhood, and what you need to know if you want to become a beekeeper. Tasting of local honey at the session. Your kids might find this interesting also. Held at the home of Pam Janssen and Stephen Brown at 5504 Hoover Street. Please RSVP

**(add photo)**

**January 17, 7:30 - 9:00 PM - Book Group** - The Bradley Hills Village Book Group will meet at Gail Douglas' house to discuss the U.S. Surgeon General Vivek H. Murthy's *Together: The Healing Power of Human Connection in a Sometimes Lonely World*. Murthy discovers that one of the most common underlying themes of ill health was loneliness, without exemption by wealth, education, or accomplishments. The book seeks to explain why building a more connected world holds the key to solving many medical and societal issues. In February, we will discuss Richard Powers' novel *Overstory* and in March, *Banyon Moon* by Thao Thai. We

encourage newcomers and long-time Book Group members to join in, but please notify Caryn McTighe Musil (cmusil@outlook.com) if you plan to come so you can be sure to have a chair waiting for you!

The Book Group paused on reading and instead celebrated the December holidays on December 13 with a delicious pot luck dinner hosted by Dianne McCutcheon and Jeff Siegel with elegant table settings, scrumptious food, and fascinating and funny conversations all night long. A much loved BHV Book Group tradition. Deep gratitude to our hosts Dianne and Jeff for their splendid hospitality.

**January 26, 4:00 - 5:30 PM - Happy Hour at Alatri Brothers Restaurant at 4926 Cordell Avenue.** Come join your friends for a Friday happy hour. Delicious pizza and other good snacks and lots of good cheer to share. Plenty of parking in the next door public lot. Contact Kate @ if you need a ride.

(add photo)

**January 22, 29 and February 5, 12, 19, 1:00 - 2:00 PM - Suburban Hospital Conference Center Room 5 - BHV Introduction to Virtual Reality (insert flier).** Come have fun! Be on the leading edge of technology! BHV has a grant from the Maryland Office of Aging to see whether enjoying nature, from the indoors, will help increase social connections. Come to sessions where you can try virtual reality headsets and experience a nature walk or a city walk. To participate there will be five one-hour sessions where you will use the Virtual Reality headsets and share with other attendees how you liked about the experiences. Register now and we will send you details of logistics (free parking included).

**January 31, 10:00 - 11:00 AM - Bundle Up Walking Group meets at Hillmead Park.** Charlotte Moser will lead the group on a nice walk through the Hillmead neighborhood. We will check out neat spots and continue our fun conversations from last month. New walkers are always welcome.

### **Registering for BHV Events**

A gentle reminder to let our Executive Director, Kate Smith know when you plan to attend an event, especially when the event is in someone's home. We want to ensure our hosts know who to expect when they open their house, so sending info@bradleyhillsvillage a note of your attendance is greatly appreciated. We also create emailings for those who register so we can send updates or cancellations out to interested participants.

### **Volunteers Needed to Make BHV Stronger!**

**Membership Team Volunteers** - Are you looking to meet new members and join a team of volunteers? The team meets periodically to discuss ways to welcome new members and to attract new members. Participating on this team is a great way to meet neighbors.

**Newsletter Writer** - BHV wants to include articles about members and village activities in the BHV newsletter. Volunteer to work with Kate Smith to showcase our dynamic village. No website knowledge needed, just enjoy writing.