



# ACROSS THE FENCE

## September 4, 2022

We are feeling the community spirit after our Community Happening last week. There were so many old friends to catch up with. It was gratifying to talk to people who just wanted to find out what Palisades Village is doing. I hope that some will join us for our upcoming volunteer orientation. If you or someone you know thinks they might want to support this amazing community, please register and find out what being a Palisades Village volunteer means. The rewards are huge and you get to decide how and when you can help. You can find out what we do and how you can help support us.

Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9	Saturday, September 10
LABOR DAY - OFFICE CLOSED	<u>3:00 p.m. Yoga</u>	<u>8:30 a.m. Walking Club</u>	3 p.m. <u>Virtual Yoga</u> 5 p.m. <u>Board Meeting</u>	6 p.m. <u>Palisades Village Member BBQ</u>	<u>9:30 a.m. Mindful Knitting</u>

### ***This week:***

Monday is Labor Day and the regular Fitness class at the Hub is cancelled, BUT, you can still exercise thanks to classes offered by the YMCA. Here is the link that has the full Labor Day schedule and the button to enter classes.

<https://conta.cc/3cKIS0v>

The next **Palisades Village Board Meeting** is Thursday, September 8, 2022 at 5 p.m. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).



**Friday, September 9, 6-8 p.m.  
Palisades Village Member BBQ**

This year we are moving our BBQ from the backyard to the Hub. The PanHandlers are cooking up a menu highlighting Bob's ribs as well as chicken and sausage and some of the best-sounding side dishes. There will be live music by the Grandsons.

And yes, by members we mean all members, both full and associate. You are all invited. Register [here](#). Only full members may request a ride.

## Coming Up:



**Wednesday, September 14, 11 a.m. - 1:00 p.m.  
Volunteer Orientation**

Are you or someone you know interested in volunteering with Palisades Village? The rewards are great and you have flexibility. Find out what we do and how you can help your neighbors. Food will be provided! Register [here](#).

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

The **Community Happening** this past Wednesday was a lovely event. We enjoyed ice cream courtesy of Grand Oaks, a shredding truck, live music by Flying Pangea, tap dancing by Charlee Mize, blood pressure and glucose screening by DC EMS, bike checks by Charlie Lanman, bingo. Palisades Hub and IONA Senior Services also had information tables. There was indeed a lot going on. We enjoyed meeting some new people. Congratulations to Elizabeth Teel from Spring Valley who won the \$100 gift certificate to Bistro Aracosia! Thank you to PV board member Bill Iverson, Anne and Erica for taking the pictures.







## Do you have excess yard waste to dispose of?

Residents must call 311 to make an appointment for yard waste collection. Residents can also visit [311.dc.gov](https://311.dc.gov) to make an appointment or download and schedule an appointment using the 311 mobile app available at the Google Play and Apple App stores.

## Covid Corner:

Mayor Muriel Bowser and DC Health encouraged all District residents to receive their annual influenza (flu) vaccination and their bivalent COVID-19 booster – also known as the Omicron booster – at the same time. These vaccines will be available at pharmacies and clinics throughout the District of Columbia beginning next week. Beginning Wednesday, September 7, both the flu vaccine and Bivalent booster vaccine will be available in COVID Centers in all eight wards.

The influenza vaccine protects against the strains of the flu virus that are expected to circulate this fall and winter and reduces your chance of getting the flu or spreading it to others. The Bivalent booster vaccine provides specific protection against the original COVID-19 virus and the new, more contagious, Omicron BA.4 and BA.5 variants.

The annual flu vaccine is recommended for anyone six months and older. COVID-19 bivalent booster vaccines produced by both Pfizer-BioNTech and Moderna are available. The Pfizer-BioNTech bivalent booster is recommended for individuals 12 years of age or older if it has been at least two months since they have completed their primary vaccination series or at least two months since they received a booster dose. The Moderna bivalent booster is recommended for individuals 18 years of age and older if it has been at least two months since they have completed their primary vaccination series or at least two months since they received a booster dose.

**Palisades Village has scheduled another Vaccination Clinic on Friday, October 21 at 10 a.m.** This will be outdoors (weather permitting) and open to the public. Please [register](#) and let us know what vaccinations you require.

**What should you do if you test positive?** Isolate and read this helpful [article](#).

**Need a booster or vaccination?** Head to the [COVID Center](#) for Ward 3 that opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are **invited to the front of the line** at public testing and vaccination sites. No need for an appointment.

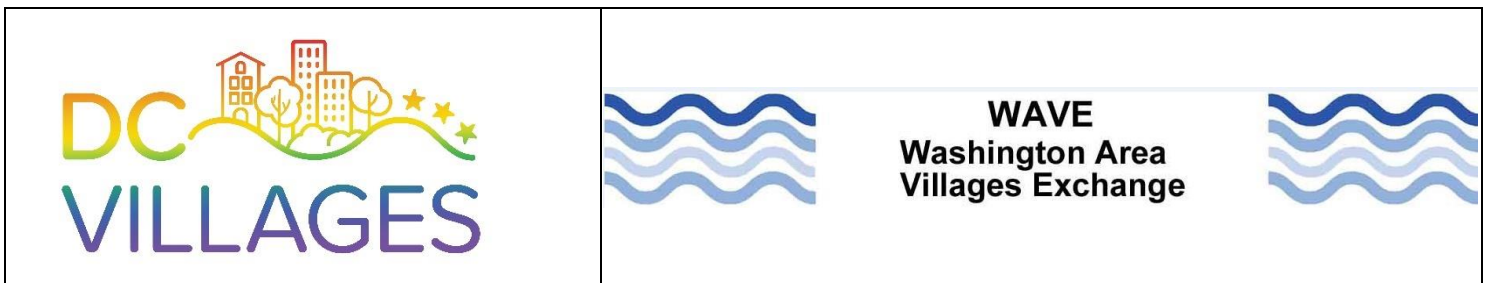
Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

**Need Tests?** PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

**Palisades Village has a supply of rapid antigen tests and N95 masks.** Please contact the office if you need one.

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you.



**The DC Area Villages work closely together to share resources and access to many events.**

**For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.**

**Thursday, September 8, 11 a.m. - 12 p.m.**

**Creative Wellbeing in Later Life** - People over the age of sixty-five now outnumber those under the age of five for the first time in human history. Nevertheless, more older adults suffer from feelings of loneliness, boredom, and helplessness. However, older adults who maintain or adopt an art- or music-making practice often experience greater satisfaction in their lives. In this presentation, folklorist Jon Kay shares observations from more than twenty-five years of documenting the expressive lives of elders. Register [here](#).

**Friday, September 9, 1 p.m. - 2 p.m.**

**"Fashioning an Empire" Virtual Tour with the National Museum of Asian Art** - View extraordinary seventeenth-century textiles, full-length portrait paintings, and beautiful illustrated manuscript folios that appeared in the Smithsonian National Museum of Asian

Art's recent "Fashioning an Empire: Safavid Textiles from the Museum of Islamic Art, Doha" exhibit. Register [here](#).

**Tuesday, September 13, 11 a.m. - 12 p.m.**

**American Women and the Fight For Equality: 1920-2020** - The 19th Amendment was an incomplete victory. Black and white women fought hard for voting rights and doubled the number of eligible voters, but the amendment did not enfranchise all women, or even protect the rights of those women who could vote. A century later, women are still grappling with how to use the vote and their political power to expand civil rights, confront racial violence, improve maternal health, advance educational and employment opportunities, and secure reproductive rights. Register [here](#).

**Wednesday, September 14, 9 a.m.**

Senior Hour at Politics and Prose - Our friends at Northwest Neighbors Village have invited us to join them for Senior Hour at [Politics and Prose](#). P&P staff will be on hand to offer tours, help locate items, and offer book recommendations. Masks are recommended for P&P customers.

**Friday, September 23, 12 p.m. - 4:30 p.m.**

**Capitol Hill Village's annual LGBTQ Intergenerational Symposium** - The LGBTQ Intergenerational Symposium is full of virtual conversations, education, and fun! We welcome LGBTQ folks of all ages and allies to join to engage in health and wellness sessions, workshops, and hear from our keynote speaker. This year's theme is "Over the Rainbow" which centers around the idea that our community is continuously expanding, developing, and looking toward the future. Register [here](#).

## **Around Town Events:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

**Tuesdays, 11 a.m.**

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The September 6th topic: Social Media – Intro to Facebook

**Fridays, 10 a.m.**

**Strength, Balance, and Core in-person, now at Iona** -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**. Please sign up through them [here](#). Beginning September 12, Emma will be back at the Palisades Rec Center on Mondays from 1:30 p.m. to 2:30 p.m. You can register for that session [here](#).

### **Fridays, 11 a.m.**

**Tai Chi** -- Join Jerry Simpson at the Palisades Library in studying the art of Tai Chi. Jerry is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. Please note that masks are required in the library. This is offered through **Around Town DC**. Please sign up through them [here](#).

### **Fridays, 11 a.m.**

**Cardio Chair Kickboxing at St. Albans** - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

## **Sibley Seniors Events:**

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

## **Ongoing Events:**

### **Mondays and Thursdays, 4 - 5 p.m. via ZOOM**

**Capitol Hill Village Chair Yoga** - Fabulous yoga instructor Robin Blum will lead the class in a gentle session of chair yoga. You can register for upcoming classes by going to the Capitol Hill Village [calendar](#) and finding the class you want from there. Once you've registered the first time, you should have the link that will work for all the classes.

### **Wednesdays, 1:30 p.m.**

**Yoga at Palisades Library** -- FREE! Specifically geared towards older adults. Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

## **Community Events:**

### **Sunday, September 18, 7 p.m.**

[Daryl Davis is Backstage at the Sanctuary](#) -- An evening of conversation and music featuring Daryl Davis. From the Ku Klux Klan to Chuck Berry, Daryl Davis has a story unlike any other. Daryl will talk about his life as a musician and the countless musical icons he's worked with, as well as his groundbreaking work on race reconciliation which has led to numerous white supremacists renouncing their former beliefs.

Backstage at the Sanctuary is a unique opportunity to get to know the story behind the music. Combining music & conversation in an intimate setting. Get to know your favorite artists. Learn the stories behind the songs, the bands, the venues, the journey. Tickets \$10 (Palisades Hub, 5200 Cathedral Avenue)

## Late September/Early October

Puzzle Swap! - Palisades Library will be hosting a puzzle swap in late September/early October. The date has not been chosen, so watch this space. In the meantime, they would be pleased to take any puzzles you would like to donate for the swap.

<p><b>Bereavement Support Groups</b>--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call <b>202-537-4942</b> for more information or go to <a href="http://Calendar   Widowed Persons Outreach (wpodc.org)"><u>Calendar   Widowed Persons Outreach (wpodc.org)</u></a></p>	<p><b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <b><u>The Art of Looking</u></b>--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.</p>
<p><b>Mondays, Wednesdays, and Fridays at noon.</b> <b><u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u></b>--Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.</p>	<p><b>Weekly on Mondays from 2 - 3:15 p.m.</b> <b>Just Us at the National Gallery of Art --</b> Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html"><u>https://www.nga.gov/calendar/guided-tours/just-us.html</u></a>. To register, please email <a href="mailto:access@nga.gov"><u>access@nga.gov</u></a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m.</b> <b>Dance for PD --</b> Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by <a href="#"><u>clicking here</u></a>.</p>	

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## COMING UP IN PALISADES VILLAGE

Listed below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.



This Week at Palisades Village  
September 4 — 10, 2022

**Office Closed**

Mon 09 / 05 / 2022 at 12:00 AM

**Canceled: William Yates Fitness**

Mon 09 / 05 / 2022 at 3:30 PM

**Yoga**

Tue 09 / 06 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

**Walking Club - Georgetown**

Wed 09 / 07 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

**Virtual Yoga**

Thu 09 / 08 / 2022 at 3:00 PM

Where: Via Zoom

**Board Meeting**

Thu 09 / 08 / 2022 at 5:00 PM

**Palisades Village BBQ**

Fri 09 / 09 / 2022 at 6:00 PM

Where: Palisades Hub, 5200 Cathedral Ave, NW, Washington, DC 20016

**Mindful Knitting**

Sat 09 / 10 / 2022 at 9:30 AM

Next Week at Palisades Village  
September 11 — 17, 2022

**Book Club**

Mon 09 / 12 / 2022 at 1:00 PM

### **William Yates Fitness**

Mon 09 / 12 / 2022 at 3:30 PM

### **Author Talk with Mary Llewellyn McNeil, Century's Witness: The Extraordinary Life of Journalist Wallace Carroll**

Tue 09 / 13 / 2022 at 1:30 PM

### **Yoga**

Tue 09 / 13 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

### **Walking Club - Georgetown**

Wed 09 / 14 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

### **Volunteer Orientation**

Wed 09 / 14 / 2022 at 11:00 AM

Where: Palisades HUB - in sanctuary of church, 5200 Cathedral Ave NW

### **Virtual Yoga**

Thu 09 / 15 / 2022 at 3:00 PM

Where: Via Zoom

### **Mindful Knitting**

Sat 09 / 17 / 2022 at 9:30 AM

Thank you!

Palisades Village