



ACROSS THE FENCE

August 21, 2022

You have our permission to play. It is liberating to take a few minutes to sing or dance or do whatever makes you happy. Is it crazy to carry bubbles in your car and blow them out the window when stuck in traffic? Or roll the windows up and sing with the radio? Who cares that you are making other people laugh as well? At our upcoming Community Happening, you can take care of unwanted papers, health checks, and bike checks, and then you can kick back and have some ice cream, play a game, listen to the band, and enjoy some tap dancing. Come out and play with us on Wednesday, August 31st from 3-6 p.m.

Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26	Saturday, August 27
CANCELLED: William Yates Fitness	3 p.m. Yoga	8:30 a.m. Walking Club	CANCELLED: Tap Dancing 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This week:

Bad news: No Fitness or tap class the week of August 22nd. Good news: It's because the floor is being replaced! Tuesday's yoga class on 8/23 will be in the sanctuary.

Coming Up:

Wednesday, August 31st, 3 p.m. - 6 p.m. Community Happening!

WEDNESDAY, AUGUST 31* • 3:00-6:00 PM • PALISADES HUB • 5200 CATHEDRAL AVE NW



We are a caring neighborhood organization for older adults who enjoy educational, cultural, and social activities and want support for living independently at home. We offer inter-generational opportunities to socialize, learn, exercise, volunteer, and enjoy life while building a strong community in the Berkeley, Foothill, Kent, Palisades, Spring Valley, and Wesley Heights neighborhoods of Washington, DC.

There is a lot going on at this year's Community Happening and all of it is free!

Paper Shredding Truck (*no three-ring binders; binder clips, staples and paper clips are ok*)
Blood Pressure and Glucose Screening
Ice Cream
Fitness Class Demo
Tap Dance Demo
Games
Live Music
Raffle & More

Join us at the Palisades Hub (5200 Cathedral Ave NW).

Rain Date will be Thursday, September 1.

Please spread the word to your friends and neighbors!

CALL FOR VOLUNTEERS - We will need at least 20 volunteers for this event. If you can help, please email Anne at aourand@palisadesvillage.org or call the office at **202-244-3310**.

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 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.

And yes, by members we mean all members, both full and associate. You are all invited.



Wednesday, September 14, 11 a.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.

*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**.*

2022 Member Survey

Thank you to all who completed the member survey. We will be sharing the results with you soon. To protect your anonymity, we cannot see who made comments. If you shared something and want a response, please let the office know.

Covid Corner:

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.

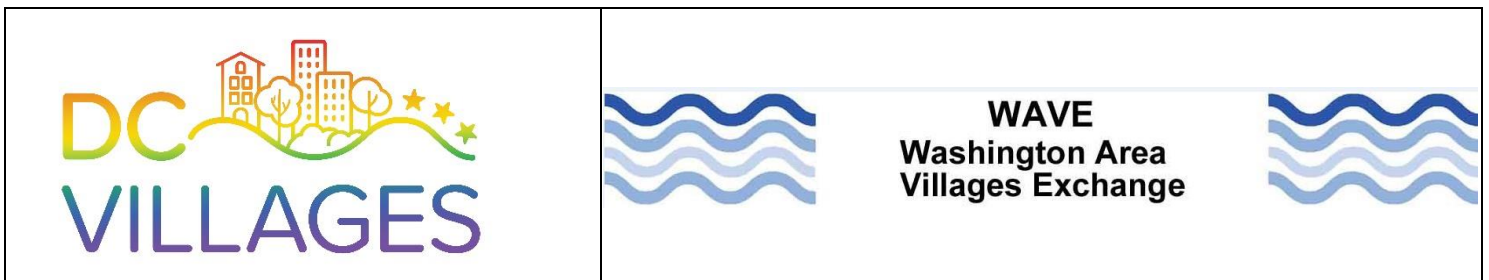
Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

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.

Tuesday, August 23, 2 p.m. - 3:30 p.m.

Supporting LGBT Grandchildren Part 2 - Join us on Zoom for "Supporting LGBT Grandchildren: Part Two". This event is intended to bring together anyone who is or may become a grandparent of an LGBT grandchild or is a grandparent figure. We will dive into LGBT language, the history of LGBT rights in the US and the current state of LGBT legislation, ways to support LGBT grandchildren, and more! **This event is open to all.** Questions or concerns should be direct to Sophia Ross at sross@capitolhillvillage.org or call **202-543-1778 x204**.

Thursday, September 1, 1 p.m. - 2 p.m.

ART THURSDAY: WE ARE MADE OF STORIES: SELF-TAUGHT ARTISTS IN THE ROBSON FAMILY COLLECTION -- *We Are Made of Stories* is a fascinating exhibit currently on view at the Smithsonian American Art Museum. We are fortunate to be able to bring this exhibit into your homes via Zoom courtesy of the Education Department of SAAM. *We Are Made of Stories* traces the rise of self-taught artists in the twentieth century and examines how, despite wide-ranging societal, racial, and gender-based obstacles, their creativity and bold self-definition became major forces in American art. The exhibition showcases forty-three artists whose work was admired and collected by Margaret Z. Robson (1932–2014). Margaret valued their artworks and personal stories, believing both offered a truer, more complete portrait of our nation's makers and redefined who could be an artist in America. Register [here](#).

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](#).

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 or call 202-459-9634. Sign up for the newsletter while you are there!

Thursday, August 25, 3 p.m.

Effective Communication Strategies for People with Alzheimer's -- Join Sheila Griffith of the Alzheimer's Association to learn about Effective Communication Strategies to use with people who have Alzheimer's or dementia. Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner. [Read more and register here.](#)

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 August 16th topic: Email **Fundamentals**

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.

<p>Bereavement Support Groups--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 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)</p>	<p>Bi-Weekly on Fridays, 1 - 2 p.m. The Art of Looking--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>Mondays, Wednesdays, and Fridays at noon. Smithsonian National Museum of Asian Art's free 30-minute online meditations--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>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to https://www.nga.gov/calendar/guided-tours/just-us.html. To register, please email access@nga.gov.</p>
<p>Weekly on Wednesdays at 2:30 p.m. Dance for PD -- 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 clicking here.</p>	

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 or call the office at **202-244-3310**.

This Week at Palisades Village
August 21 — 27, 2022

Canceled: William Yates Fitness

Mon 08 / 22 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 23 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 24 / 2022 at 8:30 AM

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

[More Information](#)

Canceled: Tap Dancing

Thu 08 / 25 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 08 / 25 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 27 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 28 — September 3, 2022

William Yates Fitness

Mon 08 / 29 / 2022 at 3:30 PM

[More Information](#)

Canceled: Yoga

Tue 08 / 30 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 31 / 2022 at 8:30 AM

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

[More Information](#)

Community Happening

Wed 08 / 31 / 2022 at 3:00 PM

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

[More Information](#)

Tap Dancing

Thu 09 / 01 / 2022 at 1:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 09 / 01 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village