

**Palisades Village Events and Activities Update**

**March 23, 2020**

Greetings from the Palisades Village Command Center. We want to thank the Emergency Team Captains for checking on our Village members and for the outpouring of community support. You make a dreary Monday beautiful. In spite of our challenges, there are such lovely examples of people being neighborly and exemplifying our motto, It Take a Village To Make Our Village! Last week one of our neighborhood team captains called a volunteer in her neighborhood and asked if she could pick up groceries for one of the members. A perfect match! The volunteer was going to pick up groceries later that day and was happy to do it. Today two volunteers have offered to get groceries for our members. Please let us know how we can help you! Over the weekend, we've had eight new neighbors want to volunteer with Palisades Village! Truly the spirit of goodness and kindness. Let's keep it going! I am continually inspired by the generosity and how neighbors come together. We are people of hope!

Please do look at our website, even though it's under construction, we are trying to provide resources to you about our local restaurants and businesses. Many of them offer delivery and carryout services. Please do take the necessary precautions when handling food containers, mail, etc. and wash frequently.

**Creative Corner:**

We've launched the Creative Corner to share some of Palisades Village's best. If you're an author, a poet, love to cook, an artist, love a particular quote, have a favorite photo, painting or sketch to share, here's your opportunity to shine. Send it to me and we'll feature it in our Creative Corner. Today we are pleased to showcase a talented artist, volunteer and former Palisades Village president, John Stiner's Cyprus. Whose will be featured in the next issue? Will it be yours? Looking forward to sharing our strengths and celebrating each other's talents!



We've added several activites and events since since yesterday's email. Please check our [events listing](https://palisades.helpfulvillage.com/events/index_list) on the website for the latest. We have a very busy afternoon tomorrow...

**Tuesday, March 24, 3 p.m.**

[**Storytelling**](https://palisades.helpfulvillage.com/events/354-virtual-storytelling) -- Group will be sharing stories of travels this week.

<https://zoom.us/j/837216380> Meeting ID: 837 216 380

By phone: One tap mobile +1 646 558 8656, 837 216 380# US (New York) or

        +1 646 558 8656 US (New York) Meeting ID: 837 216 380

**Tuesday, March 24, 3:30 p.m.**

**Townhall Meeting with the Mayor** -- Mayor Muriel Bowser will be providing an update on coronavirus (COVID-19) for Seniors.

Telephone Townhall details below:

Dial-in: 844-881-1314

<https://bit.ly/SeniorTeletownhall324>

*No Passcode Required*

**Tuesday, March 24, 4 p.m.**

[**Meditation with Roseanne**](https://palisades.helpfulvillage.com/events/365-virtual-meditation-with-roseanna) --

<https://zoom.us/j/532644723?pwd=eTdMaTdNSmR1L0tXZjNmQy80MFNmQT09> Meeting ID: 532 644 723

By phone: One tap mobile +16465588656, 532 644 723# US (New York) or   
        +1 646 558 8656 US (New York) Meeting ID: 532 644 723

On Wednesday at 3 p.m. you can [chat](https://palisades.helpfulvillage.com/events/364-chat-with-barbara) with our case worker, Barbara Scott about any questions or concerns that you might have.  She is a great source of information and perspective.

On Thursday, we are going to try something new with a [Coffee Klatch](https://palisades.helpfulvillage.com/events/367-coffee-klatch) at 10:30.  We are opening the gate and encouraging neighbors to chat.

Click on the links and you will have all of the login information for that Zoom meeting.  Each event has unique login information.

Many of our meetings are being held via Zoom.  This is all new for us as well as you. You can do use Zoom on your computer (if you have a microphone and camera) or on your smartphone or ipad.  There is a free app in the App Store.  Once you download it, you can just click on the meeting and it will take you there.  But it might not, and we are there to help with any technical difficulties.  You can also just do it on your phone and just get the audio part if that is more comfortable.

Here is a tutorial on Zoom from Senior Planet...

<https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf?mc_cid=e7739a6383&mc_eid=eb19dd2fcb>

If you are comfortable with Zoom and want to help others, please let us know.