



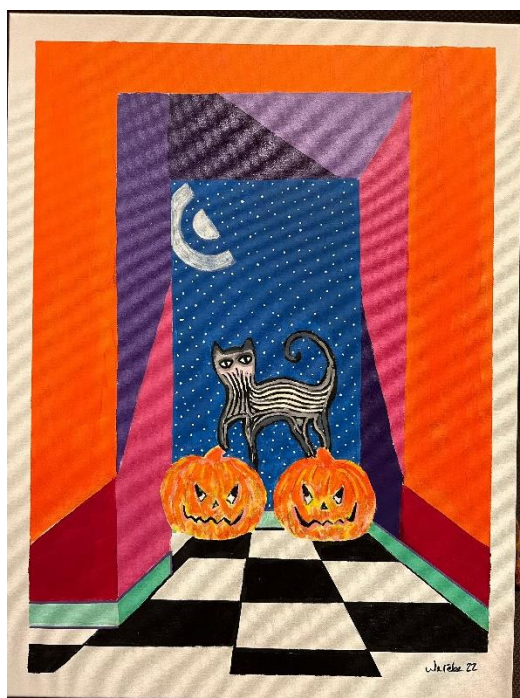
ACROSS THE FENCE

October 30, 2022

We need your input! We are working on new programs for the coming year and would value your suggestions. We are contemplating pickleball instruction, a foreign affairs discussion group and more dance. What would you like to participate in? Send your suggestions to Erica at ebanton@palisadesvillage.org.

Monday, October 31	Tuesday, Nov 1	Wednesday, Nov 2	Thursday, Nov 3	Friday, Nov 4	Saturday, Nov 5
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	5 p.m. Executive Session 5:30 p.m. Board Meeting		9:30 a.m. Mindful Knitting

Thank you to Roberto Werebe for the Halloween painting. It's really getting us into the holiday spirit!



Coming Up:

Thursday, November 3, 2022 -- Palisades Village Board Meeting, 5:30 p.m. on Zoom

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. There is an executive session at 5 p.m. for voting board members. Register [here](#).

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red 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 Mize Halloween Surprise

What do the Boston Red Sox, Batman, Pinocchio, spiders, Obama, Ruth Bader Ginsburg, the DC Mystics, Tesla, squid, the ax murderer, the Tree of Life and sunflowers have in common? They are all themes of pumpkins carved by Palisades Village associate member Greg Mize. For more than 20 years, Greg has applied his artistic talent to carving a giant, 100-pound pumpkin perched on a stone wall in front of his home. His tradition of pumpkin carving started when his children were young. Initially, there were at least seven normal-sized pumpkins for family members to carve. Over time, the pumpkins became larger and larger and although the children are all grown, the tradition continues. The inspiration for the design usually comes only a few days before Halloween. Sometimes a power drill is necessary, but usually standard kitchen utensils are sufficient for carving. Fortunately, four of his five adult children and his five grandchildren live in the D.C. area and can enjoy the annual original pumpkin design.

The Georgetown Law Center brought Greg to D.C., and he never moved back to his native Chicago. He started his legal career as a trial lawyer with a DC law firm, doing both civil and criminal work. Before becoming a Superior Court Judge in 1990, he was general counsel to the D.C. City Council. Greg and his wife Marisa, a pediatric critical care nurse practitioner, moved to our neighborhood in 1995 from the Crestwood community. He works part-time as a senior judge and teaches two seminars at Georgetown, one on jury trials and another on the craft of judging. As a senior judge, he usually functions as the daytime emergency judge addressing requests for temporary restraining orders. In that capacity, he especially enjoys trying to get the parties to reach an agreement without the need for further judicial action. Greg believes it is an honor to try to resolve differences peacefully. Before taking senior status, he loved managing jury

trials. Along with several other judges, Greg co-edited and co-authored a book called “Tough Cases.”

Despite a busy schedule, Greg finds time to volunteer for Palisades Village. He enjoys the conversations that he has with the many interesting residents of our community while driving them to appointments. Greg also spends time gardening in his garden, replete with a Japanese Tea House; plays tennis and golf; enjoys walking his dog “Remy” and spending time with “Jaipurr,” the Bengal cat; and writes Haiku. He truly is a “Man for All Seasons.” I am sure his neighbors are looking forward to his latest artistic creation this Halloween.

Check out some pumpkins from years past.



Written by Cara Jablon, PV Member and Volunteer

A Palisades Village member has a nearly new bottle of **flax seed oil gel caplets** to give away. If you would like them, please call the office at 202-244-3310.

Exercises for Balance and Bone Health

Want to live longer? Strike a flamingo pose for 10 seconds. That's right. The one-legged pose is key because we encounter it all the time in our lives, such as when we step out of cars or climb stairs. Research has shown that balance is a strong indicator of our overall health. A simple way to improve your balance and maintain bone health is to practice with Dr. Janson. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk.

The majority of her clinical experience is in home health care which includes home safety assessments and falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.

You can find the class [on the FBWEV YouTube channel here](#). Feel free to share the class with anyone you like! The playlist containing all of [Dr. Janson's exercise classes can be found here](#).

Covid Corner:

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.

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

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.



WAVE
Washington Area
Villages Exchange



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, November 1, 11 a.m. - noon on Zoom

Missing History: Slavery in Washington and Our Visual Memory - As one of the producers of Ken Burns' celebrated "Civil War" documentary, Kitty Eisele viewed over a million images and accounts from the era. But images of the trade of humans here and of Black Washingtonians, both enslaved and free, were nearly non-existent. So many Washingtonians don't imagine our city furthering enslavement, nor picture those enslaved and free who had such impact as builders of this city. The real history was rendered invisible. Kitty will discuss Washington's "missing history", her discoveries researching the visual record, and how to think more critically about our city's stories and who gets to tell them. Hosted by Northwest Neighbors Village. Register [here](#).

Tuesday, November 1, 3 - 4:30 p.m. on Zoom

Supporting LGBT Grandchildren Part 3 - This event is open to all. To pre-register or send questions in advance, contact Sophia at sross@capitolhillvillage.org or call 202-543-1778 x204.

Mondays and Thursdays, 4 - 5 p.m. on 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.

Tuesday, November 8, 1 p.m. - 2 p.m. on Zoom

Eat and Celebrate with the Smithsonian's National Museum of Asian Art - Food is an important part of holiday celebrations throughout the world. We will join a Freer and Sackler docent to investigate works of art across Asia to discover how people in the past and the present celebrated through food and rituals. What foods were important and how they were grown or made? How and when were certain foods eaten? What special meaning did some foods have and why? What rituals and foods are still part of cultural traditions that people observe today? Explore food culture and celebrations through art. Hosted by Chevy Chase At Home. 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!

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 November 8 topic: Google Chrome **FUN**damentals

Strength, Balance, and Core in-person class with Emma Swain -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at IONA, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon Register [here](#).

Wednesdays at Palisades Rec Center, 2 p.m. - 3 p.m. Register [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.

Community Events:

Saturday, November 19, 7 p.m.

St. Patrick's Episcopal Church Musical Event--St Patrick's parishioners and brothers Lindsay and Phillip Hough started **The Fishermen Band** in the late 90's, and have been touring and performing their original music together ever since. These days The Fishermen Band performs as an acoustic Folk/Rock trio anchored by multi-instrumentalist Chris Compton, known for stunning three-part harmony and rotating instrumentation. Their music is available on all streaming platforms, with select songs available for download on their website TheFishermenBand.com.

Tickets are only \$10 in advance and students get in FREE! Day-of tickets will be \$15, so be sure to buy your tickets ahead to save. Tickets can be purchased at

<https://is.gd/fishermentix>.

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	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
--	--

Calendar Widowed Persons Outreach (wpodc.org)	completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.
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.	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 .
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 .	

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**.

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

This Week at Palisades Village
October 30 — November 5, 2022

William Yates Fitness

Mon 10 / 31 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 01 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 01 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 02 / 2022 at 8:30 AM

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

[More Information](#)

Board Meeting

Thu 11 / 03 / 2022 at 5:30 PM

[More Information](#)

Mindful Knitting

Sat 11 / 05 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
November 6 — 12, 2022

Book Club

Mon 11 / 07 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 11 / 07 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 11 / 08 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 09 / 2022 at 8:30 AM

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

[More Information](#)

Office Closed

Fri 11 / 11 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Mindful Knitting

Sat 11 / 12 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village