

ACROSS THE FENCE

November 6, 2022



Did you Fall Back last night?

We are falling for this autumn weather. It has been glorious! The view from the office window is incredible with all the colors and the leaves drifting down. Full Members: let us know if you would like to arrange to go on a walk with a volunteer while the weather is so perfect.

Monday, Nov 7	Tuesday, Nov 8	Wednesday, Nov 9	Thursday, Nov 10	Friday, Nov 11	Saturday, Nov 12
<p>1 p.m. Book Club</p> <p>3:30 p.m. William Yates Fitness</p>	<p>DON'T FORGET TO VOTE</p> <p>1:30 p.m. The Renwick Gallery's 50th Anniversary Celebration</p> <p>3 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p>		<p>OFFICE CLOSED - VETERANS DAY</p>	<p>9:30 a.m. Mindful Knitting</p>

This Week:

This is the first Monday of the month and time for **Book Club**. The book for November is *Vanderbilt: The Rise and Fall of an American Dynasty*, by Anderson Cooper.



Tuesday, November 8, 1:30 p.m. on Zoom Christie Davis -- The Renwick Gallery's 50th Anniversary Celebration

The Renwick Gallery is a branch of the American Art Museum. Its 50th Anniversary was celebrated this year. Christie's presentation will discuss that event and show lots of colorful images of art and people during the celebration. Register [here](#).

Coming Up:



Thursday, November 17, 2022, 2 - 4 p.m. Harvest Festival

It will be a bit too chilly to eat outside, so we are having a drive-by harvest festival. Come and pick up a delicious fall meal, including Lee's famous sausages, or have the goodies dropped off. **Please let us know in the comment field if you would like to pick it up or have it delivered.** Either way, you are in for a yummy treat! Register [here](#).

Thursday, December 1, 5 p.m.

Annual Board Member and Member Meeting

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval. 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**.

Palisades Village Member and Volunteer, Patty Hamsher, Models her Globally Warm Scarf



Not only is this scarf beautiful but it makes a social statement as well. This scarf represents the average surface temperature of Earth each year from 1600 to present. One row = one year. Each color represents a 0.2 degree C (about 0.4 degrees F) range. The purple color represents the long-term “normal” temperature from 1600-1900, a period with a fairly stable temperature. The blue color indicates years cooler than normal by 0.1-0.3 degrees C. Six increasingly dark shades of red represent warmer years, with the darkest red representing 1.1-1.3 degrees C warmer than normal. How cool (or warm) is that?

Patty is a member of Palisades Village's Mindful Knitting group. Does this sound interesting to you? New members are welcome. The group meets on Zoom Saturday mornings from 9:30 a.m. - 10:30 a.m. Register [here](#).

As a follow-up to last week's article about Greg Mize's famous pumpkin creations, here is the masterpiece for 2022 -- in recognition of the lanternfly invasion!



Tech Tip from Palisades Village Member, Janet Tersoff

It's very important to delete the voicemail messages you no longer need on your cell phone. You don't want your friends, family, or doctors to receive the message, "This voicemail box is full." You could miss important messages!

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.

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](#).

Monday, November 14, 11 a.m. - 12 p.m.

How to Live the Good Life Now with Dr. Mallory Williams - Join Mallory Williams, MD, MPH, FACS, Professor of Surgery & Chief Division of Trauma & Critical Care Department of Surgery at Howard University College of Medicine as he engages us in an active discussion about how we continue to pursue happiness and the good life throughout our existence. Dr. Williams will address fall prevention and optimizing our physical wellness at 60 years and above, and the importance of building community, defeating social isolation and loss. Register for this NNV program [here](#).

Friday, December 2, noon

Volunteer Training -- Janet Carter and Mary Ann Buckley of Corewood Care will do a one-hour zoom training for Ward 3 village volunteers on Holiday Grief among Older Adults. Stay tuned for more details.

When you are a part of Palisades Village, you are also part of the DC Villages. We share much of our Zoom programming with them and they share with us. They are too good to keep to ourselves.

Our neighboring village, Northwest Neighbors Village has a fabulous Speakers Series. Check it out [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:

Now thru November 13.

Theater J Presents *Intimate Apparel* - 1905, the Lower East Side. Sewing beautiful lingerie gives Esther, a Black seamstress, an intimate look at the love lives of her diverse clientele, while secretly her own heart belongs to the Orthodox Jewish fabric merchant with whom she can never share a touch. Written by two-time Pulitzer Prize-winner Lynn Nottage (*Sweat, Ruined*). 15% Village Discount (Code VILLAGES) at Box Office (202-777-3210) or online at <https://theaterj.org/22-23-season/intimate-apparel/>. Theater J is at 1529 16th St. (use the Q St. entrance). Masks required.

Now thru November 20.

SOLAS NUA, DC's acclaimed Irish arts organization, presents Bisi Adigun and Roddy Doyle's bold reimagining of J.M. Synge's classic, laugh-out-loud comedy, ***Playboy of the Western World*** - 20% Discount (Code SNFRIEND). The performance is at Atlas Performing Arts Center, 1333 H St., NE. Masks required. For more information and tickets, go to <https://www.solasnua.org/events/playboy-western-world>.

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>.

<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 <u>Calendar Widowed Persons Outreach (wpodc.org)</u></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. <u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u>--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 <u>https://www.nga.gov/calendar/guided-tours/just-us.html</u>. To register, please email <u>access@nga.gov</u>.</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 <u>clicking here</u>.</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**.

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

This 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](#)

Christie Davis -- The Renwick Gallery's 50th Anniversary Celebration

Tue 11 / 08 / 2022 at 1:30 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](#)

Next Week at Palisades Village
November 13 — 19, 2022

William Yates Fitness

Mon 11 / 14 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 15 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 15 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 16 / 2022 at 8:30 AM

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

[More Information](#)

Harvest Festival

Thu 11 / 17 / 2022 at 2:00 PM

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

[More Information](#)

Mindful Knitting

Sat 11 / 19 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village