

## ACROSS THE FENCE

**November 13, 2022**

Some are joyfully looking forward to this time of year and others may be struggling. It can be difficult for so many reasons and you are not alone. Our drive-by member [Harvest Festival](#) has been so popular that we are doing it again on Thursday. We will do deliveries as well. Roseanna Staunton will be leading a session in [Planning Happiness Into the Holidays](#) this Friday. On December 2, Cleveland and Woodley Park Village invited our volunteers to join in a Zoom session on understanding and addressing holiday grief (details to follow soon). Come join us in our second annual [Holiday Singalong](#) at the Palisades Farmers Market on Sunday, December 4. If you need a buddy to add some joy, let us know.

Monday, Nov 14	Tuesday, Nov 15	Wednesday, Nov 16	Thursday, Nov 17	Friday, Nov 18	Saturday, Nov 19
3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  Yoga Cancelled	8:30 a.m. <a href="#">Walking Club</a>	2 p.m. <a href="#">Harvest Festival</a>	1 p.m. <a href="#">Planning Happiness Into the Holidays</a>	9:30 a.m. <a href="#">Mindful Knitting</a>

### *This Week:*



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

It's 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](#).



**Friday, November 18, 2022, 1 - 2 p.m. on Zoom  
Planning Happiness Into the Holidays**

Are you looking forward to the holidays? Is your answer "yes, and, no?" If the holidays spark anxiety as well as joy, join Roseanna Stanton, a Georgetown University-trained Coach, to learn how you can create happy times in the upcoming holiday season. We will discuss how you can use visioning as well as planning to create a holiday that works for you. Register [here](#).

## Coming Up:



**Monday, November 21, 2022, 1:30 - 2:30 p.m. on Zoom  
Incorporating Native Plants Into Your Garden**

Do you want to know why it is important to incorporate more native plants into your garden? Do you want to learn how to do this in a practical and affordable way? Are there gardening practices that you can include in your fall clean-up routine that will help facilitate a healthy local ecosystem? On Monday the 21st of November at 1:30 pm, Janet Entwistle, a master gardener and World Bank retiree, will give a zoom talk on the subject. 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**.



If you missed Christie Davis' presentation on the 50th Anniversary at the Renwick Gallery, you can watch it here when you have time.

<https://youtu.be/p48Uv6ovLfo>

### Grab Bars Available

Palisades Village received a grant from the Palisades Community Fund to install grab bars in members' bathrooms. We partner with a company called Get-A-Grip and they give us a 10% discount. If you need one, please call the office at 202-244-3310.

## 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.

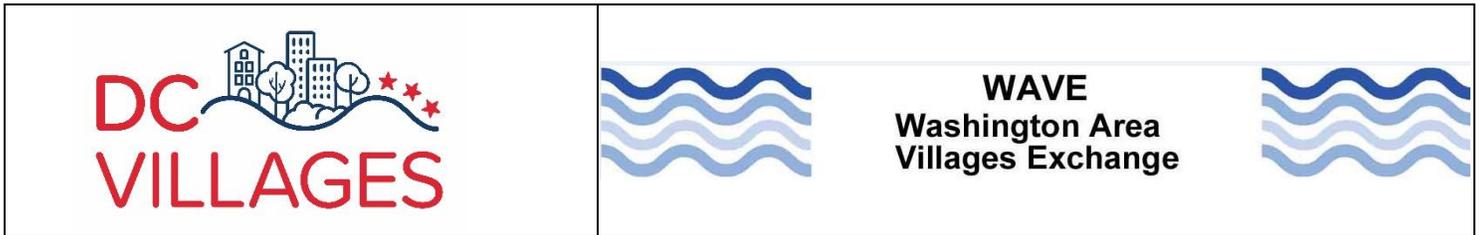
Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

**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.



**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.

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

**How to Live the Good Life Now with Dr. Mallory Williams on Zoom (Sponsored by Northwest Neighbors Village)** - 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](#).

**Thursday, November 17, 5:30 - 6:30 p.m. on Zoom (sponsored by Greater Brookland Intergenerational Village)**

**Tips to Improve Cognitive Health** - This workshop is being led by Laura Worby, a retired family nurse practitioner who is currently working part-time as a forensic nurse examiner caring for survivors of sexual assault. She has served on several boards in the past, including for a non-profit medical clinic, a daycare center, a peace and justice organization, and most recently, the Nurse Practitioner Association of DC. Register [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.

## 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 November 15th topic: Organize your apps on your iPhone and Android phone

**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:

### November 15, 7 p.m.

**PCA Town Hall**--Tune in to get all the neighborhood updates, police report, Mayor's update and a special presentation on Palisades Main Street. The Palisades Main Street seeks to stimulate and support the commercial corridor in the Palisades by building leadership in the business community and encouraging engagement and cooperation among all community stakeholders. The retail market analysis by Stover & Associates will be presented. <https://us02web.zoom.us/j/82023405805?pwd=eU9RSjdSTk1PTFppbU9sd0lMbEtaUT09>

### Saturday, November 19, 7:30-10 p.m. (Rocklands truck from 6-8 p.m.)

**VI-Kings Dance Party** -- [The VI-Kings](#) are the breeze that swept through Liverpool, Surrey and Richmond, out of the Haight, down Sunset Boulevard, up the Mississippi and along South Michigan Avenue. It blew down Beacon Street, across Washington Park and

into Georgetown. The music of The VI-Kings is the "60s/early 70s Soundtrack of Your Life." Beatles, Stones, Marvin, Credence, Dylan, Byrds, Eagles, Petty, Kinks, James Brown, the Lovin' Spoonful and on and on.



### Fall Family Festival

The parishioners of Our Lady of Victory cordially invite our Palisades neighbors to the (rescheduled) Fall Family Festival on **November 20 from 12 to 3**. Food, Petting Zoo, Music, and more. The Parish Youth Group is sponsoring a holiday food drive, so please consider bringing canned goods to support this effort. See you there!

**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 \(wpodc.org\)](http://wpodc.org)

### 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.

**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](mailto: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](#).

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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**.

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

### This Week at Palisades Village November 12 — 18, 2022

#### **Mindful Knitting**

Sat 11 / 12 / 2022 at 9:30 AM

[More Information](#)

#### **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](#)

#### **Canceled: 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](#)

#### **Planning Happiness into the Holidays**

Fri 11 / 18 / 2022 at 1:00 PM

[More Information](#)

Next Week at Palisades Village  
November 19 — 25, 2022

**Mindful Knitting**

Sat 11 / 19 / 2022 at 9:30 AM

[More Information](#)

**Incorporating Native Plants into your Garden**

Mon 11 / 21 / 2022 at 1:30 PM

[More Information](#)

**William Yates Fitness**

Mon 11 / 21 / 2022 at 3:30 PM

[More Information](#)

**Yoga**

Tue 11 / 22 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 11 / 23 / 2022 at 8:30 AM

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

[More Information](#)

**Office Closed**

Thu 11 / 24 / 2022

**Office Closed**

Fri 11 / 25 / 2022

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

Thank you!

Palisades Village