



ACROSS THE FENCE

December 18, 2022

Monday, Dec 19	Tuesday, Dec 20	Wednesday, Dec 21	Thursday, Dec 22	Friday, Dec 23	Saturday, Dec 24
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club			

The Palisades Village office will be closed on Monday, December 26 and Monday, January 2 in observance of the holidays. Please plan accordingly.

Our Holiday Tea and Open House was so much fun! The weather did not cooperate, but that did not dampen the mood inside.



Kate, Job and Carol Lynn catching up



Peggy and Sharon sharing a laugh



Dan, Carol Lynn, Peggy and Sharon celebrating the season

Coming Up:



Tuesday, January 17, 11 a.m. on Zoom
Live a Life You Love in 2023

How are you feeling about beginning a new calendar year? Are you excited about the possibilities of a new year, or worried that it will slip away day-by-day without a sense of direction and purpose?

What would you like to do in 2023 to make the most of your one “Wild and Precious Life.”

Join Georgetown University certified coach Roseanna Stanton for this session, which will offer an opportunity to create a vision for the year ahead so you can focus for what matters to you, whether that is increasing health, wellbeing, engaging in cultural activities, or increasing the amount of joy in your life.

- Discover what makes time feel like it is passing more slowly
- Identify ways to spend your time that feel meaningful
- Gain practical tips for finding joy in your journey

Register [here](#).



Our annual end-of-year giving campaign is in full swing. We cannot continue to maintain this level of programs and services without your help. Please consider joining as an associate member or making a tax-deductible donation to Palisades Village. A huge thank you to everyone who has contributed already. We appreciate your continued support!

Click [here](#) to donate today!

*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**.*

Covid Corner:

Free tests by mail from the government are available again! Click [here](#) to order more or go to <https://www.covid.gov/tests>

If you have tests at home with a 2022 expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.

The Palisades Village Board of Directors approved an updated COVID policy at the Annual Meeting on December 1. It can be found [here](#).

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 but there is rarely a line. No need for an appointment. They do not have the high-dose flu shot for seniors.

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.

Wednesday, December 21, 4 p.m. on Zoom Hosted by Friendship Heights Neighbors Network and Little Falls Village

OTC Hearing Aids: Are They Right for You? - Learn more about your many new hearing aid options! As of October 2022, hearing aids are available to purchase without a prescription anywhere health devices are sold. Designed to treat mild to moderate hearing loss in adults, this new affordable option addresses two significant barriers: delaying care due to cost and perceptions that assistive devices are not helpful in treating hearing loss. Dr. Carrie Nieman, associate professor in the Department of Otolaryngology-Head and Neck Surgery at the Johns Hopkins University School of Medicine and co-founder of Access HEARS, is a clinician, researcher, and social entrepreneur committed to providing innovative solutions to address disparities in hearing care. During this session Dr. Nieman will discuss the pros and cons of the options available, the science behind the devices, and how to assess whether over-the-counter assistive devices are right for you. Registration [here](#).

Tuesday, January 10, 2:30 p.m. on Zoom hosted by Foggy Bottom/West End Village

Start the New Year with Dr. Janson - New topic: Arthritis –what it is and exercises that help! The bad news: If you live long enough, the joint aches and pain will find you. The good news: There are exercises that can keep you safely in motion. There's an adage "motion is lotion; rest is rust." Whether arthritis is your constant companion or just an occasional visitor, there is a safe way to stay active with exercise. Join Dr. Janson for an overview of arthritis and then participate in her special exercises. She will show modifications for those using a walker. Please note in the comments when you register that you use a walker. The session will be recorded for repeated use. Register [here](#).

Friday, January 20, 1 - 2:15 p.m. on Zoom hosted by Capitol Hill Village

Navigating Legal Decisions For LGBT Individuals - Join Capitol Hill Village for a one-hour legal planning seminar by special guest Rebecca Geller, Esq. Rebecca will present on topics such as wills, estates, trusts, and other legal matters related to ensuring you and your loved ones are well protected. Attendees will also have the opportunity for Q and A. Register [here](#).

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.

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 December 20th topic: Computer **FUN**damentals

Wednesdays, 1:30 p.m.

Yoga -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. Please note that masks are currently required while in the library. For more information, please see <https://www.aroundtowndc.org/event/yoga-with-beth-lawrence-at-the-palisades-neighborhood-library-wednesdays-at-130-pm/2022-07-13/>

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](#).

Fridays, 11 a.m.

Tai Chi at Palisades Library - Palisades Library is delighted to announce that Tai Chi with Jerry Simpson is back in-person. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information, please see: [Tai Chi with Jerry Simpson at Palisades Library on Fridays at 11 am - Around Town DC](#)



Wednesday, January 18, from 12:45 to 2:00 p.m.

Antiques Roadshow Coming to IONA - St Alban's location (well, not the real show, but close!)

The Potomack Company has been a leading Washington, DC auction house for over 16 years. Based in historic Old Town Alexandria, Virginia, the Potomack Company has an impressive team of specialists with years of appraisal, art advisory, and auction experience. They have expertise in art, jewelry, silver, porcelain, furniture and much more. Potomack hosts a variety of online auctions throughout the year.

Send in a photo of a work that you would like to learn more about to lfrumin@iona.org and we will forward those photos to the Potomack Company so that they can have their experts give us more information about your piece. This will not be an official appraisal. Let us know how you acquired the item and anything else you can share. **Photos due: Monday, January 9.** They will also talk about how auction houses work and answer some of your questions about the art world.

You are welcome to bring your item in on the day of the meeting, but please be aware that Iona is not responsible for its safety.

Email Frances Bucien if you plan to attend the program in person: Fbucien@iona.org. To register on join on Zoom, click [here](#).

Sibley Seniors Events:

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Community Events:

Community Clothing Drive at the Palisades Rec Center - Support neighbors in need this holiday season by donating new or gently used (clean) clothing for men, women, and children. The donation box will be located inside the center in the lobby. Palisades Recreation Center Clothing Drive is happening now until December 22! Monday -Friday 12 pm-7 pm we are accepting donations.

Tuesday, December 20, 7 p.m.

Palisades Community Association Town Hall - Join the Zoom Town Hall to keep abreast of what is happening in the neighborhood. This month's guest speaker will be the new Ward 3 Councilmember, Matt Frumin. Join the meeting Zoom [here](#).

Ongoing Events:

Bereavement Support Group

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 \(wpodc.org\)](#)

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](#).

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.

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.

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
December 18 — 24, 2022

William Yates Fitness

Mon 12 / 19 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 20 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 20 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 21 / 2022 at 8:30 AM

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

[More Information](#)

Next Week at Palisades Village
December 25, 2022 — January 31, 2023

Office Closed

Mon 12 / 26 / 2022

Yoga

Tue 12 / 27 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 28 / 2022 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 12 / 31 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village