



# ACROSS THE FENCE

January 15, 2023

Coretta Scott King said, “The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.” As a volunteer-based organization, we want to continue in that spirit throughout the year. If you have considered volunteering for Palisades Village, please join us at our volunteer orientation on Wednesday at 11 a.m. to learn about all the service opportunities. During lunch there will be a chance to chat and explore opportunities that fit your interests. Click [here](#) to find out more and register.

Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20	Saturday, January 21
<p><b>Martin Luther King Day - Office Closed</b></p> <p>Canceled: <a href="#">William Yates Fitness</a></p>	<p>Canceled: <a href="#">Planner Group</a></p> <p>11 a.m. <a href="#">Live a Life You Love in 2023</a></p> <p>3 p.m. <a href="#">Yoga</a></p>	<p>8:30 a.m. <a href="#">Walking Club</a></p> <p>11 a.m. <a href="#">Volunteer Orientation</a></p> <p>2 p.m. <a href="#">Great Decisions Foreign Policy Discussion Group</a></p>			<p>9:30 a.m. <a href="#">Mindful Knitting</a></p>

***This Week:***



**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](#).



**Wednesday, January 18, 11 a.m. - 1 p.m.**

**Volunteer Orientation - in person**

Want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to do as much or as little as they would like. You can find out about the organization and talk to other volunteers about the rewards of what they do. Food will be provided. Register [here](#). If you would prefer to join on Zoom, please let us know.



**Wednesday, January 18, 2 p.m. - 3 p.m.**

**Great Decisions Foreign Policy Discussion Group**

Great Decisions is America's largest discussion program on world affairs. Developed by the Foreign Policy Association, the program model involves reading the Great Decisions Briefing Book and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts. Palisades Village will host the first meeting on January 18 from 2-3 p.m. in the parlor. The group will meet monthly on the third Wednesday thereafter. If you would be interested in leading the first discussion, please let us know. Register [here](#).

## ***Coming Up:***



**Wednesday, January 25, 11 a.m. - 12 noon**  
**DC Relay - via Zoom**

Do you have problems hearing people on the phone? Please join Jenny Pearson, DC Relay Outreach Coordinator, on Wednesday, January 25th at 11 a.m. to learn more about DC Relay. The District of Columbia Telecommunications Relay Service (DC Relay) is a program of the Public Service Commission of the District of Columbia. DC Relay provides a 24-hour communication service that connects people who are deaf, hard of hearing, deaf-blind, or have difficulty speaking that may use specialized telephone equipment to people who use standard telephones and mobile phones. Register [here](#).



**Wednesday, January 25, 5:30 p.m. - 7:30 p.m.**  
**Happy Hour at Cafe Vino, 4885 MacArthur Blvd NW**

We had so much fun at Cafe Vino back in July that we are doing it again! Palisades Village will provide nibbles and there will be special prices on drinks. Feel free to bring anyone who might be interested in the Village. 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**.*

### Welcome New Board Members

We are delighted to announce two new Palisades Village Board members: Nephelie Andonyadis and Tom DeMuth.

We introduced you to Tom DeMuth last week. Today we are spotlighting Nephelie.



With a background in arts and education, Nephelie is a theater artist, a professor, and a gerontologist working at the intersection of arts, community, and policy to help transform the culture of care for older adults. As a scenic and costume designer, Nephelie has worked with regional theaters across the country and around DC. She has been a tenured professor of Theater Arts at the University of Michigan, Ann Arbor, and at the University of Redlands in Southern California.

Nephelie was born in DC and raised in Foxhall Village where she was a student at Hardy Elementary before attending and graduating from Sidwell Friends School. She holds an MFA from the Yale University School of Drama and an M.S. in Aging and Health from Georgetown University.

Nephelie focus centers on the intersectional spaces where quality of life and citizenship intersect with arts, culture, and policy, working towards a broader and deeper culture of care. As a means towards empowering and enabling older adults to successfully age in place, I see the Villages positioned in one of these intersectional spaces in support of community values and as agents of change. I'm grateful for the privilege to serve the Palisades Village Organization and its communities.

*We are grateful for their service and look forward to their contributions!*

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## ***Anyone for Pickleball?***

Pickleball is all the rage these days. Are you curious to see what it's all about? Palisades Village is jumping on the bandwagon and has secured a time slot at the Palisades Rec

Center on Monday afternoons. If you are interested in joining in the fun, please call the office at 202-244-3310 or email Anne at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) and let her know if you are a beginner or a more experienced player. We will have an instructor who will be teaching the basics. This opportunity is for Full and Associate members only at this time.

## *Anyone for Pinochle?*

We have new members who love the game of Pinochle and want to know if anyone would like to play on a regular basis. If you don't know how, no worries! They are willing to teach you. Please call the office at 202-244-3310 if this sounds fun to you.

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**Good news! Our new website is launching soon.  
Don't be surprised if things look different  
at [www.palisadesvillage.org](http://www.palisadesvillage.org).  
You are going to love the clean new look.**

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## **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.

If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).

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.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

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.

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**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, January 18, 11 a.m. on Zoom hosted by Capitol Hill Village**  
**Verizon is Ending Copper Landlines: What does this mean for you?** - You may have recently received a letter notifying you that Verizon is discontinuing copper landline service in our area. To keep your landline, you will need to migrate to Verizon's Fios service. What does this mean for you? What happens in a power outage? Will they need to dig a hole in your walls to install it? Will you need new phones? Join CHV on zoom to learn the answers to these questions and many more! You can also ask any questions that we have not covered. Register [here](#).

**Thursday, January 19, 5:30 p.m. on Zoom hosted by Georgetown Village**  
**"Social Security: Should I Worry?" with Mark Nadel, Ph.D.** - Mark Nadel will talk about the importance of Social Security, the financial and other challenges facing the system, and the various proposals being offered to meet those challenges. Join us to find out how you might be affected by these changes. Join [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](#).

**Thursday, January 25, 12 p.m. - 4 p.m. Wine Tasting Tour hosted by Northwest Neighbors Village**

Windridge Vineyard Private Guided Group Tasting - A 25-minute guided tasting experience with one of their wine experts will take place in an enclosed setting with views of the vineyard. You will be taken through five of their signature wines. The current tasting includes 5 estate wines: Albarino, Portrayal, Rosé, Chambourcin, and Seneca. Tips are included in the cost of the trip but additional glasses or bottles will be available for purchase at the vineyard. Transportation provided. Cost: \$30. Call 202-935-6060 with any questions. 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](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

**Tuesdays, 6 p.m. (note new later time)**

**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 January 10th topic is: Keep your Computer Clean with CCleaner

**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. Send in a photo of a work that you would like to learn more about to [lfrumin@iona.org](mailto:lfrumin@iona.org) and they 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](mailto: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:**

**Osher Lifelong Learning Institute (OLLI)** February shorts and spring registration is now open! The Osher Lifelong Learning Institute (OLLI) at American University is an association of, by, and for the people in the Washington, DC area who wish to continue to study and learn. OLLI at AU is dedicated to the proposition that learning is a lifelong process and that curiosity never retires. View a digital copy of the catalog [here](#).

### **Thursday, January 19, 5 p.m.**

**Grand Opening and Ribbon Cutting of FYZICAL Therapy & Balance Centers of Washington, DC**--Drinks, appetizers, raffles and more. 4301 50th St. NW, Suite 100,

Washington, D.C. <https://www.eventbrite.com/e/fyzical-therapy-balance-centers-of-washington-dc-grand-opening-event-tickets-473484744617>

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## 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](mailto: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.

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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

January 15 — 21, 2023

**Office Closed**

Mon 01 / 16 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Canceled: William Yates Fitness**

Mon 01 / 16 / 2023 at 3:30 PM

[More Information](#)

**Canceled: Planner Group**

Tue 01 / 17 / 2023 at 9:30 AM

[More Information](#)

**Live a Life You Love in 2023**

Tue 01 / 17 / 2023 at 11:00 AM

[More Information](#)

**Yoga**

Tue 01 / 17 / 2023 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 01 / 18 / 2023 at 8:30 AM

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

[More Information](#)

**Volunteer Orientation**

Wed 01 / 18 / 2023 at 11:00 AM

Where: Palisades HUB - in sanctuary of church, 5200 Cathedral Ave NW, Washington,

[More Information](#)

**Great Decisions Foreign Policy Discussion Group**

Wed 01 / 18 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016-0403

[More Information](#)

**Mindful Knitting**

Sat 01 / 21 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
January 22 — 28, 2023

**William Yates Fitness**

Mon 01 / 23 / 2023 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 01 / 24 / 2023 at 9:30 AM

[More Information](#)

**Yoga**

Tue 01 / 24 / 2023 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 01 / 25 / 2023 at 8:30 AM

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

[More Information](#)

**DC Relay**

Wed 01 / 25 / 2023 at 11:00 AM

[More Information](#)

**Happy Hour**

Wed 01 / 25 / 2023 at 5:30 PM

Where: Cafe Vino, 4885 MacArthur Blvd NW, Washington , DC 20007

[More Information](#)

**Mindful Knitting**

Sat 01 / 28 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village