



ACROSS THE FENCE

March 19, 2023

Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24	Saturday, March 25
12:15 p.m. Pickleball	9:30 a.m. Planner Group	8:30 a.m. Walking Club		2 p.m. Tech Clinic	9:30 a.m. Mindful Knitting
3:30 p.m. William Yates Fitness	3 p.m. Yoga				

This Week:



Friday, March 24, 2 p.m. - 4 p.m. (in person)
Tech Clinic - *Members only*

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond.

Please email aourand@palisadesvillage.org or call the office at **202-244-3310** to let us know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members.

The Palisades Village office is located at 5200 Cathedral Ave. in the Palisades Hub. The entrance is on Hawthorne Place. We can buzz you in through the glass doors. Register [here](#).

Coming Up:



Tuesday, March 28, 12:45 p.m. Private Tour of the Current Exhibit at the Renwick Gallery (in person)

Join us for a private tour by Christie Davis of the current exhibit at the gallery. We will meet at the Palisades Hub and carpool or Uber down there in time for a 1:30 p.m. tour. Members (Full & Associate) and volunteers only. Register [here](#).



Thursday, March 30, 7 p.m. - 9 p.m. Ambassador William B. Taylor: The War in Ukraine: How we got here and where it's going - *Members only* (in person)

Please join us for a salon-type evening. Ambassador Taylor will give a 30-minute presentation followed by a Q&A exchange.

Ambassador William B. Taylor is vice president, Europe and Russia at the U.S. Institute of Peace. In 2019, he served as chargé d'affaires at the U.S. embassy in Kyiv and as the U.S. ambassador to Ukraine from 2006 to 2009. During the Arab Spring, he oversaw U.S. assistance and support to Egypt, Tunisia, Libya and

Syria. He served in Jerusalem as the U.S. government's representative to the Mideast Quartet. He served in Kabul in 2002 and in Baghdad in 2004.

In the 1990s, Ambassador Taylor coordinated U.S. assistance to the former Soviet Union and Eastern Europe. He earlier served on the staff of Senator Bill Bradley.

Ambassador Taylor is a graduate of West Point and Harvard's Kennedy School and served as an infantry platoon leader and combat company commander in the U.S. Army in Vietnam and Germany. Space is limited and we currently have a waiting list. Add your name to the list [here](#).

The next Palisades Village Board Meeting is Thursday, April 6th at 5 p.m.

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

5th Annual Pi(e) Day was a Huge Success!

Thank you to Palisades Village member and Events Committee Chair Peggy Banks for making EIGHT pies for the members. For those members who couldn't make it in person, our faithful volunteers delivered a piece to them. Who doesn't love homemade pie?





Did you miss Ambassador Roya Rahman's talk last week? If so, you can watch it on our YouTube channel [here](#).

***Only two weeks left!* DC Health announced that the last day of operations for the COVID Centers will be Friday, March 31.**

If you aren't up to date with your vaccinations, now is the time to take advantage of the nearest center on Wisconsin Avenue next to the Cheesecake Factory and Maggianos. They will also give you free masks and test kits.

Residents still have convenient options to obtain a COVID-19 vaccine, booster, or test kits, including through:

- Local retailers and pharmacies;
- covid.gov/tests offers free at-home COVID-19 tests and testinglocator.cdc.gov directs people to a local free testing location; and
- vaccines.gov directs people to a local free vaccination site.

Palisades Village has no plans to discontinue our regular vaccination clinics. Stay tuned for upcoming dates.

Opportunities for Low-Cost College Classes for Older Adults

By Carter Ross

Mentally stimulating activities can help hold at bay cognitive decline as we age. While doing the morning crossword puzzle is good, research out of Australia has found that going back to college can be quite effective in building brain power.

The [Tasmanian Healthy Brain Project](#) found that more than 90 percent of the older adults in the study who attended a local university for at least one year as a full- or part-time student displayed an increase in cognitive capacity on a series of tests compared to just 56 percent of the control group who didn't take college classes. The researchers

concluded that the intellectual stimulation of taking a class, along with the social aspects of being in a college classroom, help to maximize the cognitive capacity of the brain. A wide range of education options are available in the District, including lecture programs at museums, embassies, and think tanks and the city's numerous institutions of higher learning.

For District residents, several local universities offer discounted access to college classes for older adults looking to exercise their brains while learning something new. These provide you an opportunity to audit classes alongside degree-seeking students, participating in discussions and completing assignments, but without earning college credit. Space in these classes is limited and priority is given to degree-seeking students, so you are not guaranteed a spot in the classroom.

Since 1978, the University of the District of Columbia has offered District residents age 65 and older the opportunity to audit classes for free, so long as they meet the course prerequisites, through its Senior Tuition Program. Under the program, tuition costs and typical fees are waived, except for a \$35 application fee. It is also possible to earn a degree from UDC through the program; in that case, students are responsible for half of the normal tuition and fees. Proof of age and residence are required.

At UDC, you can take undergraduate or graduate-level classes, if you meet the admission requirements for UDC; even if you don't meet the admission requirements, you can still audit classes through the UDC Community College. The UDC Senior Tuition Program is run through the UDC Institute of Gerontology and enrollment is handled in person at the UDC Van Ness Campus. For more information, [download this presentation](#) or contact Patricia Williams at pmwilliams@udc.edu.

Similarly, Georgetown University allows those over 65 to audit undergraduate classes, so long as space is available and the professor approves the request. Participants are charged \$32 per credit to audit the class — for example, the typical 3-credit lecture class would cost \$96 to audit — plus any fees required for the class. Registration for Georgetown's Senior Auditor Program is handled by the University Registrar. For more information, visit <https://registrar.georgetown.edu/senior-citizen-non-degree-auditor-program/> or email seniorauditor@georgetown.edu.

American University allows people 55 and older who live in DC ZIP codes 20016, 20015, 20008, and 20007 to audit courses, too. The different schools within AU may limit which classes can be audited and professor approval is usually required. The cost to audit a class is \$150 per course. Registration for the program is handled through the AU Alumni Office. For more information, visit

<https://www.american.edu/alumni/benefits/education/alumni-audit/index.cfm> or email alumniaudit@american.edu.

The Osher Lifelong Learning Institute at American University was the first lifelong-learning program in the District (and only the fourth in the country) when it was launched in 1982. Instead of traditional college classes, OLLI is built around a peer learning and teaching model. Participants lead or attend study groups; there are no tests or grades, and the focus is on the joy of learning. The OLLI membership fee is \$300 for one semester or \$550 for two semesters. Additional short course periods have a \$100 fee. Scholarships are available. For more details about the program, visit <https://www.ollidc.org/> or email OLLI@american.edu.

For those not interested in a traditional classroom setting, DOROT's University Without Walls program, based in New York, offers older adults the option to take classes from home via telephone. For more information, visit <https://www.dorotusa.org/our-programs/at-home/university-without-walls>

Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is the program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The DC Department of Aging and Community Living's Safe at Home Program is offering *A Matter of Balance* on Saturdays this spring and is **free to Palisades Village members**. The course will be hosted online via Zoom and consists of 9 two-hour sessions. Each session will be facilitated by graduate students from The George Washington University's physical therapy program.

The course begins on Saturday, April 29 and runs weekly through Saturday, July 1 (no class Memorial Day weekend 5/27). Times are either 9am-11am or 2pm-4pm. Please note that participants are not allowed to switch between morning and afternoon sessions once the program begins.

- To sign up for the morning class sessions, [follow this link](#).
- To sign up for the afternoon class sessions, [follow this link](#).

If you have further questions, please contact Jason Dring at jdring@gwu.edu.

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. The center is scheduled to close March 31.

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.

CR tests are no longer available at the Palisades Library and Rec Center.

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.

Northwest Neighbors Village has a robust Virtual Speaker Series! You will meet some dynamic and interesting individuals. Stay connected and informed. More details [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, 6 p.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 March 14th topic is: Intro to Messaging Apps

Wednesdays, 1:30 p.m.

Yoga -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, please see <https://www.aroundtowntdc.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](#)

Sibley Seniors Events:

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

Community Events:

Saturday, March 25, 5 p.m. - 6:30 p.m.

National Cherry Blossom Festival Opening Ceremony - The Festival Committee has given DC Villages 50 free tickets to the annual show on Saturday, March 25 from 5:00 - 6:30 p.m. Please use the link [here](#) to reserve your tickets. When registering, please indicate which DC Village you are affiliated with in parenthesis behind your first name. For example: First Name: Leonard (Waterfront)

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
March 19 — 25, 2023

Pickleball

Mon 03 / 20 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 03 / 20 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 21 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 21 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 22 / 2023 at 8:30 AM

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

[More Information](#)

Tech Clinic

Fri 03 / 24 / 2023 at 2:00 PM

Where: Palisades Village Office, 5200 Cathedral Avenue, NW, Washington, DC 20016

[More Information](#)

Mindful Knitting

Sat 03 / 25 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
March 26 — April 1, 2023

Pickleball

Mon 03 / 27 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 03 / 27 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 28 / 2023 at 9:30 AM

[More Information](#)

Renwick Gallery

Tue 03 / 28 / 2023 at 12:45 PM

Where: Renwick Gallery, 1661 Pennsylvania Ave NW, WASHINGTON, DC 20016-0403

[More Information](#)

Yoga

Tue 03 / 28 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 29 / 2023 at 8:30 AM

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

[More Information](#)

Ambassador William B. Taylor - The War in Ukraine: How we got here and where it's going

Thu 03 / 30 / 2023 at 7:00 PM

Where: Private Home, please log in to see more

[More Information](#)

Mindful Knitting

Sat 04 / 01 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village