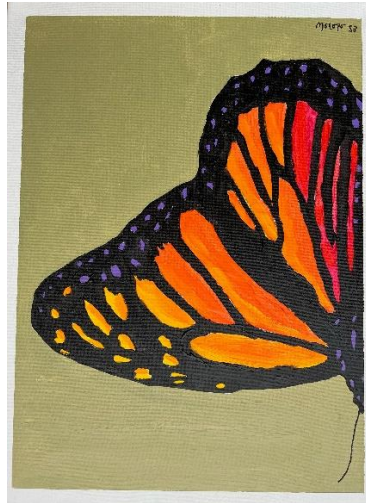


ACROSS THE FENCE

March 26, 2023



Let the games begin! It is never too late to find a new game whether it is an old game like chess or a new one like Spelling Bee. Are there games or puzzles that you want to learn more about? We can put together a class, group or buddy if there is interest. We have lots of Queen Bees (based on a perfect score on Spelling Bee) among our members and if you need a phone buddy to compare notes on Spelling Bee or another puzzle, let us know. Are you interested in learning to play chess? Again, let us know. We are open to all ideas. Just reach out to **202-244-3310** or eblanton@palisadesvillage.org. Your brain will thank you.

Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31	Saturday, April 1
<p>12:15 p.m. Pickleball</p> <p>3:30 p.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>12:45 p.m. Renwick Gallery</p> <p>3 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p>	<p>7 p.m. Ambassador William B. Taylor</p>		<p>9:30 a.m. Mindful Knitting</p>

This Week:



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](#).

Coming Up: **Thursday, April 6th, 5 p.m. Palisades Village Board 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. Register [here](#).



Thursday, April 13, 10:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside on the lawn, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us.

Register [here](#).



Wednesday, April 19, 11:00 a.m. - 1:00 p.m.

Volunteer Orientation

Volunteers are at the heart of our Village. Studies show that volunteering connects you to others, combats depression, and helps you stay physically healthy. Share your time, make friends, and feel good about helping your neighbors. There are no time

commitments. You can work your volunteer service around your schedule. Sign up for this orientation to find out everything you need to know to get on board. Lunch is included! 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**.*

Do I need to register for an event -- even one I go to every week?

Yes! Please register for all events even ongoing programs like our fitness class. If we know that you are planning on attending, we can send you a reminder the day before and communicate any last-minute changes. Without registering, we don't know who to tell. In the case of in-person events, it is very helpful to let us know well in advance so that we have enough materials or food and drink and we can make logistical arrangements. And we know that your plans may change. Please email aourand@palisadesvillage if you know that you can no longer attend. This is especially important when we have special speakers and space is limited. We often have a waitlist and we would like to include everyone.

If you do not know how to register, we would be glad to walk you through the process. Members and volunteers can log into their accounts and just click on the red button to register. All others will need to give us your name, email and phone number. If you do not use computers, please feel free to call us at 202-244-3310. Erica, Anne or one of our volunteers would be glad to take your information.

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 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.



Did you know? You can see the International Space Station without binoculars! NASA puts out information every couple of weeks (click [here](#)) showing the schedule of when it will pass overhead. Of course, you need clear weather to see anything, and some days the timing won't work with your sleep schedule. Check the "max height" to make sure your view won't be blocked by buildings and trees. I like the sightings at dusk the best. If you are looking after dark, be sure to allow a couple of minutes for your eyes to adjust.

Ride Request Reminder for Full Members

Spring has sprung and we're emerging from our winter hibernation which means ride requests are increasing! In order to best serve our members, this is a friendly reminder to please get your ride requests in as early as possible.

It really does take a minimum of three days to fill any request for a ride or service. We need to reach out to the appropriate volunteers with your request and await a response. Volunteers often juggle their own schedules just to help you get to your appointment. It all takes time. Emergencies happen and we will make every effort to find a ride in those cases. If you know that you will need a ride, it is never too early to request one.

***Only one week 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.

Eye Health is Important

by Retired Dietician Jean Johnson

The eyes have over two million working parts with the ability to process 36 thousand bits of information every hour! Eyes are the most active muscles in your body.

Because the eyes work so hard, it is very important to take care of them through good nutrition.

Vitamins C, and E, lutein, zeaxanthin, and omega-3 fatty acids all play a role in eye health. They can help prevent cataracts and may also fight the most likely cause of vision loss when you are older, related to macular degeneration.

Spinach and kale contain antioxidants that protect against eye damage from things like sunlight, cigarette smoke and air pollution. Additional research has found that egg yolks

and corn are also high in eye health antioxidants (Lutein and Zeaxanthin). Additional healthy eye foods are: orange peppers, kiwi, grapes, orange juice, zucchini, squashes, collard greens, broccoli and bright-colored fruits.

MORE TO COME-PART 2

Covid Corner:

Free tests by mail from the government are available. 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 COVID policy 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.

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.

Northwest Neighbors Village has a robust Virtual Speaker Series! You will meet some dynamic and interesting individuals. Stay connected and informed. More details [here](#).

Monday, March 27, 7 p.m. to 8 p.m. on Zoom hosted by Capitol Hill Village
District Dialogues - Housing: Past and Present - Systemic racial discrimination has been part of our society for centuries. It extended to all aspects of life in our country, in our city, including housing. Join us this month to learn about the past – “redlining” – and about our community's present efforts to improve our Black neighbors housing situation. We will watch “Segregated by Design” and Joanna Kendig will give us general overview of current programs aimed at improving Black citizens access to housing ownership and housing rental. Register [here](#).

Wednesday, April 12, 7 p.m. to 8 p.m. on Zoom hosted by Greater Brookland Intergenerational Village

What is an End-of-Life Doula? - In this Zoom presentation, Laura Lyster-Mensh, who is currently “Death Doula in residence” at Congressional Cemetery in DC, will describe her path to becoming an end-of-life doula, explain what that means, how to find one, and why you might want to have one on your team. Laura is a writer, podcaster, and mental health advocate in her 60s who believes that talking about death won’t kill you, but avoiding the topic may be unhealthy. Register [here](#).

Friday, April 14, 12 noon - 1:15 p.m. on Zoom hosted by Cleveland & Woodley Park Village

Caregiving Discussion with Paula Stone, The Playwright of "Because She's My Mother" - Caregiving is one of the most difficult experiences many of us will ever have. On Friday, March 31 at noon, CWPV will host a zoom program about the challenges of caregiving based on **Because She's My Mother**, a poignant yet humorous play about an adult daughter's bittersweet journey to care for both her aging mother and herself. The program will be facilitated by the playwright, Paula Stone, who will discuss the issues facing the caregiver as well as the care recipient and how to navigate each of these roles with more wisdom and compassion.

A videorecording of a “Table Read” of the play is available for streaming at no charge as a community service. You are encouraged to view the video at your convenience in

advance of the program. You can watch it here: <https://www.youtube.com/watch?v=K47-vzRQ9ZQ> For more information and registration, click [here](#).

Tuesday, April 18, 2:30 p.m. - 3:30 p.m. on Zoom hosted by Foggy Bottom West End Village

Oh My Aching Back - If you want more long lasting pain relief than Ben Gay can offer, then consider this session with Dr. Sophia Janson. She will provide an overview of common back ailments, cover posture correction and body mechanics. Then Dr. Janson will demonstrate simple stretches and strengthening exercises that can restore mobility, reduce pain, and help keep your back healthy. You'll see that little changes can have a big impact! Have a chair nearby in a cleared space. 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, 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 28th topic is: goDigital with DC Public Library – Kanopy (movies)

Tuesdays, 2 p.m. at the Palisades Library

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-tuesdays-at-2-pm/2022-01-05/>

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 with Jerry Simpson - 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:

Fridays, 2 p.m. - 4:30 p.m.

Knit-a-Long at Palisades Library -- Meet fellow knitters and knit together! Relax, share tips and tricks in this drop-in program. No formal training is needed but please bring your own supplies. Email michelle.conn@dc.gov with questions.

Now through May 14

MADAYIN: Eight Decades of Aboriginal Australian at American University Museum at the Katzen Center - This exhibition at the American University Museum at the Katzen Art Center features hand-made paintings on Eucalyptus bark created by Indigenous Australian communities.

There are also special events related to this exhibition:

March 31, 1 p.m. to 3 p.m. Flipping the Narrative: Historical Collections as Sites of Cultural Diplomacy at the Phillips Collection

March 31, 6 p.m. Yolnu Ceremonial Performance at Katzen Art Center

April 1, 9 a.m. to 4 p.m. Matha Nupanmi: A Summit of Yolnu Art and Ideas, at Katzen Art Center

For more information and registration, click [here](#).

Monday, April 3, 7 p.m. - 8:30 p.m.

Moonlight Tour of American University Arboretum - Did you know that the American University campus is an accredited Arboretum with over 4000 trees and more than 500 different species and varieties of woody plants? Please join us for a guided walking tour, under the light of the moon, of the AU Arboretum and Gardens. Stroll with us through campus and learn about the history of the university along with learning about the trees and gardens and the sustainable features throughout campus. Please arrive in front of the School of International Service (SIS) building at 7:00 p.m. for refreshments and check-in. Parking is free after 5:00 pm in our AU garages, the closest garage is the

School of International Service garage, entrance at the corner of Nebraska Ave NW and New Mexico Ave NW. This is a family friendly event and pets are welcome. [RSVP HERE.](#)

Extended hours starting on April 10th at the Palisades Recreation Center

The Palisades Rec Center will have much longer hours starting on April 10th as follows: Monday - Friday, 9 a.m. - 5 p.m.; Saturday 9 a.m. - 5 p.m.; Sunday CLOSED.

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 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](#)

Next Week at Palisades Village
April 2 — 8, 2023

Pickleball

Mon 04 / 03 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 04 / 03 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 04 / 03 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 04 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 04 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 05 / 2023 at 8:30 AM

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

[More Information](#)

Board Meeting

Thu 04 / 06 / 2023 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 04 / 08 / 2023 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village