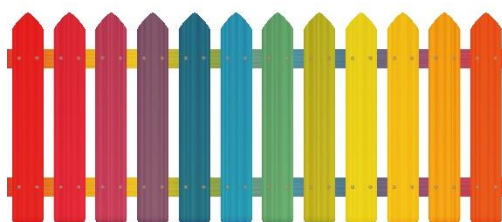




ACROSS THE FENCE

June 4, 2023



Happy Pride Month

Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9	Saturday, June 10
<p>12:15 p.m. Pickleball</p> <p>1 p.m. Book Club</p> <p>3:30 p.m. William Yates Fitness</p>	<p>Planner Group canceled</p> <p>3 p.m. Yoga canceled</p>	<p>8:30 a.m. Walking Club</p>	<p>10:30 a.m. Coffee and Conversation</p> <p>5 p.m. Board Meeting</p>	<p>1 p.m. Tech Clinic</p>	<p>9:30 a.m. Mindful Knitting</p>

This week:



Thursday, June 8, 10:30 a.m - 11:30 a.m. Coffee & Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside in the garden, 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](#).

The next Palisades Village Board meeting is on **Thursday, June 8th at 5 p.m. on Zoom**. 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](#).



Friday, June 9, 1 p.m. - 3 p.m. 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](tel:202-244-3310) to let me know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).

Coming Up:



Friday, June 16, 10:15 a.m. - 11:15 a.m. Library Tech Training in person

Come and learn about the library's popular free digital resources: OverDrive & Libby - Borrow ebooks, Audiobooks, and digital magazines to read on your phone, tablet, Kindle, or computer. Kanopy - Stream movies and TV shows on your computer, or Smart TV or download the app on your phone or tablet. At the Palisades Library, 4901 V St NW. This training is open to all. Spread the word! Register [here](#).



Thursday, June 22, 1 p.m. - 3:30 p.m. Anacostia River Tour

Anacostia River Explorers Boat Tours educate the public about the Anacostia River watershed, including its human and natural history, the threats it faces, and what solutions are being undertaken to help the river realize its full potential as an invaluable asset for the communities along its banks. Please join us for an enjoyable and educational afternoon.

We will meet at Palisades Hub at 1:00 p.m. and carpool/Uber to Anacostia Park for a tour from 2:00 p.m. - 3:00 p.m. Register [here](#).



Friday, June 23, 5:30 - 7:30 p.m. June is Bustin' Out All Over - Members only

You're invited to celebrate the start of summer and enjoy the lovely deck at Jude's beautiful home. The Palisades Pan Handlers will be crafting scrumptious hors d'oeuvres to accompany the wine and beverages and the Loungers will be providing live music. We can't wait to see you! Register [here](#). Full Members -- Please let us know if you need a ride. Contact 202-244-3310

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

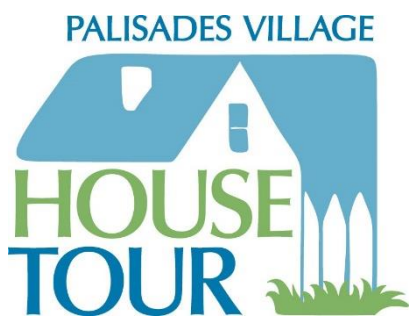
can go to the [website](#). If you have questions or want to register in person, please call the office at [202-244-3310](tel:202-244-3310).



Palisades Village celebrated National Donut Day on Friday with delicious Krispy Cream donuts and lively conversation. Pictured here are Kate, Peggy and Mary.
Photo by Erica.

House Tour 2023 - Calling All Docents!

Save the date! Our 2023 house tour will be on October 14th and planning is in full swing. We are actively looking for docents who can volunteer for half a day to represent Palisades Village, welcome our guests, and explain the items of interest in a home. All docents will be invited to attend a preview of "their house" shortly before the tour to learn about its history and features. Our past docents have found this to be a very fun and rewarding experience. If this is something you would be interested in, please email Anne at aourand@palisadesvillage.org.



Prepare for Extreme Heat

We got a little taste of summer heat. Are you prepared for the really hot days? Here are some suggestions...

- Learn to [recognize the signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.

- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.
 - Cover windows with drapes or shades.
 - Weather-strip doors and windows.
 - Use window reflectors specifically designed to reflect heat back outside.
 - Add insulation to keep the heat out.
 - Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
 - Install window air conditioners and insulate around them.
 - If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.
-

Are you doing some exciting travel over the summer? We would love to publish some pictures in this newsletter, so feel free to send them to Anne at aourand@palisadesvillage.org.



Ellen was at Mount St Helens

Covid Corner:

Based on current COVID-19 trends, the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, expired at the end of the day on May 11, 2023.

The Palisades Village continues to take precautions. Our COVID policy can be found [here](#).

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

For information on prevention actions and what to do if you are exposed, the [CDC](https://www.cdc.gov) has the latest information.

Members: If you need help getting a vaccination or booster, call the office at [202-244-3310](tel: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! More details [here](#).

**Sunday, June 4, 4 p.m. - 6 p.m. in person hosted by East Rock Creek Village
All That Jazz LIVE at The Arts Plaza at The Parks at Walter Reed**

This free live performance features students from the Washington Jazz Arts Institute (WJAI). Founded in 1998 by Davey Yarborough and his wife Esther Williams, the Institute is celebrating its 25th year devoted to the preservation of the past, the promotion of the present and preparation for the future of jazz in DC. The Arts Plaza at The Parks at Walter Reed is located at 6310 Cameron Drive NW. Seating and light refreshments will be available. Parking on streets nearby, including Main Drive and Cameron Drive. Paid parking is available in The Vale parking garage at 6803 Cameron Drive NW. Register [here](#).

Sunday, June 4, 1 p.m. - 3 p.m. on Zoom hosted by Silver Spring Village

LGBTQ Pride Author Talk: "Through The Door of Life: A Jewish Journey Between Genders" by Joy Ladin - In the first half of this talk, Joy Ladin will use her experiences growing up as a transgender child in hiding and later as the first openly transgender employee of an Orthodox Jewish institution (Yeshiva University) as the basis of an exploration of how notions of gender are changing and clashing with traditional views. Personal anecdotes will help illuminate the stakes for individuals, communities, and religious traditions. In the second half, she will talk about how her journeys between genders and Jews have inspired and shaped her work as a writer and poet, particularly her memoir, National Jewish Book Award finalist "Through the Door of Life: a Jewish Journey Between Genders;" her book of trans theology, "The Soul of the Stranger: God and Torah from a Transgender Perspective;" and her trilogy of explicitly Jewish poetry collections about the relationship between God and humanity, National Jewish Book Award winner "The Book of Anna," "Psalms," and last year's "Shekhinah Speaks." NOTE: This event will take place on Zoom. The link will be sent after registration. Register [here](#).

Tuesday, June 13th, 2 p.m. in person hosted by Foggy Bottom West End Village, ON THE ROAD AGAIN! - Foggy Bottom West End Village member Lynn Cates invites you to join her for a photographic presentation about her road trips across America. After she retired, Lynn began exploring this beautiful country by taking cross-country road trips. A couple of years later she became passionate about photography and that has made her road trips even more special. Come and share in her fun, adventures, and the beautiful scenery our country has to offer. This will be held at the West End Library Large Conference Room, 2301 L St NW. Register [here](#).

Wednesday, June 14, 1:00 p.m. - 2:00 p.m. on Zoom hosted by Chevy Chase at Home

Cokie's Journey: A Life Well-Lived with Steve Roberts - Steve Roberts will reflect and share stories about the extraordinary life and legacy of his wife of 53 years, legendary journalist Cokie Roberts, who was a trailblazer for women. Steve will share stories from *Cokie, A Life Well-Lived*. In these stories, he has a simple goal: "To tell stories. Some will make you cheer or laugh or cry. And some, I hope, will inspire you to be more like Cokie, to be a good person, to lead a good life." Register [here](#).

Saturday, June 17, 2:00 p.m. - 3:00 p.m. in person hosted by Foggy Bottom West End Village

Concert at St. Paul's Church, 2430 K Street NW

We welcome soprano Shaina Martinez, a graduate of the of the University of Maryland and the Manhattan School of Music for a varied program of musical selections from composers such as Samuel Barber, Olivier Messiaen, Maurice Ravel, Heitor Villa-Lobos and others. More information and registration [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 for 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](tel: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. 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. June 6 topic: Go Digital. Register [here](#).

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.aroundtowndc.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:

Sunday, June 4th, 9 a.m. - 1 p.m. (or until the truck fills up)

Shredding --at the Palisades Farmers Market compliments of Brendon Mills from the Erich Cabe Team of Compass. "Shred" the word! All are invited.

Sunday, June 4th, 10 a.m - 4 p.m.

Lions Club Flea Market at the Wells Fargo parking lot. 5201 MacArthur Blvd., NW

Sunday, June 4th, 9 a.m. - 4 p.m.

Our Lady of Victory Youth Group/St. Vincent de Paul Society Spring Cleaning Day

Help those in need by donating gently used furniture and household goods. Youth Group members will be in the OLV parking lot (4835 MacArthur) to help you unload and give you a receipt for your taxes. **Questions?** kathleenlaya@gmail.com

The Osher Lifelong Learning Institute (OLLI) at AU offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy, and more. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. June Minis run from June 5–30 with classes held once a week for four weeks. July Shorts run from July 10–14 with classes held two to five times during the one week. The cost for June Minis and July Shorts is \$100/session for up to four classes each session. View and select classes starting April 21. Additionally, there are free weekly lectures during the month of May and membership social events. Be a part of a community where curiosity never retires! Go to our website: olli-dc.org or call [202-895-4860](tel:202-895-4860) for further information and to register for classes.

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](tel:202-537-4942) for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](http://Calendar.WidowedPersonsOutreach.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
June 4 — 10, 2023

Pickleball

Mon 06 / 05 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 06 / 05 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 06 / 05 / 2023 at 3:30 PM

[More Information](#)

Canceled: Planner Group

Tue 06 / 06 / 2023 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 06 / 06 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 06 / 07 / 2023 at 8:30 AM

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

[More Information](#)

Coffee & Conversation

Thu 06 / 08 / 2023 at 10:30 AM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Board Meeting

Thu 06 / 08 / 2023 at 5:00 PM

[More Information](#)

Tech Clinic

Fri 06 / 09 / 2023 at 1:00 PM

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

[More Information](#)

Mindful Knitting

Sat 06 / 10 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
June 11 — 17, 2023

Pickleball

Mon 06 / 12 / 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 06 / 12 / 2023 at 3:30 PM

[More Information](#)

Canceled: Planner Group

Tue 06 / 13 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 06 / 13 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 06 / 14 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 06 / 14 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Library Tech Training - in person

Fri 06 / 16 / 2023 at 10:15 AM

Where: Palisades Library, 4901 V St NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Sat 06 / 17 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village