



ACROSS THE FENCE

June 11, 2023

Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15	Friday, June 16	Saturday, June 17
<p>12:15 p.m. Pickleball</p> <p>3:30 p.m. William Yates Fitness</p>	<p>Planner Group canceled</p> <p>3 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>10 a.m. Eye to Eye Group</p>		<p>10:15 a.m. Library Tech Training</p>	<p>9:30 a.m. Mindful Knitting</p>

This week:



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](#).

Coming Up:



ANACOSTIA RIVERKEEPER®

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



Tuesday, July 4th, 10:45 a.m.

March in this year's July 4th Parade

Walking in the parade with Palisades Village is always great fun! There is room for a couple of passengers as well. Register to let us know that you are interested. Plan on being in line at 10:45 a.m. for the 11 a.m. kickoff. 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](tel:202-244-3310).



Thursday's Coffee & Conversation could have turned into Coffee & "Cough"versation. Luckily, we moved indoors! Let's hope the air clears up soon!



June is Pride Month

- **Tuesday, June 20th, 6 p.m.** - LGBTQ Social Hour on Zoom Hosted by Capitol Hill Village - [Register here](#)
- **Friday, June 23rd, 7 p.m.** - *More Than Strangers* at As You Are (located at 500 8th Street SE): This event will be located on the second floor, which has a flight of stairs and no elevator. This event is a great opportunity to meet LGBT folks from different generations, create meaningful connections, and have fun! This event is open to LGBT folks who are 18 and older, if you plan to attend please RSVP by June 21st. If you have any questions or concerns please reach out to Sophia at sross@capitolhillvillage.org or call 202-543-1778. [Register here](#)

- **Every Monday, 10 am** - DC Center for Aging LGBTQ+ Monday Coffee and Conversation on Zoom - For the Zoom link or more information, contact Adam (adamheller@thedcccenter.org).

Fort Totten Transfer Station Back Open

Bulk and Hazardous waste drop-off changes

After a yearlong redesign and new construction, [Fort Totten Transfer Station](#) reopened Tuesday, June 6. Located at 4900 John McCormack Road NE, the facility will be open on Wednesdays-Fridays from 10am-2pm and Saturdays from 7am-2pm. Fort Totten will handle residential drop-off of trash, recyclables, bulk items, yard waste, metal, tires, and appliances. Meanwhile, Benning Road Transfer Station is closing temporarily for its own upgrades so the new drop-off site for hazardous waste, electronics recycling, and document shredding will relocate to **RFK Stadium Lot 3 at 2400 East Capitol St NE**. Collection events there will take place twice each month: once on a Saturday and once on a Thursday. [The schedule is available here.](#)

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.

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](#) 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.



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! More details [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 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 13th topic: Zoom Refresher. 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:

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(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](tel:202-244-3310).

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

This 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](#)

Next Week at Palisades Village
June 18 — 24, 2023

Juneteenth - Office Closed

Mon 06 / 19 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 06 / 20 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 06 / 20 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 06 / 21 / 2023 at 8:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 06 / 21 / 2023 at 2:00 PM

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

[More Information](#)

Anacostia River Tour

Thu 06 / 22 / 2023 at 1:00 PM

Where: Anacostia Park, 1900 Anacostia Dr, WASHINGTON, DC 20020

[More Information](#)

June is Bustin' Out All Over

Fri 06 / 23 / 2023 at 5:30 PM

Where: Private Address, please log in to see more

[More Information](#)

Mindful Knitting

Sat 06 / 24 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village