



# ACROSS THE FENCE

June 25, 2023

Summer is really here. The days are long and people are off traveling. We are taking advantage of this weather by scheduling as many outdoor events as we can. But not everyone can join us outdoors and we are so appreciative of the volunteers who go pay visits to these members. If you have thought about volunteering to make "friendly visits" we now have a kit of activities that might facilitate conversation and fun. We are also looking for ideas to get our homebound members together on Zoom. If that sounds like something of interest to you, let us know.

Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Friday, June 30	Saturday, July 1
3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  11:15 a.m. <a href="#">U.S. Supreme Court Tour</a>  3 p.m. <a href="#">Yoga</a>				9:30 a.m. <a href="#">Mindful Knitting</a>

## ***This week:***

Our **fitness class** with William Yates will be upstairs in the sanctuary instead of the social hall. If you haven't tried this class, it is free and open to everyone. It is structured for all abilities -- you can even do it while seated. Come try it out Mondays at 3:30 at the Hub (5200 Cathedral NW). Register [here](#).

The Supreme Court Tour for members filled up quickly but if you are interested, there is a waitlist. Our waitlists often up so don't hesitate to add your name.

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## ***Coming Up:***



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

**March in this year's July 4th Parade - open to ALL!**

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](#).



**Thursday, July 13, 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 on 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.

This in-person event is only open to members who have been fully vaccinated for COVID-19. Register [here](#).



**Friday, July 14, 1 p.m. - 3 p.m.**

**Tech Clinic**

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](mailto:aourand@palisadesvillage.org) or call the office at **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](#).

*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).

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*Palisades Village members and friends had a wonderful, albeit cool and misty, tour of the Anacostia River thanks to the Anacostia Riverkeeper non-profit organization. To learn more about their mission, visit them [here](#). It was a very enjoyable way to spend an afternoon.*

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## Transportation - Know Your Options

It's a good idea to have a variety of transportation options at your disposal. Palisades Village volunteers are a great resource to our Full Members, but did you know there are some low-cost travel options that are available to complement our wonderful volunteer rides? Last week, we featured non-medical transportation options. This week we will focus on medical transportation options that will help you get to medical appointments. These programs require that participants meet medical or income criteria.

**Senior MedExpress** This initiative, sponsored by the [Department of Aging and Community Living \(DACL\)](#), helps residents get to critical medical appointments. The Senior MedExpress provides DC residents with a scheduled, free taxi ride to life-sustaining medical appointments such as chemotherapy or dialysis or for health-related public benefits. [Click here to learn more or to apply](#). Full members can request help applying for Senior MedExpress by contacting the NNV office at 202-935-6060 or [info@nnvdc.org](mailto:info@nnvdc.org).

**Transport DC** is another DACL-sponsored initiative that offers an alternative to paratransit transportation for eligible [MetroAccess](#) customers who live in DC. This program provides \$5 taxi rides without restrictions from the 1<sup>st</sup> to the 15<sup>th</sup> of the month. The remainder of the month is restricted to medical and employment trips. To learn more or to apply contact Transport DC at [transport.dc@dc.gov](mailto:transport.dc@dc.gov) or call 202-645-7300.

Thank you to Northwest Neighbors Village for this recap.



Ellen visited Mt. St. Helens this summer. This is what it looks like 42 years after it erupted. Are you doing some exciting travel over the summer? We would love to publish some pictures in this newsletter. Please send them to Anne at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org).

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## Why should you be thinking about snow in June??

DC requires residents to remove snow and ice from paved sidewalks, curb ramps and curb cuts abutting their property by DPW within the first eight hours of daylight after the end of a winter storm. However, there is a Sidewalk Shoveling Exemption Program (SSEP) which exempts qualified residents (age 65 plus or disabled) from enforcement by DPW for not removing snow and ice from their sidewalks. BUT one must apply for the exemption between **June 1 and October 31, 2023** – when the weather is warm, and no one is thinking about snow and ice. The form can be found at <https://shovelexemption.dpw.dc.gov/form/age>. Members can always call the office if they need help filling it out. Here's more about the program. <https://shovelexemption.dpw.dc.gov/>

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## SMART HOME EXHIBIT

We're showcasing the latest smart tech designed to bring ease to everyday home activities, from some well-known tech like the Alexa and the Apple iPad, to some less well-known (but just as reliable) tech like the Hero Medication dispenser and Kasa Smart light bulbs. Get a hands-on feel for what might work for your home!

Saturday, July 8th | 11 a.m. - 3 p.m.  
MLK Library | 1st Floor, New Books

In Partnership with



**DC ASSISTIVE TECHNOLOGY PROGRAM**  
MAKING INDEPENDENCE POSSIBLE

**\*ASL interpretation will be available throughout the event.**  
*For other reasonable accommodation for this program, please contact  
DCPLaccess@dc.gov or call 202-727-2142.*

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## 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.

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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.

**Tuesday, June 27,**

**Monday, July 31, 3:30 - 5:00 p.m. hosted by Dupont Circle Village (on Zoom or in person)**

Idriys J. Abdullah, a Consumer Protection Advocate from the District of Columbia Department of Insurance, Securities, and Banking, will speak to us about financial traps targeted to seniors and how to identify them. Topics may include Money Smart for Older Adults, Affinity Fraud, Reverse Mortgages, Romance Scams, Covid-19 Corona Virus Scams, and Protecting Your Assets. Register [here](#).

Northwest Neighbors Village has a robust Virtual Speaker Series! 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 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](mailto: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 27th topic: ntro to ChatGTP (What? Why? How?). 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](#).

Fridays at IONA, 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** - Join Diane Harris in studying the art of Tai Chi. Diane is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information and registration, click [here](#)

## Sibley Seniors Events:

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

## Community Events:

**Thursday, June 29 - 6.30 p.m.**

### **Book Hill Talks - Enslaved at the Georgetown Hotel**

Enslaved at the Georgetown Hotel tells the 100-year story (1824 -1926) of three generations enslaved by Eleanor Lang, the owner of the Georgetown Hotel, a historically significant building constructed in 1796, now known as the City Tavern. The lecture explains how the owner leveraged human property for financial gains, including increase, mortgage, collateral, insurance, and hiring out. It also explains the 1862 District of Columbia Compensated Emancipation Act and its petition process. At the Georgetown Library, 3260 R Street NW.

**Monday, July 3 - 6 p.m. to 8:30 p.m.**

**Hoedown on the Green at Palisades Park** - Presented by the Palisades Community Association. Live music (Colonel Josh and Paisley Tonk), free ice cream, and lots of pie! Register [here](#) to participate in the pie baking contest. Register on site for the pie eating contest. Location: 5200 Sherier PI NW. Email [Jessica](#) with any questions.

**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](http://olli-dc.org) or call [202-895-4860](tel:202-895-4860) for further information and to register for classes.

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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](tel: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

June 25 — July 1, 2023

### **William Yates Fitness**

Mon 06 / 26 / 2023 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 06 / 27 / 2023 at 9:30 AM

[More Information](#)

### **U.S. Supreme Court Tour**

Tue 06 / 27 / 2023 at 11:15 AM

Where: US Supreme Court, 1 First St NE, Washington, DC 20543

[More Information](#)

### **Yoga**

Tue 06 / 27 / 2023 at 3:00 PM

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

[More Information](#)

### **Mindful Knitting**

Sat 07 / 01 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
July 2 — 8, 2023

**Book Club**

Mon 07 / 03 / 2023 at 1:00 PM

[More Information](#)

**Canceled: William Yates Fitness**

Mon 07 / 03 / 2023 at 3:30 PM

[More Information](#)

**Office closed - July 4th Holiday**

Tue 07 / 04 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**July 4 Parade**

Tue 07 / 04 / 2023 at 10:45 AM

Where: Start of Parade Route, Whitehaven Pkwy NW, Washington, DC

[More Information](#)

**Mindful Knitting**

Sat 07 / 08 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village