



ACROSS THE FENCE

July 2, 2023

Happy Independence Day! We look forward to seeing you in the Palisades parade on Tuesday. Please feel free to join Palisades Village in the parade even if it is for a block or two. It is so much fun seeing members, volunteers, and all their families waving and cheering us on.

Monday, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7	Saturday, July 8
1 p.m. Book Club Fitness cancelled	OFFICE CLOSED 10:45 a.m. 4th of July Parade				9:30 a.m. Mindful Knitting

This week:



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](#).

Coming Up:



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 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. 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 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. Register [here](#).



Wednesday, July 19, 11 a.m. - 1 p.m. **Volunteer Orientation**

Want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to

do as much or as little as they would like. We are especially in need of drivers! You can find out about the organization and talk to other volunteers about the rewards of what they do. Food will be provided. Register [here](#).



Wednesday, July 19, 5 p.m. - 7 p.m.

Summer Picnic - Members only

Are you ready to see your Palisades Village friends and neighbors? We are! Please join us at the Palisades Hub (Palisades Community Church) for a Caribbean-themed summer picnic. The Palisades Pan Handlers are ready to wow you with their dishes. There will also be live music to enjoy! If you have a friend that you think would like to be a member, bring them along so they get a taste of the Village. Register [here](#).

This in-person event is only open to those who have been fully vaccinated for COVID-19.

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 members were privileged to take a tour of the Supreme Court led by our very own member and volunteer Janet Bullinger. If you have ideas for future outings, let us know!

Age-Friendly DC Wants to Hear From You

Age-Friendly DC is working to host listening sessions across the city to understand how its programs are working. They have asked the DC Villages to help identify/recruit participants for these sessions, which will be held virtually during the month of July (exact dates are not yet set). If you would be interested in participating, fill out this form this week -- <https://forms.gle/JRuzq7vMRAUXxfkh9>. Since we don't have exact dates/times yet, completing the form is only an expression of interest, not a commitment to participate.

DC Villages Collaborative Builds on Village Strengths

Village members know that aging is not a solitary activity. Central to the mission of Palisades Village is ensuring that our members are supported and engaged to remain active, healthy, and happy members of the community. Similarly, the new [DC Villages Collaborative](#) strengthens our ability to support Palisades Village members, while also expanding Village resources both for our members and for others across the city.

Just like our Village relies on neighbors helping neighbors to achieve our goals, the 13 Villages across DC have long worked together informally to support one another. For more than seven years, the executive directors of each Village have met monthly to share ideas and tackle issues of common concern. Similarly, the Village presidents have also met regularly for the past three years to learn from one another. From these efforts, it became clear about two years ago that all the Villages would benefit from a more structured collaboration process.

This realization led to the hiring of a consultant to guide the Villages' board presidents and executive directors through a two-year process of careful consideration, planning, debate, and discussion. The result is the DC Villages Collaborative, a new joint effort that respects what makes each Village unique while advancing our common goals and shared vision. It builds on the informal partnerships the 13 DC Villages have established over the years and improves the way we all work together to share programs and expertise, pursue grants, and advocate for older adults no matter where they live in the District.

In June, all 13 DC Villages' boards of directors signed a memorandum of understanding, which included a formal framework to guide and oversee the Collaborative. This framework includes the DC Villages Collaboration Council, a strategic oversight body composed primarily of DC Villages' presidents, and the Leadership Group, made up of Village executive directors. Together, these bodies will begin in July their work of implementing the Collaborative's vision and goals.

So what does the Collaborative mean for Palisades Village members and volunteers? In short, it means adding to what makes our Village a valuable resource by providing access to more programming and support, as well as increased connections with members here in the Palisades and across the District.

The Collaborative also provides a stronger foundation for our Village and the Village movement in Washington, D.C. , helping to ensure Palisades Village is here to support you and your neighbors for years to come. It means Village leaders and staff can identify and take advantage of potential operational efficiencies, freeing up resources for more programming or services, as well as helping us reach new and more diverse members in Village communities.

While the Villages have worked together successfully over the years to secure grants from the District's Department of Aging and Community Living, the Washington Home Foundation, and several private foundations, this more formal structure will make us eligible for additional grants for programs that can benefit all 13 Villages.

With the DC Villages Collaborative, we will also be able to better support people looking to build new Villages or support Village-like services in parts of the city where Villages don't operate. Every neighborhood in D.C. can benefit from the concept of healthy, engaged aging and advocacy for age-friendly policies, actions, and resources.

Among the first orders of business for the Collaboration Council is hiring a director to lead and manage collaborative efforts citywide in line with the Collaborative's action plan. They will also finalize the group's organizational plan.

Expect to hear more about the progress of the DC Villages Collaborative in the coming months. We are very excited about the new opportunities it will bring us, as well as the potential to better the lives of older Washingtonians.

--Carter Ross

Recipe Exchange!

Did you love the asparagus at the party at Jude's house last Friday night? Here's the recipe if you want to recreate this winner!

ROASTED ASPARAGUS WITH PARMESAN

INGREDIENTS:

- 1 pound of medium-thickness asparagus, trimmed, washed and dried
- 2 tbsp. olive oil, divided
- 1/4 tsp. table salt
- 1/4 tsp. coarse black pepper, divided
- a 3 or 4 ounce wedge of Parmesan cheese (you'll only use about half of it but you need a nice-sized one like this to get the grabbable strips of cheese off of it)

- 1/2 tsp. coarse sea salt

DIRECTIONS:

1. Preheat oven to 450°F.
2. Lay the asparagus in a single layer on a large pan. Drizzle with 1 tablespoon of the olive oil and sprinkle with the table salt and 1/4 teaspoon of the black pepper. Toss it all around to coat.
3. Roast uncovered for 5 minutes, until asparagus is the greenest of greens and just yields to the tines of a fork. You might be tempted to let it stay in there for another minute or two. I advise against it. If the asparagus softens too much it will not be as bright or as crisp.
4. Remove the pan from the oven and let the asparagus come to room temperature on the pan. This will allow them to continue to cook just a tiny bit more.
5. Leave them at room temperature for up to an hour or cover and transfer to the fridge for up to 4 hours.
6. Transfer the asparagus to a serving plate making sure that their tips all point in the same direction (this is just because they look prettiest this way). Use a potato peeler to shave 20-30 big stripes of Parmesan onto the asparagus. Tuck some of the Parmesan down under the asparagus so that it is evenly distributed and not all piled up on top.
7. Drizzle everything with the remaining 1 tablespoon of olive oil and sprinkle with the remaining 1/2 tsp. of coarse black pepper and with the sea salt. Take the platter to your guests and immediately serve some asparagus and cheese onto your own plate and then pick up a piece or two with your fingers so that they know it's ok to eat it with their fingers.

<https://cookthestory.com/asparagus-parmesan-appetizer/>

Thanks to Char for sharing it!

Tai Chi Options

A few of our members have inquired about Tai Chi classes. Here is a summary of what is offered in the area.

Fridays at the Palisades Library from 11 a.m. - noon (in person only). Register [here](#).

Fridays from 2 p.m. - 3 p.m. on Zoom. Register [here](#) with Around Town.

Sibley Seniors will start a new class on Wednesdays from 1 p.m. - 2 p.m. at the Palisades Hub. Cost is \$100. For more information, call 202-364-7602. Registration ends July 7th.

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.



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](#).

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. July 11th topic: Microsoft Word vs Google Docs vs Pages. 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:

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 Pl NW. Email [Jessica](#) with any questions. Our very own Palisades Village member, Peggy Banks, will be one of the pie judges!

Tuesday, July 4th, 11 a.m.

Palisades Community Association's 57th annual July 4th Parade and Picnic - Come celebrate July 4th on MacArthur Blvd. with your neighbors. The parade kicks off at 11 a.m. Free picnic afterward at the Palisades Rec Center from noon - 2 p.m. All are invited!

Wednesday, July 5 - 7 p.m

ANC3D's regular monthly meeting - Zoom only.

See the agenda and Zoom link [here](#).

The DC Public Libraries' open hours are changing - this includes Georgetown, Palisades, and Tenley! Starting **Monday, June 26**, the new hours will be:

- **Monday, Tuesday, and Wednesday:** 9 a.m. to 8 p.m.
- **Thursday:** 12 p.m. to 8 p.m.
- **Friday and Saturday:** 10 a.m. to 6 p.m.
- **Sunday:** 1 p.m. to 5 p.m.

These new hours apply to all DCPL library locations except MLK Library and Deanwood, Northwest One, and Rosedale Libraries, which will continue with their existing open hours.

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 \(wpodc.org\)](#)

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
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](#)

Next Week at Palisades Village

July 9 — 15, 2023

William Yates Fitness

Mon 07 / 10 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 07 / 11 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 07 / 11 / 2023 at 3:00 PM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 07 / 12 / 2023 at 10:00 AM

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

[More Information](#)

Coffee & Conversation

Thu 07 / 13 / 2023 at 10:30 AM

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

[More Information](#)

Tech Clinic

Fri 07 / 14 / 2023 at 1:00 PM

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

[More Information](#)

Mindful Knitting

Sat 07 / 15 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village