



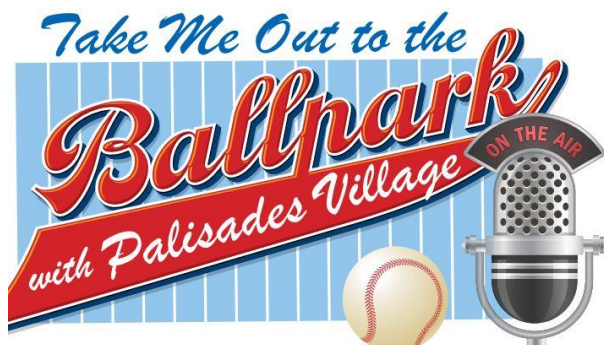
ACROSS THE FENCE

July 23, 2023

We are winding up for the first pitch in the Palisades Village Take Me Out to the Ballpark on Tuesday, August 8. The Nats are away so we will catch up with them on the radio but have all the fun of going to a game with hot dogs, popcorn, and ice cream. Come out with your neighbors of all ages and try your hand at some games. Don't be caught looking.

Monday, July 24	Tuesday, July 25	Wednesday, July 26	Thursday, July 27	Friday, July 28	Saturday, July 29
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group Yoga cancelled	8:30 a.m. Walking Club			9:30 a.m. Mindful Knitting

Coming Up:



Tuesday, August 8, 6:30 p.m. - 8:30 p.m.
Take Me Out to the Ballpark with Palisades Village at the Palisades Hub - Open to all

THE NATIONALS will be playing THE PHILLIES in Philadelphia so, on August 8, we will be tuned in to the broadcast of that game. Do you remember the joy of sitting outside on a summer evening listening

to a baseball game on the radio? Well, this event is for you. For those of all ages who have never known how special those baseball sounds can be, this event is for you, too. Come meet with your neighbors over free hot dogs, popcorn, and ice cream. We will have games of chance and skill and special guests. Bring a neighbor of any age. It's going to be a good time! Register [here](#).



**Thursday, August 10, 10:30 a.m. - 11:30 a.m.
Coffee and Conversation at the Palisades Hub -
Members only**

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 office. 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](#).

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).

The Summer Caribbean-themed Picnic was a Huge Success!



Lisa, Bob and Carol Lynn



Peter and Kate tend bar



Nephelie and her dad Avyeris



Group shot of one of 10 tables



Patty and Judy



The incredible buffet line

The Caribbean-themed summer picnic last Wednesday evening on the lawn of the Hub was so much fun. We were thrilled to welcome guest bartender Peter Banks (son of Peggy) who served refreshing Cachaca Fizzes (see recipe below). These paired well with Joanne's Caribbean cheese cornsticks. The delicious main courses prepared by the Palisades Village Pan Handlers were scrumptious and so creative! The buffet line included Jamaican jerk chicken, curried goat, vegetable curry, Jamaican peas and rice,

black bean and corn salad, chayote and melon salad, Jamaican green salad, and rum cake for dessert. It was wonderful meeting new members and catching up with old friends. This is what the Village is all about!

The introduction of a new Palisades Village signature cocktail, "Cachaça Fizz" greatly added to the festivities. For those of you wishing to try it at home, here's the recipe:

30 ml fresh lime juice

4 teaspoons sugar

1 shot/50 ml cachaca

Fill a 12 oz. glass with ice. Mix and stir the first 3 ingredients and pour over ice. Add a splash of seltzer water/club soda. Enjoy!

To learn more go to www.cachacier.com

We need to hear from you in our Strategic Planning process

If you are a **member** (full or associate), **volunteer**, or **donor** and would like to participate in a one-hour focus group about Palisades Village, we need you. These important sessions will be held on Zoom in early-mid August and will help guide us in charting a path forward. Please contact Erica at ebanton@palisadesvillage.org or 202-244-3310 by Wednesday, July 26 if you are interested.

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.



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](#).

Thursday, July 20, 11 a.m. - noon on Zoom hosted by Breater Brookland Intergenerational Village

Cyber Crime Prevention Training - This training is for all DC Village members and Volunteers. Choose between one of two tracks, either learning yourself about cyber security, or learning how to train others in your Village. Cybercrime Support Network (CSN) created the #SecureTogether program to provide information, tools, and assistance to help individuals implement better security measures on accounts and devices. Register [here](#).

Monday, July 31, 3:30 p.m. - 5 p.m. on Zoom hosted by Dupont Circle Village
Live and Learn: Elder Financial Abuse - 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, Protecting Your Assets. For more information and to register, click [here](#).

Tuesday, August 15, 4 p.m. - 5 p.m. on Zoom hosted by Greater Stonegate Village
Preventing Frauds, Scams and Identity Theft - GSV invites you to attend a presentation with Mike Conrad from the Montgomery County Police Department. Mike volunteers with

the MCPD's Keeping Seniors Safe program. This presentation will focus on preventing frauds, scams and identity theft. After his retirement in 2013, Mike became a volunteer with the Montgomery County Police Department. Since then he's served on the Keeping Seniors Safe program giving over 75 presentations on frauds, scams and identity theft, and is also a member of another outreach team which supports the counties' Autism community. To register, click [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 25th topic: Intro to Google Apps (YouTube, Translate, Drive, Meet, Chat...) 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.

Wednesday, July 26, 7 p.m. on Zoom sponsored by New Morning Star Baptist Church and Sibley Senior Association

What is Health Equity and What Does it Mean to Me - Diversity, Equity, and Inclusion are not just buzzwords. Hospitals and health providers are making it a priority to bring equitable health care to all. Steven K. Ragsdale will explain what Health Equity actually is and why it is so important. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before July 25.

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.

FALL REGISTRATION IS OPEN

Registration is now OPEN on the OLLI website for the fall semester (September 26–December 8). Classes are offered online, in-person, and hybrid. In the catalog, each course description lists the format and whether or not the class will be recorded. Courses meet for a varying length of time (see each study group for the number of weeks). The membership fee (\$300 for the semester or \$550 for both fall and spring) allows you to sign up for three courses before the lottery. After the lottery, when you have received your class assignment letter, you can add a **fourth study group** by logging into your account. **Make sure to register before the fall semester lottery on Friday, September 8.** More information can be found [here](#).

Wednesday, July 26, 6 p.m.

Improv for All at the Palisades Library (4901 V Street NW) - Have you ever wanted to give acting a try? Do you watch comedians and say "I could do that!"? Well, now you can! Washington Improv Theater company will be hosting a series of workshops on Wednesday evenings. No experience necessary. Just a willingness to have fun and laugh a lot. For more information, click [here](#).

Thursday, August 3, 10 a.m. - 4 p.m.

National Building Museum Look Here Installation- Ward 3 Day

Please join us with your ward and D.C. Council representatives for complimentary admission to the National Building Museum (401 F St NW) and Look Here! Explore our newest summer installation, participate in hands-on crafts, enjoy Storytime at 11 a.m. and 1 p.m. led by the DC Public Library, and meet community partners. Resident's proof of address is required to verify zip code. All children must be accompanied by an adult.

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 23 — 29, 2023

William Yates Fitness

Mon 07 / 24 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 07 / 25 / 2023 at 10:00 AM

[More Information](#)

Canceled: Yoga

Tue 07 / 25 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 07 / 26 / 2023 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 07 / 29 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
July 30 — August 5, 2023

William Yates Fitness

Mon 07 / 31 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 08 / 01 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 08 / 01 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 02 / 2023 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 08 / 05 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village