



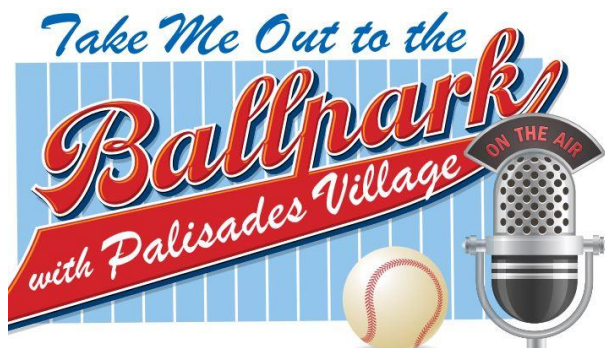
# ACROSS THE FENCE

## July 30, 2023

The wildfire smoke and this week's heat emergency remind us of how unpredictable the weather can be. Our push for emergency preparedness continues with our upcoming talk from DC Homeland Security and Emergency Management Agency's Community Engagement Team on August 17 at the Palisades Library. We hope that everyone in the neighborhood will consider joining us to hear about what steps we can take now to be prepared for unforeseen situations.

Monday, July 31	Tuesday, August 1	Wed, August 2	Thurs, August 3	Friday, August 4	Sat, August 5
3:30 p.m. <a href="#">William Yates Fitness</a>	Planner Group cancelled  3:00 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>			9:30 a.m. <a href="#">Mindful Knitting</a>

## 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](#).

---



**Friday, August 11, 12 p.m. - 1:00 p.m.  
Tech Clinic - For members only - In person at the Palisades Village Office**

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](#).

---



**Thursday, August 17, 1:00 p.m. - 2:00 p.m.**

**Emergency Preparedness Program at the Palisades Library- Open to All!**

DC Homeland Security and Emergency Management Agency's Community Engagement Team and *Guest Speaker* Kim McCall will give a one-hour presentation on how to be prepared in any emergency. In order to be better prepared for any situation, you should plan ahead. This is especially true if you have any health or mobility considerations that may affect how you respond to an emergency. By evaluating your own needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This is a program you do not want to miss. Everyone is invited to this important program. Register [here](#).

---

**Palisades Community Sing is coming to Palisades Village!** The mission of Palisades Community Sing is to bring together adults of all ages and musical levels -- and experience -- to sing! We sing just for the fun of it with friends and neighbors, and with people outside the neighborhood. We will be singing familiar songs including American standards, Broadway, pop, folk, and rock. Everyone is welcome! Palisades Community Sing will be meeting from 11 a.m. - noon on September 26th and October 24th at the Palisades Hub. We can't wait to sing with you!

---

*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).*

---



Congratulations to the Palisades Village/Palisades Hub July 4th contingent for winning the "**Community Boosters**" parade prize (a gift certificate from Lupo Verde) at this year's parade! The group enjoyed a delicious lunch this week to celebrate.

---

## Summer Reading is Upon Us!

Summer is a wonderful time to kick back, relax and pick up a good book. Whether you are sitting on the beach, relaxing at the pool, or curled up on the couch in air conditioning, reading can offer much-needed relaxation and a break from the realities of life. What are currently reading? What is it about and why do you like it? Share your suggestions and we will share them in the next newsletter. Here at the office, Anne is reading *Spare* by Prince Harry and Erica is reading *Sea of Tranquility* by Emily St. John Mandel.

---

## Volunteering Later in Life May Stave off Cognitive Decline

A [study](#) of 2,476 adults with an average age of 74 years found volunteering at educational, religious, health-related, or other charitable organizations can protect the brain against cognitive decline and dementia. Volunteering was also found to lead to

increased physical activity and social interaction, with those who volunteer several times per week scoring the highest on tests of executive function.

Interested in volunteering with Palisades Village? Contact Anne Orand at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or **202-244-3310**.

---

## AlertDC

Have you signed up to get DC alerts? AlertDC is the official District of Columbia emergency alert and warning system.

This system enables the District to provide you with critical information in a variety of situations:

- Transportation Incidents
- Utility Outages
- Government/School Closings
- Amber/Silver Alerts
- Breaking News and Information
- Community Outreach for DC Events
- Schools
- Severe Weather
- Police Alerts
- Communities/Neighborhoods
- Colleges/Universities

### BE AWARE

Get the alerts you want: police, traffic, community alerts, and more - directly from the District of Columbia's public safety officials, and emergency manager.

### BE READY

Alerts can be sent to you via text, email, cell phone, landline, and mobile app - you choose how.

### BE SAFE

AlertDC will tell you where to go, what to do, and how to stay informed.

Sign up [here](#) or come to one of our tech clinics and we will get you signed up.

---





A member sent us this refreshing photo from the Potomac Conservancy. It looks so inviting in this hot weather! For more pictures and information on the Potomac, visit [www.potomac.org](http://www.potomac.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](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](#).

**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](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. **August 1st** topic: Intro to Coding 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:

**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](#).

**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](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.

---

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

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

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



## **William Yates Fitness**

Mon 07 / 31 / 2023 at 3:30 PM

[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](#)

Next Week at Palisades Village

August 6 — 12, 2023

## **Book Club**

Mon 08 / 07 / 2023 at 1:00 PM

[More Information](#)

## **Canceled: William Yates Fitness**

Mon 08 / 07 / 2023 at 3:30 PM

[More Information](#)

## **Yoga**

Tue 08 / 08 / 2023 at 3:00 PM

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

[More Information](#)

## **Take Me Out to the Ballpark with Palisades Village**

Tue 08 / 08 / 2023 at 6:30 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 08 / 09 / 2023 at 8:30 AM

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

[More Information](#)

**Eye to Eye Group - In Person**

Wed 08 / 09 / 2023 at 10:00 AM

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

[More Information](#)

**Coffee & Conversation**

Thu 08 / 10 / 2023 at 10:30 AM

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

[More Information](#)

**Tech Clinic**

Fri 08 / 11 / 2023 at 12:00 PM

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

[More Information](#)

**Mindful Knitting**

Sat 08 / 12 / 2023 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village