



ACROSS THE FENCE

August 13, 2023

Our baseball event knocked it out of the park in getting the community together. It was so fun racing against representatives from other organizations in our take on the Nats "Presidents" race. Jenny Wieroniey, president of the PCA, won hands down. Officer McElwee can't wait to officiate again so we might have to start training. Thank you to all who came and to all the volunteers who made it happen. And we have to thank Mayor Bowser's office and Councilmember Frumin's staff for the Nats tickets

We encourage the community to come together again for our **emergency preparedness** session with the team from DC Homeland Security and Emergency Management next Thursday. If you or anyone you know needs to think about how to prepare for the next time the lights go out, this is a great first step. And you will have an opportunity to win **prizes** just for coming.

Monday, August 14	Tuesday, August 15	Wed, August 16	Thurs, August 17	Friday, August 18	Sat, August 19
3:30 William Yates Fitness	Planner Group Cancelled 3:00 p.m. Yoga	8:30 a.m. Walking Club	1:00 p.m. How to Prepare for Any Emergency	12 noon Tech Clinic	9:30 a.m. Mindful Knitting

Coming Up:



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. Register [here](#). We will be raffling off prizes to attendees.



Friday, August 18, 12 p.m. - 2:00 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 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](#).



Wednesday, August 23, 5:30 p.m. - 7:30 p.m.
Volunteer Potluck for all the fabulous volunteers!

Calling all volunteers! We want to take an evening to celebrate and thank you for all you have done for the Village this past year. Bring a dish (homemade, takeout, or store-bought) and join other volunteers for a relaxed evening. PV will provide the beverages and some great company. Register [here](#). Members will have to wait for the BBQ next month.

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).

Take Me Out to the Ballgame with Palisades Village was a Smashing Hit!



Julie sings the National Anthem



Sharon and Jennifer serve up ice cream courtesy of Grand Oaks



Frank is all smiles. He won the raffle!



The President's Race



Dan, Ghislane and Ellen show off their bingo prizes



Gathering around the radio to listen to the big game.

E-cycle Event Coming up on September 9th

If you missed the e-cycle event in the Palisades, do not despair. There is one coming up on September 9th in Chevy Chase from 10 a.m.- 2 p.m. Start collecting your old electronics now! There will be an e-cycle collection truck parked on Connecticut Ave. between Northhampton and McKinley St. (near Chevy Chase Community Center). Allowed equipment includes computers, tablets, e-readers, monitors, TVs, mobile phones, desktop printers, DVD players and VCRs. For a complete list of accepted items, click [here](#).

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



As we've announced previously, the DC Villages Collaborative (DCVC), a joint project among all thirteen Villages in Washington, DC, is now a reality! The Collaboration Council, the body that will oversee DCVC's long-range mission, met for the first time on July 26 to kick things off. Morgan Gopnik, previous NNV President and current NNV Vice-President, was elected as Chair of the new Council. Other officers include David Mackoff from East Rock Creek Village as Vice-Chair, Tama Duffy-Day from Capitol Hill Village as Treasurer, and Emma Brownstein from Greater Brookland Intergenerational Village as Secretary. We will be sure to keep you up to date as the Collaborative develops and begins to offer new citywide programming and events!

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, 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](#).

Tuesday, August 29, 3 p.m. - 4 p.m. on Zoom hosted by Greater Brookland Intergenerational Village DC Community Resources for Older Adults - During this one hour virtual presentation, you will hear from Iona's Melissa Susser, LICW, about the array of services in DC that provide support for older adults. We will leave time for Melissa to answer any questions you may have. Register [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. **August 15th** topic: Intro to Facebook. 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, August 23, 7 to 8 p.m. on Zoom

Discussing the Facts: Alzheimer's Disease and Related Dementias - Sponsored by New Morning Star Baptist Church and Sibley Senior Association

Alzheimer's disease and related dementias impair memory, thought processes and functioning, primarily among older adults. We will discuss how dementia affects the brain and how Alzheimer's disease differs from other types of dementia. Learn about behaviors you may see in people with mild, moderate and severe dementia. We will discuss communication challenges you may face with different stages of dementia. There will be plenty of time for questions and answers. Register [here](#), email pnunez3@jhmi.edu or call the Sibley Senior Association at 202-364-7602 by August 21.

Community Events:

Tuesday, August 15 at 6 p.m.

Community Walk

Officer McElwee announced that PSA 205 is planning a community walk. They will meet at the Palisades Recreation Center (on the porch of the field house) at 5200 Sherier Place, NW. Discussion topics will include Crosswalks, Speeding, and Theft from Autos. All topics of concern are welcome.

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](#).

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**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village
August 13 — 19, 2023

William Yates Fitness

Mon 08 / 14 / 2023 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 15 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 16 / 2023 at 8:30 AM

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

[More Information](#)

How to Prepare for any Emergency

Thu 08 / 17 / 2023 at 1:00 PM

Where: Palisades Library, 4901 V St NW, WASHINGTON, DC 20007

[More Information](#)

Tech Clinic

Fri 08 / 18 / 2023 at 12:00 PM

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

[More Information](#)

Mindful Knitting

Sat 08 / 19 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 20 — 26, 2023

William Yates Fitness

Mon 08 / 21 / 2023 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 22 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 23 / 2023 at 8:30 AM

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

[More Information](#)

Volunteer Potluck

Wed 08 / 23 / 2023 at 5:30 PM

Where: Private Address, please log in to see more

[More Information](#)

Mindful Knitting

Sat 08 / 26 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village