



ACROSS THE FENCE

August 20, 2023

Tomorrow is National Senior Citizens Day. President Ronald Reagan took the initiative to honor older adults in 1988 when he signed Proclamation 5847 and marked August 21 as the day they will be celebrated. “Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,” Reagan proclaimed. “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. **We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.**” Palisades Village strives to make good on this every day of the year.

Monday, August 21	Tuesday, August 22	Wed, August 23	Thurs, August 24	Friday, August 25	Sat, August 26
3:30 William Yates Fitness	No Planner Group this week 3:00 p.m. Yoga	8:30 a.m. Walking Club 5:30 p.m. Volunteer Potluck			9:30 a.m. Mindful Knitting

This Week:



Wednesday, August 23, 5-7 p.m.
Volunteer Potluck

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. This year the Volunteer Potluck will be Italian-themed. Bring a dish (homemade, takeout, or

store-bought) and join other volunteers for a relaxed evening. We hope to be out on her deck (weather permitting). PV will provide the beverages and some great company. Please [register](#) to let us know that you are coming.

Coming Up:



Wednesday, August 30, 12:30 p.m. - 1:30 p.m.

The Last Hurrah Summer Lunch

Help us say goodbye to summer at this End-of-Summer casual picnic. We will be eating hot dogs, watermelon and best of all, ice cream! Please join us for some fun. Register [here](#).

Rain date: August 31st -- same time!

The next Palisades Village Board meeting is on **Thursday, September 7th at 5 p.m. on Zoom**. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).



Tech Clinic

Friday, September 8, 10 a.m. - 12:00 noon

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](#).

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).



Palisades Village Board President, Claudia de Colstoun, was recently in Andalsnes, Norway and sent us this majestic picture. All we can say is WOW!!! Did you go somewhere beautiful too? Please send us a picture!

Washington Nationals Ward 3 Day

The Washington Nationals will host a Ward 3 day at Nationals Park on **Wednesday, September 9 at 4:05 p.m.** when the Nationals take on the Dodgers. Councilmember Matt Frumin's office has secured

tickets for this game. Our Village has been given **10 free tickets**. If you would like to go, please let Anne know at 202-244-3310 or by email: aourand@palisadesvillage.org. First come-first served. Tickets will be distributed via email and cannot be sold.

Emergency Preparedness Training



Kim McCall from DC HSEMA got us ready for whatever emergency comes our way. Stay tuned for more presentations from the professionals and in the meantime, we will be reaching out to full members to help them individually with their safety plans.

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.



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 22, 10 a.m. hosted by Waterfront Village (in person)
Morning Coffee with Paul Orgel of the National Journal**

Paul Orgel will appear at the Waterfront Village offices within Saint Matthew Lutheran Church (222 M Street SW) at 10:00 a.m. to discuss the current political climate and the important role of the press in U.S. society. Participants will have an opportunity to directly interact with the prominent national journalist. Register [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 22th** topic: Google Arts and Culture (explore the artsy world from your home). 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:

Sunday, August 27th, 5 - 7 p.m.

End of Summer Street Party at the intersection of 47th St and Ashby St NW (next to W St Park)

Join the Palisades Community Association for an end-of-summer street party featuring live music by Flying Pangea. Food and beverages will be available for sale. The PCA will be honoring **Mr. William Kim of MacMarket** who just sold his store. His support of the community over the years has been incredible. Come by to say goodbye and thank you. Please note -- there will be no restrooms available.

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 \(wpodc.org\)](#)

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
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](#)

Next Week at Palisades Village
August 27 — September 2, 2023

William Yates Fitness

Mon 08 / 28 / 2023 at 3:30 PM

[More Information](#)

Canceled: Yoga

Tue 08 / 29 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 30 / 2023 at 8:30 AM

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

[More Information](#)

The Last Hurrah Summer Lunch

Wed 08 / 30 / 2023 at 12:30 PM

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

[More Information](#)

Mindful Knitting

Sat 09 / 02 / 2023 at 9:30 AM

[More Information](#)

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Thank you!

Palisades Village