



ACROSS THE FENCE

September 3, 2023

It is time to get back to class! Some of you may have taken a summer reprieve, but in honor of Falls Prevention Month, let's start off easy with an exercise class that helps us develop the strength and balance that we need to prevent a fall. Mr. Yates from the YMCA offers free classes that are open to everyone in the community. They are here in the social hall of the Palisades Hub on Mondays at 3:30 (except for Federal holidays like Labor Day). All fitness levels are welcome. Participants range from active hikers to those who do the class while seated in a chair. Dress comfortably with supportive shoes. He finds muscles that you didn't even know that you had and will keep you upright. Give them a try and see if they meet your needs.

Monday, Sept 4	Tuesday, Sept 5	Wed, Sept 6	Thurs, Sept 7	Friday, Sept 8	Sat, Sept 9
LABOR DAY OFFICE CLOSED	9:30 a.m. Planner Group No Yoga this week	No Walking Club this week	5:00 p.m. Board Meeting	10:00 a.m. Tech Clinic	9:30 a.m. Mindful Knitting

Labor Day is Monday, September 4th. The office will be closed.

This Week:

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](#).

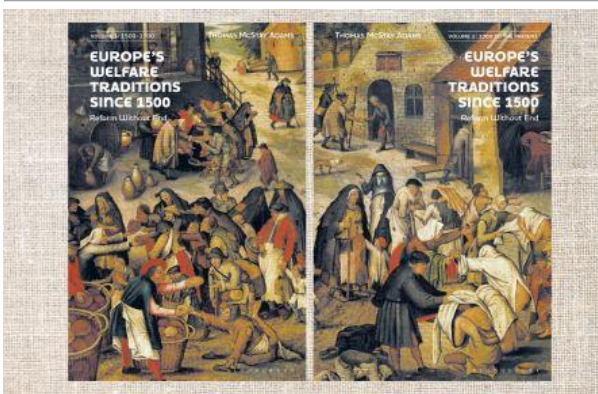
Coming Up:



Monday, September 11, 12:15 p.m. - 2:00 p.m.
Pickleball is back at the Palisades Rec Center!

Pickleball is all the rage these days. Sign up to learn the game that everyone is talking about. Steve will be back for four sessions to teach the basics of the game to newcomers and to offer tips to more experienced players. If you have pickleball paddles, please bring them. We will

have some you can borrow. Try the game out before you invest in buying a set. This session is for members only (limit: 8 people). You will need to sign in to RSVP. If you encounter difficulties, please call the office at 202-244-3310. We have the gym booked for the entire school year. Register [here](#).



Wednesday, September 13, 7 p.m. - 9 p.m.
Author Talk with Tom Adams - For members and volunteers - In person and on Zoom

Longtime Palisades Village Associate member Tom Adams will talk about his two-volume book, *Europe's Welfare Traditions Since 1500: Reform Without End*. The book was published by Bloomsbury Academic in February (England) and March (USA). Since it was marketed primarily to libraries, Tom is especially pleased to be able to

share highlights of the book with neighbors. In the introduction he wrote, "This book is intended especially for those who care about welfare and are curious about its history." Register [here](#).



**Thursday, September 14, 10:30 a.m. - 11:30 a.m.
at the Palisades Hub
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. Register [here](#).



**Saturday, September 23, 5 p.m. - 7 p.m.
Southern BBQ at the Palisades Hub
Members only**

What does BBQ mean to you? This is slow and low southern-style BBQ. No hot dogs and hamburgers here. Please join us on the lawn at the Palisades Hub. The Pan Handlers are cooking up a menu that will surely delight! If the weather doesn't cooperate, no worries! We will move inside. Register [here](#).

If you want to bring a neighbor who you think would like to be a member, please invite them and let them experience the Village firsthand.



**Wednesday, September 27, 2:00 p.m. - 3:00 p.m. at the
Palisades Hub**

Great Decisions Foreign Policy Discussion Group

Great Decisions is America's largest discussion program on world affairs. Developed by the Foreign Policy Association, the program model involves reading the Great Decisions Briefing Book and meeting in a Discussion Group to discuss the most critical global issues facing America today.

Sharon Wiener will lead a discussion of Iran this month. After the fall 2022 anti-government demonstrations

and a variety of economic and political challenges, including a new generation of young adults who have internet access, Iran is indeed at a Crossroads. Come to this session of Great Decisions. Participants are asked to prepare in advance by reading the Great Decisions materials. If you are interested in attending this session and would like to review the materials, please contact Anne at 202-244-3310 or aourand@palisadesvillage.org. She can get you a copy of the materials so you can prepare. Register [here](#).



PALISADES VILLAGE

Saturday, October 14, 2023
11 a.m. to 4 p.m.

Buy Your Tickets Now

\$40 Pre-order / \$45 Tour Day
Contact www.palisadesvillage.org
or call 202.244.3310



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).

Seconds Matter in an Emergency



Seconds Count! Smart911 allows citizens to provide the additional details that 9-1-1 call takers may need in order to assist them during an emergency.

At our Emergency Preparedness session, Kim McCall mentioned a service that allows you to provide information that is available to 911 operators should you need to call. If you have an allergy, implanted device, advance directive or

anything else that you want the responders to know about, you can include that information. The Office of Unified Communications introduced Smart911 to Washington

DC in July 2012 to improve our 9-1-1 services to residents. It is a free service that allows participants across the US to create a Safety Profile for their household that includes any information they want 9-1-1 to have in the event of an emergency. Then, when anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the proper response to the proper location. At a time when every second counts, being able to provide 9-1-1 with details that could impact response the second an emergency call is placed could be the difference between life and death.

You can find instructions and a video at <https://ouc.dc.gov/page/what-smart911>. Need help? We can set up an appointment with a volunteer in our new Tech Hub. Just contact the office at 202-244-1239 or aourand@palisadesvillage.org.



Palisades Village member **Janet Tersoff** was recently in Seattle and visited Chihuly Garden and Glass. It was hard to pick just one photo to share! 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.

Trip to DC Assistive Technology Program was Very Worthwhile

Last week members of our Eye-to-Eye group took a trip to visit the DC Assistive Technology Program. Wonderful program staff demonstrated a variety of assistive technology products that can enable people with low vision and blindness to function more independently. Participants learned about products for vision, hearing, speech/communication, reading, writing, computer access, environmental control (smart home technology), daily living, and smartphone accessibility features. Some even borrowed devices from their lending library.



Buffie tries a magnifier



Robert getting trained



BJ, Buffie and Ayeris checking out the latest equipment.

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:

Stay tuned! Palisades Village will be hosting a flu and COVID vaccination when the vaccinations become available. We anticipate late September or early October.

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



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. **September 5th** topic: Zoom refresher (updating, screen sharing, scheduling a meeting) 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, click [here](#).

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](#).

Thursdays Palisades Rec Center (**It's back at the Palisades Rec Center!**), 10 a.m. - 11 p.m. For more information and to register for classes at the Rec Center, click [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:

Tuesday, September 5, 1 p.m. - 2 p.m. - Focus on Falls Lecture at Washington Metro Oasis at Westfield Montgomery Mall (located in the Macy's Department Store). Register [here](#). Followed by a **Fall Prevention Fair from 2 p.m. - 3:30 p.m.** Register [here](#). Both are FREE.

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](#).

Georgetown University offers two types of courses for seniors. Registration is now open for classes offered through both the Learning Community and the Senior Non-Degree Auditor Program:

The Georgetown University Learning Community offers "mini-courses," organized by the Georgetown University Association of Retired Faculty and Staff, that are open to neighbors who are "55 and better." Preregistration is required as class sizes will be limited. All classes will take place on Zoom and registration closes two Fridays before the start of each class with start dates varying by class. Course descriptions can be found [here](#). For more information, [click here](#).

Senior Citizen Non-Degree Auditor Program

Neighbors 65 and better, have the opportunity to audit undergraduate level courses (course numbers 4000 and lower) at Georgetown University. Course listings are available on the [University Registrar's website](#). Neighbors need to obtain consent from the professor before auditing the course and pay a nominal \$34 per credit. If the class is 3 credits, the senior auditor will pay \$102. For more information, [click 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**.

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

This Week at Palisades Village
September 3 — 9, 2023

Labor Day - Office Closed

Mon 09 / 04 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Canceled: William Yates Fitness

Mon 09 / 04 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 05 / 2023 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 09 / 05 / 2023 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 09 / 06 / 2023 at 8:30 AM

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

[More Information](#)

Board Meeting

Thu 09 / 07 / 2023 at 5:00 PM

[More Information](#)

Tech Clinic

Fri 09 / 08 / 2023 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Sat 09 / 09 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
September 10 — 16, 2023

Pickleball

Mon 09 / 11 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

Book Club

Mon 09 / 11 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 09 / 11 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 12 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 09 / 12 / 2023 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 09 / 13 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 09 / 13 / 2023 at 10:00 AM

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

[More Information](#)

Author Talk with Tom Adams on Europe's Welfare Traditions

Wed 09 / 13 / 2023 at 7:00 PM

[More Information](#)

Coffee & Conversation

Thu 09 / 14 / 2023 at 10:30 AM

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

[More Information](#)

Tech Clinic

Fri 09 / 15 / 2023 at 12:00 PM

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

[More Information](#)

Mindful Knitting

Sat 09 / 16 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village

