



ACROSS THE FENCE

September 17, 2023

It is not too late to go back to school and tackle something new. Want to try pickleball? Our instructor is available for the next three weeks to get you started. Maybe try a new fitness routine? Try our fitness class for strength and balance or yoga. Want to learn more about your phone, iPad, or laptop? Bring your questions to our tech guy. Not sure what will bring you joy? Our planner group might be for you.

And don't forget to [get your tickets](#) to our ninth annual House Tour. Get to see the hidden gems in our neighborhood while supporting Palisades Village.

Monday, Sept 18	Tuesday, Sept 19	Wed, Sept 20	Thurs, Sept 21	Friday, Sept 22	Saturday, Sept 23
<p>12:15 p.m. Pickleball</p> <p>3:30 a.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>3:00 p.m. Yoga</p>	<p>No Walking Club this week</p>		<p>New Day 9:30 a.m. Mindful Knitting</p> <p>12:00 p.m. Tech Clinic</p>	<p>5:00 p.m. Southern BBQ</p>

This Week:



Monday, September 18, 12:15 p.m. - 2:00 p.m.
Pickleball is back at the Palisades Rec Center! NEW PLAYERS ARE WELCOME AND ENCOURAGED TO COME!

Pickleball is all the rage these days. *This is your chance to learn the game!* Steve will be back for three more 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](tel:202-244-3310). We are pleased to announce that the space in the gym has been reserved for PV until the kids come back

next summer. Register [here](#). Please note that you must register each week so that we know who is coming.

Coming Up:

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 with brisket and pulled pork. 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](#).



This is the Palisades Pan Handlers at work. Before every event, they gather together and taste and tweak all the dishes on the menu. Take a look around at the next event and see how smoothly things go, especially for an event orchestrated by volunteers. Some of them have been doing this for 10 years and the attention to detail shows. There is a lot of logistical work in addition to just preparing some amazing food. If you remember our Caribbean-themed picnic, you know what epicurean delights are in store.

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.



Tuesday, September 26, 11 a.m. - 12 noon
Palisades Community Sing

The mission 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! We can't wait to sing with you! Register [here](#).



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](tel:202-244-3310) or aourand@palisadesvillage.org. She can get you a copy of the materials so you can prepare. Register [here](#).



Friday, September 29, 10:00 a.m. - 2 p.m.

Vaccination Clinic - Open to all but space is limited

Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna COVID booster shots, flu shots, and RSV vaccines (60+ only). They will have the latest Covid booster available. Please check with your doctor for their recommendation on timing of vaccinations. We will be

outside unless the weather necessitates a move indoors.

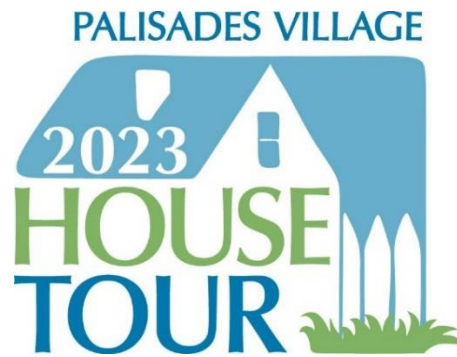
Please note in the comments whether you want the Pfizer or Moderna COVID booster shot, flu shot (Senior dosage or not) and/or the RSV vaccine. You will receive a second email where you can select your time preference.

If you have mobility issues, the pharmacist can come to your car to administer the vaccine. Just let us know in advance, please.

Don't forget your vaccination card so that it can be updated. 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).

Full members may request a ride to any PV event with 3 days' notice.



Don't forget to buy your ticket(s) to the House Tour on October 14th.

Contact the office if you are interested in being a docent at one of the seven fabulous homes.



Author Talk with Tom Adams

Our wonderful hostess Kathy Sreedhar once again opened up her home to Palisades Village to hear Palisades Village member Tom Adams discuss his two-volume book, *Europe's Welfare Traditions Since 1500: Reform Without End*. It was a stimulating talk followed by a robust Q&A session. If you missed his talk, you can watch it on the Palisades Village YouTube channel: <https://www.youtube.com/watch?v=shlleefUbeA>





Free or Low-Cost Dental Care for Older Adults 60+

The Delta Dental Community Foundation has teamed up with Mary's Center and the Howard University School of Dentistry to offer a five-year pilot partnership designed to offer free or low-cost dental care to people 60 and older. You can read more about the partnership [here](#).

Don't forget -- it's Fall Prevention Month

Preventing and reducing falls can be achieved in a few easy steps. In this virtual program, Ali Thomas, MSPT, owner of [Vanderhoof Physical Therapy](#), will discuss the 6 steps to prevent falls. This 11 a.m. Zoom session on Monday, September 18 is open to all and is sponsored by Northwest Neighbors Village. Register [here](#).

Covid Corner:

Palisades Village will be hosting a [flu and COVID vaccination clinic](#) on September 29 for the community. There are limited spaces still available. We have been told that the newest vaccination will be available. Please check with your doctor for their recommendation on the timing of vaccinations.

Do you have COVID test kits and want to check if their expiration dates have been extended? Click [here](#) and scroll down to the section labeled "Authorized At-Home OTC

COVID-19 Diagnostic Tests and Expiration Dates." Find your brand of test, click on Extended Expiration Date, and look for the lot number of your kit.

The Palisades Village continues to take precautions. Please do not hesitate to wear a mask at any event. 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](#).

**Saturday, September 23, 11 a.m. - 3:30 p.m. hosted by Capitol Hill Village
LGBTQ Intergenerational Symposium**

Learn more and register [here](#).

View
the September LGBT Programs Newsletter at: <https://mailchi.mp/capitolhillvillage/september-lgbtq-update>

Monday, September 25, 7:30 p.m. on Zoom Hosted by Capitol Hill Village
A Dialogue with District of Columbia At-Large Councilmember Kenyan McDuffie
Capitol Hill Village, with the [Hill East Civic Association](#), announce this special event. District of Columbia At-Large Councilmember Kenyan McDuffie has served on the City Council for 11 years, 10 of those years representing Ward 5. His Council colleagues have elected him Chairman Pro Tempore, a role where he acts as the Chairman when the Chairman is absent. Councilmember McDuffie currently chairs the Committee on Business and Economic Development. Most recently he has introduced and held hearings on "The Reparations Foundation Fund and Task Force Establishment Act of 2023." This is an important contemporary issue and we hope you'll join us to learn about reparations efforts more generally and Councilmember McDuffie's specific proposal. 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!

Technology Tuesday -- B Milenkovic is taking a break from teaching this class. She will continue to teach a class called DisDance on Fridays at 6 p.m. This class starts with a 1/2 on a technology topic and then 1/2 hour of dancing to get moving. 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.

Saturday, September 30, 12 noon a.m. - 5 p.m. on Zoom

Aging on Your Terms Conference

Join us to learn more about important facets of aging, including: How to protect and improve your lung health, The correlation between social connections and health, How to improve your well-being by downsizing and simplifying your living space, How to start thinking about your final plans To register, visit

smh.memberclicks.net/agingonyourterms9302023, email pnunez3@jhmi.edu or call [202-364-7602](tel:202-364-7602) before Sept. 26.

Community Events:

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](#).

Thursday, September 21, 10 a.m. - 12:30 p.m.

Fall Prevention Awareness Day at the UDC Ballroom, 4200 Connecticut Ave NW

Learn about your personal risk of falling, understand the steps you can take to reduce your risk of falling, play trivia, and receive a free swag bag. This in-person event will take place at the **UDC Ballroom on 4200 Connecticut Avenue, NW**

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
September 17 — 23, 2023

Pickleball

Mon 09 / 18 / 2023 at 12:15 PM

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

Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 09 / 18 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 19 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 09 / 19 / 2023 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 09 / 20 / 2023

Mindful Knitting

Fri 09 / 22 / 2023 at 9:30 AM

[More Information](#)

Southern BBQ

Sat 09 / 23 / 2023 at 5:00 PM

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

[More Information](#)

Next Week at Palisades Village
September 24 — October 30, 2023

Pickleball

Mon 09 / 25 / 2023 at 12:15 PM

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

[More Information](#)

William Yates Fitness

Mon 09 / 25 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 26 / 2023 at 9:30 AM

[More Information](#)

Palisades Community Sing

Tue 09 / 26 / 2023 at 11:00 AM

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

[More Information](#)

Canceled: Yoga

Tue 09 / 26 / 2023

[More Information](#)

Walking Club - Georgetown

Wed 09 / 27 / 2023 at 8:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 09 / 27 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016-0403

[More Information](#)

Mindful Knitting

Fri 09 / 29 / 2023 at 9:30 AM

[More Information](#)

Vaccination Clinic

Fri 09 / 29 / 2023 at 10:00 AM

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

[More Information](#)

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

Thank you!

Palisades Village