



ACROSS THE FENCE

October 1, 2023

For some, it is Pumpkin Spice Latte time but for us, it is House Tour time! This is your chance to do something to benefit Palisades Village as well as benefit yourself and have fun. It is a great way to enjoy the neighborhood and the company of your neighbors as you tour some incredible homes that you probably didn't even know were there.



Saturday, October 14, 11 a.m.-4 p.m.

If you are intrigued by the many beautiful and unique homes hidden in our neighborhood, do not miss the upcoming Palisades Village House Tour on Saturday, October 14, 2023. This year's tour, the 9th annual, will showcase seven homes in the Palisades/Kent area, with a variety of architectural styles, remarkable use of space, and unique art and décor. Many of the homes have undergone extensive renovations, resulting in major transformations to provide wonderful open living areas and fabulous kitchens and family rooms. A tour of these homes may well provide visitors with inspiration for ideas ranging from exotic wallpaper or dynamic paint color choices to a décor do-over or a major home renovation. Buy tickets [here](#). There is a \$5 discount if you buy them early!



| Monday, Oct 2 | Tuesday, Oct 3 | Wednesday, Oct 4 | Thurs, Oct 5 | Friday, Oct 6 | Saturday, Oct 7 |
|--|--|---|--------------|---|-----------------|
| 12:15 p.m. Pickleball 1:30 p.m. Book Club 3:30 p.m. William Yates Fitness | 9:30 a.m. Planner Group No Yoga this week | 8:30 a.m. Walking Club | | 9:30 a.m. Mindful Knitting | |

This Week:



Monday, October 2, 12:15 p.m. - 2:00 p.m. Pickleball for PV Members

This is your chance to learn the game from Steve Valiant (a PPR-certified coach)! Steve will be back for this last session to teach the basics of the game to newcomers and to offer tips to more experienced players. We will continue to play at the Palisades Rec Center after that

but without instruction. 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 as a member to RSVP. If you encounter difficulties, please call the office at [202-244-3310](tel:202-244-3310). Register [here](#). **NEW PLAYERS ARE WELCOME AND ENCOURAGED TO COME! But space is limited and you must register each week.**

Coming Up:



Thursday, October 12, 10:30 a.m. - 11:30 a.m. 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.

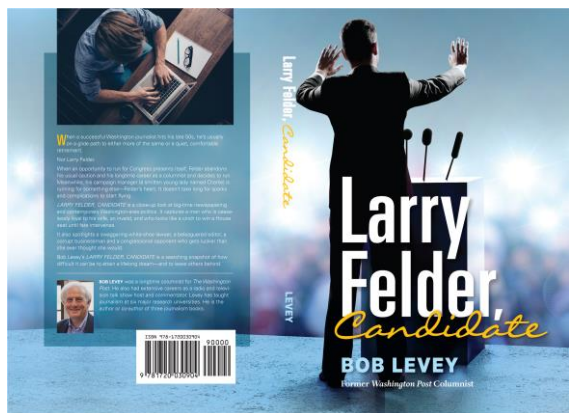
This in-person event is only open to members who have been fully vaccinated for COVID-19. Register [here](#).



Wednesday, October 18, 10:30 a.m. - 12:30 p.m.
Volunteer Orientation

Want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to do as much or as little as they would like. You can find out about the organization and talk to other volunteers about the rewards of what they do. Spread the word -- we need you!

Food will be provided. Register [here](#).



Wednesday, October 25, 2:00 - 3:00 p.m.
Author Talk - Bob Levey: "The Golden Era at The Washington Post."

Bob Levey, a retired columnist for The Washington Post, will be giving a lecture titled "The Golden Era at The Washington Post." He will be discussing his long career at The Washington Post and his novel about local politics, LARRY FELDER, CANDIDATE. The book is fiction, but it has been widely praised for being very realistic.

Bob had his own daily column ("Bob Levey's Washington") for over 23 years. He had first-name-basis friendships with Woodward and Bernstein, Ben Bradlee and Katharine Graham, and was on deck throughout the Pentagon Papers and Watergate controversies. Currently, he writes a monthly column for *Senior Beacon Newspapers*.

Come and hear about Bob's fascinating career, his new book, and the current state of journalism. It promises to be an interesting afternoon! 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.

Southern BBQ - Great Food, Fabulous People: A Winning Combination

Not even the wind, rain and fog could keep people away last Saturday night. Palisades Village members gathered in the cozy social hall for a delicious Southern BBQ lovingly prepared by the Palisades Pan Handlers. Guests enjoyed Carolina-style pulled pork sliders, Texas-style brisket, mac & cheese, bourbon baked beans, cornbread, collard greens, coleslaw and to top it off, Judy's award-winning coconut cake. What a feast!



Mary & Peggy preparing desserts (picture by Roberto)



The Pan Handlers running the buffet



Sonia, Beth & Margy

Has anyone been to the [Museum of Failure?](#)

Not all great ideas succeed and this pop-up museum highlights 130 commercial flops. With all of our wonderful free museums, we were wondering whether this would fall in that category.

The Museum of Failure exhibit will be located at 3270 M St. NW in Georgetown from Sept. 8-Dec. 10, and be open Wednesday-Sunday from 10 a.m.-7 p.m. Tickets go for \$25 apiece (children under six are free) and can either be purchased online or at the door.

Member Recommended Podcast

Real Life-Changing Magic: When Older Adults and Teens Actually, Like, Connect

What if there were a way to get your teen grandkids to put down their phones and talk to you? Join host Jan M. Flynn in conversation with Elly Katz, who left a successful career as a graphic designer to found Sages & Seekers — an innovative, immersive, and award-winning program that brings older adults (Sages) together with Seekers (teens). Over eight weekly sessions, the Sages and Seekers share their stories, linking the wisdom and experience of the elders with the energy and curiosity of the youth. With the program now reaching across international boundaries, two independent studies have shown that both the Seekers and the Sages reap significant benefits — and some that might surprise you. Check out the program, including fun shots of participants, at sagesandseekers.org. Listen [here](#).

If you need help learning how to listen to podcasts, please let us know.

Vaccination Clinic a Huge Success

Our vaccination clinic on Friday served over 60 people. As one neighbor said "It was fast and easy and thanks for the clinic this morning. Well organized." We thank Giant Pharmacy for administering the vaccines.





Covid Corner:

Free COVID test kits will be available from the federal government again! You can order them [here](#) beginning Monday, September 25 and they will ship (4 tests per household) beginning October 2.

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](#).

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!

October 3, 5-6 p.m.

Technology Tuesday -- As of September 28, the October topics have not yet been posted on their website. Check the link to find out more.

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:

Sunday, October 1, 12 noon - 5 p.m.

Abner Cloud House - Docents provide free tours of the house and share the latest research. Come learn about life on the Potomac in the first decade of the District of Columbia! Also, this may be your last chance to see the old (inaccurate) "Abner Cloud House" marker before it is replaced by the Park Service. Directions: same as Fletcher's Boathouse. Take Reservoir Road downhill to Canal Road, cross Canal Road at the light, and park in the parking lot(s). The Abner Cloud House is open to the public on the first Sunday of each month from noon to 5pm, except in July & August, and January & February.

Friday, October 6, 7 p.m. - 9:30 p.m. (note later time!)

Lions Club Crab Feast, St. Ann's Gym: 4404 Wisconsin Ave NW

All-you-can-eat crabs; BYOB beer and wine. \$55 in advance, \$60 at the door. Non crab lover dinner \$10. For information and tickets, call 202-362-2008, email

jimkernan4811@gmail.com or click [here](#).

Sunday, October 8, 4:00 p.m. - 6:30 p.m.

Palisades Community Association PALtoberfest at the Palisades Hub - just like Oktoberfest! Food and beverages for sale, live music and games. Fun for all!

Sunday, October 15, 11:30 a.m.

Our Lady of Victory Community Block Party celebrating 124 years of service to the Palisades community The festivities will be on Whitehaven Parkway at MacArthur Blvd beginning at 11:30 a.m. with a Children's Procession followed by a Blue Sky Puppet Show at noon and then The Messenger Band in Concert at 1 p.m. Also pumpkin sales and food trucks! All are invited!

Thursday, October 19, 7-9 p.m.

Community Open House: Celebrating the Next 100 Years at the Hub -- Speaking will be local favorite historian and archeologist Doug Dupin; featured at the event will be unique artifacts from the Palisades History Museum, including an exhibit about the trolley that used to run from Georgetown to the Palisades! We take a look back at the history that formed the Palisades, and how we can move forward into the next 100 years at the Hub. Registration encouraged.

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.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 October 1 — 7, 2023

Pickleball

Mon 10 / 02 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 10 / 02 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 10 / 02 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 03 / 2023 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 10 / 03 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 04 / 2023 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Fri 10 / 06 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
October 8 — 14, 2023

Office Closed

Mon 10 / 09 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Canceled: Pickleball

Mon 10 / 09 / 2023 at 12:15 PM

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

[More Information](#)

Canceled: William Yates Fitness

Mon 10 / 09 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 10 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 10 / 10 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 11 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 10 / 11 / 2023 at 10:00 AM

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

[More Information](#)

Coffee & Conversation

Thu 10 / 12 / 2023 at 10:30 AM

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

[More Information](#)

Mindful Knitting

Fri 10 / 13 / 2023 at 9:30 AM

[More Information](#)

Palisades Village House Tour

Sat 10 / 14 / 2023 at 11:00 AM

Where: Palisades Village Office, 5200 Cathedral Ave, NW, Washington, DC 20016

[More Information](#)

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

Thank you!

Palisades Village