



ACROSS THE FENCE

October 8, 2023



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

Someone recently asked, "I know that you do this every year, but what is a House Tour?" Here is a little synopsis of what this Saturday will be like. People will come to the Palisades Hub to pick up or buy tickets. They will be given a wristband and a guidebook with a map and descriptions of all the homes. They can enjoy a cup of coffee while they map out the route that they want to take to make sure that they get to all seven homes. These homes are all new to the tour so even those who come on the tour every year haven't seen them. One home dates back to 1907 and another to 2021. They come in all shapes and sizes. The homes are spread out a bit throughout Kent and Palisades. You can do them in any order. While some people walk or bike the entire route, most drive and walk between homes. When you get to the house there will be a docent and the sponsor of the home to greet you. You may be asked to put booties over your shoes to protect the home. Docents are in each room to answer questions about the home and the special things in the room. If a room or floor is not on the tour, it will be clearly marked. You can refer to your guidebook for a photo and details about the homes as well. Then you are off to the next gem. There is always time to chat with your friends and neighbors that you meet along the way.

This is our big fundraiser and ticket sales allow us to achieve our mission of building an engaged and supportive community.

Click Here

To Purchase Tickets

Monday, Oct 9	Tuesday, Oct 10	Wednesday, Oct 11	Thurs, Oct 12	Friday, Oct 13	Saturday, Oct 14
Office Closed Indigenous Peoples' Day	9:30 a.m. Planner Group 3:00 p.m. Yoga	8:30 a.m. Walking Club 10:00 a.m. Eye to Eye Group	10:30 a.m. Coffee and Conversation	9:30 a.m. Mindful Knitting	11:00 a.m. Palisades Village House Tour

This Week:



Wednesday, October 11, 10:00 a.m. - 11:00 a.m.

Eye-to-Eye Group at the Palisades Hub

You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. The group will be facilitated by Barbara Scott, LCSW. Register [here](#).



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](#).

Coming Up:



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 18, 2:00 p.m. - 3:00 p.m.
Great Decisions Foreign Policy Discussion Group at the Palisades Hub

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. Each year, eight topics are chosen by a panel of experts. A designated member of the discussion group

leads the conversation using the article from the briefing book as the basis. Register [here](#).

October 18 topic: Climate Change

If you would like to join the group, please contact Anne at 202-244-3310 or aourand@palisadesvillage.org. She can get you a copy of the materials so you can prepare.

Tech Clinic



Friday, October 20, noon - 2:00 p.m.

Tech Clinic at Palisades Village

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](#).



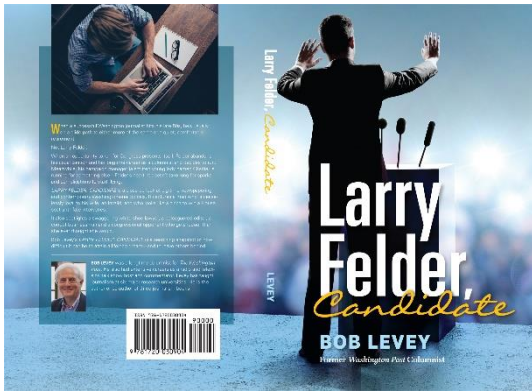
Tuesday, October 24, 11:00 a.m. - noon at the Palisades Hub

Palisades Community Sing

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!

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.

Palisades Community Sing is a Real Blast!

Palisades Village hosted a Community Sing on September 26th. Neighbors and friends gathered for a lively hour in the newly renovated sanctuary to sing their hearts out, and boy was it fun! Ann Roddy, a long-time resident of the Palisades and a lifelong singer, led the group and was accompanied by Howard Breitbart, a musical director, arranger, and pianist. Hearing him play was like being at a concert. We hope you will join in the fun this month on October 24th!



Villages Healthy Aging Engagement Project - Invitation to Engage in Zoom Discussion Groups

A new study being conducted by the RAND Corporation along with Village to Village Network and Rutgers University seeks to improve the way that research can further the Village Movement and healthy aging.

As Village members and leaders, your opinions are vital. You're invited to join a Zoom discussion group to share your thoughts and experiences. For more information about the Zoom discussion groups, please see the FAQs [here](#).

To express interest in participating, email: VillagesResearch@rand.org. To learn more about the project, visit: VillagesResearch.org. As a "thank you" for your time, we are pleased to offer participants a \$50 gift card.

We would like to thank our special sponsors of our 9th Annual House Tour

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Did you know that **Ageism Awareness Day** was October 7th? According to the World Health Organization (WHO), “ageism refers to the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age.” Further, ageism is the most widespread and socially accepted form of prejudice. On a global scale, one in two people is ageist according to WHO. As people age, society begins to shift its ideas of what those people are capable of, often based on what we think we know of aging. The American Society on Aging is promoting this day to help reframe how we talk about

aging and older people in a society where ageism is pervasive. Older adults are a vital and important part of society. They make countless contributions and represent a meaningful and growing segment of the population. The American Society on Ageism put together this [ageism fact sheet](#). We encourage you to read it and become more familiar with this topic. We need to bring attention to the existence and impact of ageism in our society and how we can reframe aging in our communities.

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!

Important update: Around Town DC will temporarily move all in-person fitness programs (besides the ones at Iona) to virtual starting Friday, October 5th, until further notice. They hope this will only be through the end of October. If you have already registered for a class, you will continue to receive email reminders in the morning, but they will include a "join event" button. You will need to sign into your Around Town DC account to gain access.

October 10, 5-6 p.m.

Iona Tech Tuesday with Brady -- How to use Facebook. Click [here](#) to sign up or to see future topics.

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](#). **NOTE - no class on 10/9/23.**

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 a.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.

Community Events:

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!

Saturday, October 14, 7:30 p.m.

Eric Felten and Quartet in concert, "**Swinging through the Last Century**,"

showcasing iconic songs from the last ten decades - Palisades Hub, Sanctuary. Free and open to the public. Register [here](#).

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.

Saturday, October 21, 10:00 a.m.

Disability Rights Tech Summit

Join the Office of Disability Rights for a free event that will offer residents with disabilities access to resources and information about the latest technologies that can improve your quality of life.

The event will include exhibits by public and private organizations and opportunities to learn more about topics like employment readiness, assistive technology, workforce development, and remote support solutions.

[Register to attend here](#). Registration is preferred by Monday, October 9. More information and reasonable accommodation can be requested through the registration link or by calling (202) 724-5055. The event will take place at the Walter E. Washington Convention Center, 801 Mount Vernon Place NW, Hall D.

Sunday, October 22, 11:00 a.m.

Brunch and bell unveiling following the Palisades Community Church's 100th-year anniversary service with **special music**. 11 am, Eternity Garden. Free and open to the public

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 \(wpodc.org\)](https://www.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
October 8 — 14, 2023

Office Closed

Mon 10 / 09 / 2023

Canceled: Pickleball

Mon 10 / 09 / 2023

Canceled: William Yates Fitness

Mon 10 / 09 / 2023

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](#)

Next Week at Palisades Village
October 15 — 21, 2023

Pickleball

Mon 10 / 16 / 2023 at 12:15 PM

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

[More Information](#)

William Yates Fitness

Mon 10 / 16 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 17 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 10 / 17 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 18 / 2023 at 8:30 AM

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

[More Information](#)

Volunteer Orientation

Wed 10 / 18 / 2023 at 10:30 AM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 10 / 18 / 2023 at 2:00 PM

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

[More Information](#)

Mindful Knitting

Fri 10 / 20 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 10 / 20 / 2023 at 12:00 PM

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

[More Information](#)

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

Thank you!

Palisades Village