



ACROSS THE FENCE

October 22, 2023

After all the excitement of the House Tour, we are focused entirely on developing and executing programs and services to meet the needs of our members. That is why the funds that we raise from the House Tour are so critical.

This week we have two free events (in addition to our weekly fitness class) open to everyone in the community. Our second [Palisades Community Sing](#) will be on Tuesday at 11 a.m. A great time was had by all last month and Howard Breitbart, the accompanist, was just fabulous. There were some who were just checking it out but the music was infectious and they all joined in. On Wednesday at 2 p.m., [Bob Levey](#) will join us to talk about his book *Larry Felder Candidate*. Please join us.

Monday, Oct 23	Tuesday, Oct 24	Wednesday, Oct 25	Thurs, Oct 26	Friday, Oct 27
<p>12:15 p.m. Pickleball</p> <p>3:30 p.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>11:00 a.m. Palisades Community Sing</p> <p>3:00 p.m. Yoga</p> <p>6:00 p.m. Zoom Discussion of "Being Mortal"</p>	<p>8:30 a.m. Walking Club</p> <p>2:00 p.m. Author Talk - Bob Levey</p>		<p>9:30 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This Week:

Tuesday, October 24, 6 p.m.

Zoom Book discussion on "Being Mortal"-- Discuss Atul Gawande's bestselling book with other Villagers and how it relates to what we are doing. Atul Gawande is a renowned surgeon, writer, and public health leader. A longtime staff writer for The New Yorker magazine, he has written four New York Times best-selling books: *Complications*, *Better*, *The Checklist Manifesto*, and *Being Mortal*. Since 2022, he is serving as Assistant Administrator for Global Health at USAID.

BEING MORTAL explores how we age in our time from multiple perspectives - personal, medical, social, cultural - addressing many of the underlying questions and values of our work with the village, including a short history of Assisted Living and the Village Movement. Let us know if you need to borrow a copy to read prior to the conversation.



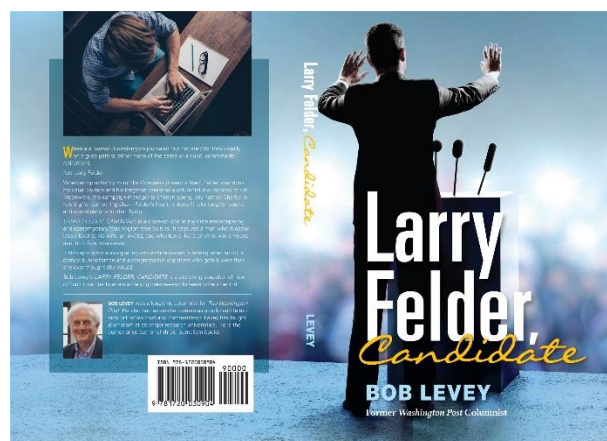
**Tuesday, October 24, 11:00 a.m. - noon at the
Palisades Hub**

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](#).

Tech Clinic



Friday, October 27, 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](#).

Coming Up:



Thursday, November 9, 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](#).

The office will be closed on Friday, November 10, in commemoration of Veteran's Day.

Please plan accordingly.



Thursday, November 16, 1:00 p.m. - 2:30 p.m.
Harvest Festival Luncheon- Members only

Our Harvest Festival will be an in-person sit-down lunch this year! Please come to share a fall meal with your Palisades Village friends. We promise you will love the fall-inspired menu! The lunch will be served in the social hall (the room below the church). 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.

The next Palisades Village Board meeting is on **Thursday, November 2nd 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](#).

Volunteer Spotlight: *Margaret Ervin*



We are so lucky to have Margaret Ervin as a Palisades Village volunteer. She makes cookies and other delicious baked goods for many of our events, and she also keeps us in a steady supply of homemade soups that we deliver to members who may need a pick-me-up. Now that the weather is getting colder, it may be time to whip up a pot. Margaret recommends this recipe from Betty Crocker. She swears it's easy! Bon appetit!

Corn Chowder

Ingredients:

- **1/2** pound bacon, chopped
- **1** medium onion, chopped (1/2 cup)
- **2** medium stalks celery, chopped (1 cup)

- 2 tablespoons all-purpose flour
- 4 cups milk
- 1/8 teaspoon pepper
- 1 can (14.75 oz) cream-style corn
- 1 can (15 oz) tiny whole potatoes, drained and diced
- Chopped fresh parsley, if desired
- Paprika, if desired

Steps

In 3-quart saucepan, cook bacon over medium heat 8 to 10 minutes, stirring occasionally, until crisp. Drain fat, reserving 3 tablespoons in saucepan. Drain bacon on paper towels; set aside.

Cook onion and celery in bacon fat over medium heat about 5 minutes, stirring occasionally, until tender. Stir in flour. Cook over medium heat, stirring constantly, until mixture is bubbly; remove from heat.

Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Stir in pepper, corn and potatoes. Heat until hot and slightly thickened. Stir in bacon. Sprinkle each serving with parsley and paprika.

What 80 feels like: I'm not ready to fear the future

Former top Washington Post editor and Palisades Village Supporter Leonard Downie Jr. shares his diary entries on the aches, pains and joys of becoming an octogenarian. Check out the article from The Washington Post:

<https://wapo.st/46wK0LY>

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.



End of Life Expo

Planning a Good Death

"Tell me how you want to live by telling me how you want to die."

Saturday, November 4, 2023

10:00 AM - 4:00 PM

Learn More and Discuss:

- Advance Directives
- DC Law: Medical Aid in Dying
- Green and Alternative Burials
- Hospice Care
- Obituary Writing
- Organ and Body Donation
- Psychedelics and Dying
- Voluntary Stopping of Eating and Drinking (VSED)

Come and Experience:

- Information Booths
- Expert Panels and Speakers
- Community Resources
- Workshops
- Bookstore

Cost:

\$40 (program and boxed lunch)
Limited scholarships available

Register:

www.iona.org/event/end-of-life-expo/

Space is limited!

Where:

Iona Senior Services
4125 Albermarle Street, NW
Washington, DC 20016*

Questions?

Email Dixcy Bosley at
expo@iona.org

*Street parking is available. Iona is located off of the Tenleytown Metro and Wisconsin Avenue bus line.
COVID-19: Please follow current public health recommendations.

IONA
Age Well. Live Well.



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 has resumed in-person classes as of October 18th.

October 24, 5-6 p.m.

Iona Tech Tuesday with Brady -- Virtual Tours Part 1, Museums. 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](#).

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 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

Saturday, October 28. 10 a.m. - 2 p.m.

E-Waste Collection

Reverse Logistics Group will host a free e-waste collection event in Ward 3. Residents can safely recycle unwanted electronics, including computers, tablets, cell phones, printers, and more. The collection vehicle will be located on Calvert St NW between 40th PI NW and 39th PI NW, just south of Stoddert Recreation Center. Click [here](#) for more information.

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
October 22 — 28, 2023

Pickleball

Mon 10 / 23 / 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 10 / 23 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 24 / 2023 at 9:30 AM

[More Information](#)

Palisades Community Sing

Tue 10 / 24 / 2023 at 11:00 AM

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

[More Information](#)

Yoga

Tue 10 / 24 / 2023 at 3:00 PM

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

[More Information](#)

Zoom Discussion of Being Mortal

Tue 10 / 24 / 2023 at 6:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 10 / 25 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Author Talk - Bob Levey

Wed 10 / 25 / 2023 at 2:00 PM

Where: Palisades Library, 4901 V Street NW, Washington, DC

[More Information](#)

Mindful Knitting

Fri 10 / 27 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 10 / 27 / 2023 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
October 29 — November 4, 2023

Pickleball

Mon 10 / 30 / 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 10 / 30 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 31 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 10 / 31 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 01 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Board Meeting

Thu 11 / 02 / 2023 at 5:00 PM

[More Information](#)

Mindful Knitting

Fri 11 / 03 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village