



ACROSS THE FENCE

October 29, 2023

Last week, we attended the annual Village to Village Network conference. There are now over 300 villages across the country. Villages in Maryland, DC, Virginia, and West Virginia belong to WAVE (Washington Area Village Exchange) which co-sponsored the in-person day of the conference. It was inspirational to hear stories of what villages are doing to address issues like vulnerable members, diversity, memory programs, death and dying, and a host of others. You forget that as a relatively mature village, we have experiences to share and we can learn from new villages that are trying innovative things. We have come a long way baby. As Bob Levey from the *Post* put it in his talk the other day, those involved in the village "are riding a very hot horse." Giddyup!

Monday, Oct 30	Tuesday, Oct 31	Wednesday, Nov 1	Thurs, Nov 2	Friday, Nov 3
12:15 p.m. Pickleball 3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3:00 p.m. Yoga	8:30 a.m. Walking Club	5:00 p.m. Board Meeting	9:30 a.m. Mindful Knitting

This Week:

The next Palisades Village Board meeting is on **Thursday, November 2nd at 5 p.m. on Zoom**. Executive Session will run until 5:15. so please join then. 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](#).

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. 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](#).

Thursday, December 7th, 5 p.m. **Annual Board Member and Member Meeting**

This in-person Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval. 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.

House Tour 2023 -- A Huge Success!



The rain didn't dampen our spirits. Our 9th Annual House Tour sold 313 tickets and raised over \$40,000 for Palisades Village! Thank you again to our House Tour committee, volunteers, sponsors, and advertisers.

Carol Lynn Halal, Co-Chair
Elaine Bole, Co-Chair

Susanne Albright
Janet Bullinger
Marie Collins
Mary Gaughan
Cara Jablon

Jude Michaels
Ellen Myerberg
Kate Perry
Janet Tersoff
Ellen Thrasher

Trick or Treat?

A huge thank you goes out to all the volunteers who baked delectable bakery treats for our harvest goodie bags and to the volunteers who delivered them. All full members received a bag with the homemade treats and a little pumpkin. We hope everyone enjoyed them. What will it be next year...a trick? We shall see!



Meg made more than 20 little zucchini bread loaves. They were delicious!



Margaret, Anne and Janet pack up the harvest goodie bags.



Lia, a high school student from Sidwell Friends, gets ready to deliver goodie bags to our full members.

Bob Levey Speaks to the Village

We were thrilled to hear Bob Levey, a retired columnist for The Washington Post, give a lecture titled "The Golden Era at The *Washington Post*." He discussed his long career at The Washington Post and his novel about local politics, *LARRY FELDER, CANDIDATE*. He prefaced his presentation to talk about villages and why he is a huge fan of the village movement. He is on the commission that works with villages in Montgomery County. **"Villages are the future. Villages are doing the job that government is not doing and probably can't do as well as you can."**



Leaf Collection this Fall

DC has a new system to track when they are collecting leaves. The leaf collection tracker will be updated every Friday with precise information on scheduled collection. Residents can check the schedule using the [online leaf tracker at dpw.dc.gov](https://dpw.dc.gov) or by calling the Leaf Line at **(202) 671-LEAF (5323)**. In addition to the trackers, we will have teams going out two weeks in advance with door hangers to let neighbors know that it is time to start raking their leaves into the tree box. Full members -- let us know if you want a hand with your leaves. we have high school kids at the ready!



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](https://www.cdc.gov) 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](#).

Thursday, November 2, 1 - 3 p.m. on Zoom

Capitol Hill Village Panel and Q&A on LGBT inclusion in CCRCs (Continuing Care Retirement Communities) - This panel will address what communities are doing to ensure LGBT+ residents are welcomed and affirmed. Attendees will have the opportunity for Q and A. Featuring representatives from Riderwood, Ingleside, and Sunrise on Connecticut Avenue. Contact sross@capitolhillvillage.org or 202-543-1778 to register or learn more.

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 31, 5-6 p.m.

Iona Tech Tuesday with Brady -- This week's topic hasn't been listed as of 10/26/23. 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:

Calling all local Artists - We are looking for local artists interested in showcasing their work inside the "Artists of the Palisades" display cabinet which is located in the MacArthur Boulevard Post Office at 5136 MacArthur Blvd, NW. Past works have been paintings, drawings, collage, photography, dimensional and a combination of materials. We'd love to see an aspiring High School artist as well! If you haven't seen the display area, go check it out and get inspired to share your talents. All sales are handled directly with the artist. Each assigned artists work hangs for 2 consecutive months. Please contact Jennifer Howard, Artist Of The Palisades Coordinator if you are interested at jhoward@dearlysincerely.com.

Wednesdays beginning November 8, 2:15 p.m. - 3:15 p.m. on Zoom
Seniors Estranged from Adult Children--7-week support group from The Jewish Social Services Agency

Are you an older adult experiencing estrangement from your adult children? Do you find it challenging to navigate this emotional journey? Are you struggling to adjust to a family relationship that might differ from how you imagined it? Would you like to find support and connection with others facing similar challenges? If so, please contact Niccole de Campos at ndecampos@jssa.org to arrange a brief screening phone call.

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).

This 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](#)

Next Week at Palisades Village
November 5 — 11, 2023

Pickleball

Mon 11 / 06 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 11 / 06 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 11 / 06 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 07 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 07 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 08 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Eye to Eye Group - In Person

Wed 11 / 08 / 2023 at 10:00 AM

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

[More Information](#)

Coffee & Conversation

Thu 11 / 09 / 2023 at 10:30 AM

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

[More Information](#)

Veterans Day

Fri 11 / 10 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Mindful Knitting

Fri 11 / 10 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village