



# ACROSS THE FENCE

November 19, 2023

Coming out of our Harvest Fest last week, we felt this warm community spirit and connection. Everyone was laughing and enjoying the amazing feast put on by the Palisades Pan Handlers. The meal was beautiful with all the colors of the season represented. The highlight was the company and the parting comments were all about what a nice time they had meeting new friends. We are most grateful for the people of this community -- the members, the volunteers, and all those who support us.

Monday, Nov 20	Tuesday, Nov 21	Wednesday, Nov 22	Thurs, Nov 23	Friday, Nov 24
<p>12:15 p.m. <a href="#">Pickleball</a></p> <p>1-5 p.m. Strategic Planning Retreat</p> <p>3:30 p.m. <a href="#">William Yates Fitness</a></p>	<p>9:30 a.m. <a href="#">Planner Group</a></p> <p>3:00 p.m. <a href="#">Yoga</a></p>	<p>8:30 a.m. <a href="#">Walking Club</a></p>	<p>Thanksgiving - Office closed</p>	<p>Remote Office Only</p>

***This Week:***



The Board of Directors and Staff will be in a Strategic Planning Retreat on Monday, November 20. A volunteer will be in the office to take your call but responses may be delayed.

The office will be closed on Thursday and will be responding to messages remotely on Friday.

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## ***Coming Up:***

***Pickleball on Mondays -- We have two courts now, so we encourage all members to give pickleball a try. Don't forget -- you need to be a member to play and you need to sign up each week. You can sign up [here](#) for Monday.***

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### **Wednesday, November 29, 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](#).

Topic: Economic Warfare and US Policy

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

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### **Thursday, December 7th, 6 p.m. (note new time) 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. The meeting will be held in the Hawthorne Room of the Palisades Hub (5200 Cathedral Ave, NW).

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](#)

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*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.*

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## Harvest Festival was a wonderful event!



Sally, Claudia & Sharon



It was a lovely sit-down meal.



Margaret, Kathy, and Peggy looking great in purple.



## Free COVID-19 Vaccine Clinic

**Tuesday, November 28th**

**12:00 to 3:00 PM**

Guy Mason Rec Center

3600 Calvert St NW

Hosted by Glover Park Village

Glover Park Village can help you get the shots you need! Pharmacists will be on hand to administer COVID-19 and flu shots. Reserve yours now! They will have refreshments, prizes, fancy band-aids and lollipops to give away. The clinic is open to anyone 18 years of age or older. Special offer: If you are 60+ years of age, or have a disability, we'll thank you with a \$10 gift card, in exchange for participating in a quick post-shot survey (no personal information required) Click [here](#) to sign up!

## An Update from Georgetown Hospital - the Verstandig Pavilion is opening soon

MedStar Georgetown University Hospital is proud to open the Verstandig Pavilion on Sunday, Dec. 10, 2023 when they will begin seeing patients in the new Emergency Department. During the following two days, surgeries in the state-of-the-art operating rooms will begin, and the inpatient units will be relocated into the Pavilion.

In lieu of our traditional Neighborhood Update format, they invite you to watch a brief video that announces the opening of the Verstandig Pavilion and gives a glimpse into the features of the Emergency Department, operating rooms, inpatient units, and the acres of green space that we all will enjoy.

Also, please be aware that MedStar Georgetown is planning to conduct a practice landing and take-off of a MedSTAR Transport helicopter on the helipad on top of the Pavilion. One test is tentatively scheduled for Tuesday, Nov. 28 at noon, weather permitting. Another test will be conducted on a different date in the evening to practice night-time landing and take-off

protocols. A communication will be sent to the community in advance of the night-time landing and take-off.

If you have any questions about the Verstandig Pavilion, please contact Construction Executive Matt Maio, Trammell Crow Company, at [medstarhospitaltrammellcrow@gmail.com](mailto:medstarhospitaltrammellcrow@gmail.com) or 202-360-5735.

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## DC's First Curbside Composting Pilot Is in Full Swing!

The District's first-ever curbside food waste collection has been ongoing in all eight wards since October 10. The pilot is currently servicing 9,000 households that signed up for the service this past spring and has the potential to divert up to approximately 4,500 tons of food waste from landfills and incineration.

If you didn't sign up, no worries! You don't have to participate in the pilot to help the city reduce food waste. Instead of throwing out your pumpkins, decorative gourds, and other food scraps this holiday season and beyond, consider taking them to one of the 11 food waste drop-off sites DPW offers at farmers markets throughout the District all winter. The Palisades Farmers Market is open every Sunday from 9 a.m.-1 p.m. If you need help getting your pumpkins and gourds there, please let the office know!

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## Calling All Shovelers!

All signs are pointing to a snowy winter. We need to beef up our snow shoveler brigade. Are you able to extend a hand to a Palisades Village member who lives nearby? If so, give Anne a call at 202-244-3310 and she will add you to the list. *We need you!*

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## Covid Corner:

**Free COVID test kits are available from the federal government again! You can order them [here](#) and they will ship 4 tests per household.**

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.

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**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.

If you need durable equipment (wheelchairs, walkers, etc) to borrow and IONA doesn't have what you need, try Georgetown Village at 202-999-8988.

## **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](mailto:community@iona.org) or call [202-459-9634](tel:202-459-9634). Sign up for the newsletter while you are there!

### **November 21, 4-5 p.m.**

**Iona Tech Tuesday with Brady** -- Tuesday's topic: How to avoid cyberscams. 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:**

### **Tuesday, November 21, 7 p.m.**

**PCA Town Hall** --The meeting will be hybrid and you can attend in person at the Palisades Recreation Center or over Zoom. They have two guest speakers. Heather Gustafson of Palisades Main Streets to give us an update on their progress and future plans and Alphonso Westley from Balfour to present an update as well. <https://us02web.zoom.us/j/88484367190?pwd=Y3Z3eGFhc3JHWDB4cUtuTnJmNi9lZz09>

## **Saturday, December 2, Palisades Neighborhood Cleanup - Sponsored by Alan Chargin**

Join Alan Chargin (one of this year's house tour sponsors) and friends on the 1st Saturday of the month for a morning of litter picking, street sweeping and community beautification. Meet at the corner of Arizona and MacArthur between 8:45-9am; bags and gloves provided. Meet back by 10am for coffee and snacks.

**Saturday, December 2, 2 p.m. at Tenley Library, 4450 Wisconsin Ave NW**  
**Technology, Apps, & Strategies to Enhance Communications - Sponsored by the Hearing Loss Association of America, DC Chapter** - Do you sometimes (or always) have difficulty participating in conversations with friends and colleagues? Are noisy restaurants, group discussions, social gatherings, telephone calls, lectures and performances difficult to follow? Hearing aids and cochlear implants are wonderful. But they have limitations. And so you may want to consider additional devices, apps, and communication strategies. Our meeting room is looped and real-time captioning will be provided. Please register [here](#) to attend this program.

**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](mailto:jhoward@dearlysincerely.com).

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## **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](mailto: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.

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### **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](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

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

#### **This Week at Palisades Village November 19 — 25, 2023**

#### **Pickleball**

Mon 11 / 20 / 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 11 / 20 / 2023 at 3:30 PM

[More Information](#)

#### **Planner Group**

Tue 11 / 21 / 2023 at 9:30 AM

[More Information](#)

#### **Yoga**

Tue 11 / 21 / 2023 at 3:00 PM

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

[More Information](#)

### **Walking Club - Georgetown**

Wed 11 / 22 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

### **Office Closed - Thanksgiving Day**

Thu 11 / 23 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

### **Remote Office Only**

Fri 11 / 24 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Next Week at Palisades Village  
November 26 — December 2, 2023

### **Pickleball**

Mon 11 / 27 / 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 11 / 27 / 2023 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 11 / 28 / 2023 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 11 / 28 / 2023 at 3:00 PM

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

[More Information](#)

### **Walking Club - Georgetown**

Wed 11 / 29 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

## **Great Decisions Foreign Policy Discussion Group**

Wed 11 / 29 / 2023 at 2:00 PM

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

[More Information](#)

## **Mindful Knitting**

Fri 12 / 01 / 2023 at 9:30 AM

[More Information](#)

## **Tech Clinic**

Fri 12 / 01 / 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