



ACROSS THE FENCE

November 26, 2023

It's the most wonderful time of the year! Let's kick off the season together next Sunday, the 3rd at the Palisades Farmers Market for our third annual Palisades Village holiday sing-along. We will gather at the gazebo at 11 and sing songs of the season. This is open to everyone so bring a friend, neighbor, or grandchild. We will have a little hot cider to warm you up. Do you have a favorite song that you would like to sing? Please email ebanton@palisadesvillage.org and we can include it in our song sheets.

Monday, Nov 27	Tuesday, Nov 28	Wednesday, Nov 29	Thurs, Nov 30	Friday, Dec 1
<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>3:00 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>2:00 p.m. Great Decisions Foreign Policy Discussion Group</p>		<p>9:30 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This Week:



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. She can get you a copy of the materials so you can prepare.



Friday, December 1, 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](#).



Sunday, December 3, 11 a.m. - Noon

Holiday Sing-Along at the Palisades Farmer's Market

Open to all. Join Palisades Village as we ring in the holiday season! Fun for all ages. Just show up; we will have song sheets.

Coming Up:

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](#)

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.

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!*

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.



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.



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!

Retirement Living, Senior Housing & Specialized Residential Care Webinar



Part 1: Thursday, November 30 at 1:00 pm - [Register](#)

Part 2: Thursday, December 7 at 1:00 pm - [Register](#)

The DMV offers a variety of retirement living and senior housing options. Many older adults have difficulty sorting through the numerous residential models, personal service arrangements and fee structures. It is challenging to cut through the marketing spin and understand the 'bottom line'.

This two-part webinar will discuss the various retirement living scenarios, what to expect in support services and cost considerations. The first session will explore independent living communities from subsidized senior housing to high end, luxury life planning campuses. The second program will address specialized residential care: Assisted Living, Memory Care and Long-Term Skilled Nursing Care. While it is beneficial to attend both webinars, each session stands on its own merits. Speaker: Jennifer Marie Brown
Hosted by Cleveland and Woodley Park Village

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 or call [202-459-9634](tel:202-459-9634). Sign up for the newsletter while you are there!

November 28, 4-5 p.m.

Iona Tech Tuesday with Brady -- Tuesday's topic: Zoom Information Session. 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:

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.

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 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](#)

Next Week at Palisades Village

December 3 — 9, 2023

Holiday Singalong

Sun 12 / 03 / 2023 at 11:00 AM

Where: Palisades Farmers Market

[More Information](#)

Pickleball

Mon 12 / 04 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 12 / 04 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 12 / 04 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 05 / 2023 at 9:30 AM

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Wed 12 / 06 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Annual Board and Member Meeting

Thu 12 / 07 / 2023 at 6:00 PM

[More Information](#)

Mindful Knitting

Fri 12 / 08 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village