



ACROSS THE FENCE

January 28, 2024

As we head into our 15th year of service, let's take a brief look back at last year. Palisades Village is at an all-time high in membership with 273 members -- 47 more than last year. Over 2,624 adults attended one of our 325 events and outings from fitness classes to barbeques and parties. We paid 342 friendly visits to those who can't get to events. Transportation is our most popular service and we provided over 1,000 rides to medical appointments, the grocery store, etc. last year. You can find a brief impact report for 2023 [here](#). And we are just one village helping older adults in the city. You can find the cumulative impact of all 13 DC villages [here](#).

Monday, Jan 29	Tuesday, Jan 30	Wednesday, Jan 31	Thurs, Feb 1	Friday, Feb 2
<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>Walking Club Cancelled</p>	<p>6:00 p.m. Board Meeting</p>	<p>10:00 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This week:

Thursday, February 1, 6:00 p.m.

Palisades Village Board Meeting - Palisades Library upstairs meeting room

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](#).

Tech Clinic



Friday, February 2, 12 noon - 2:00 p.m.

Tech Clinic

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. Register [here](#).

Coming Up:



Thursday, February 8, 10:30 a.m. - 11:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. Unless we have unseasonably warm weather, we will be indoors in the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).



Friday, February 9, 1-2 p.m.

Fall Prevention Presentation -- With all this snow and ice, you may be worried about falls. Martin Jones will be joining us to discuss what you can do to prepare for and prevent falls. This will be held in the upstairs conference room at the Palisades Library. Please register [here](#).



Thursday, February 15, 7-9 p.m.

'Won't You Be Our Valentine?' Party

Help us celebrate the month of love by coming to our Valentine's Day-themed party. Pull out some festive attire and come and be our Valentine for the evening! 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.

We need you! Advocate for DC Villages

THURSDAY, FEBRUARY 1, 2024

[Register Here](#)

Next week, the DACL Performance Oversight Hearing will take place. This is an opportunity for you to speak directly with Councilmember Bonds about the importance of the villages and why the city should support them.

We understand that budget cuts are expected for the upcoming year, and we are asking for your help in letting Councilmember Bonds know why Palisades Village is important to you. Your voice is important and can help us maintain our funding while ensuring that our elected leaders understand the value of Villages.

This advocacy is crucial because DC government, through the Department of Aging & Community Living, provides a grant to all DC Villages, including ours.

The DC grant that we receive from DACL helps Palisades Village fund:

- **Membership subsidies** to those with limited financial means
- **Educational and wellness programs**
- **Short-term case management** by a licensed clinical social worker
- **Staff time** to facilitate volunteer coordination and organize programs
- **Efforts to reduce social isolation**, friendly visits, support groups, and volunteer services

The DC Villages Collaborative has created a [template to help you with your testimony. Click here to access](#) it. Contact the PV office if you need help.

Since Performance Oversight Hearings can take a long time, we have organized volunteers who will monitor the cue and contact you near the time for your testimony. Please reply to this email if you plan to testify so a monitor can be in touch with you on the day of the hearing.

Thank you for your time, talent, and treasure over the years. Now we need your testimony. Please feel free to reach out if you have any questions or concerns.

3rd Annual Palisades Village Photography Contest



Last chance! Don't miss your opportunity to share your favorite picture from 2023 and win a 2024 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. PV members and volunteers -- please submit your photograph (limit 1) by February 1st. If you have a digital version, please email it

to eblanton@palisadesvillage.org or we can scan a

hard copy for you. Photos may be published in the newsletter, website, or on our Facebook or Instagram accounts. Enjoy the journey of looking through your special photographs. The winning picture from last year (above) was taken by Palisades Village Board member Char Mollison.

You're Invited!

PLEASE JOIN THE DEPARTMENT OF AGING
AND COMMUNITY LIVING FOR:
RED, WHITE, AND YOU!
A SENIOR VALENTINE'S DAY CELEBRATION

WEDNESDAY,
FEBRUARY 14, 2024
11:30AM- 2:00PM

LOCATIONS:

Deanwood Recreation Center 1350 49th St., NE Washington, DC 20019 tinyurl.com/rwydeanwood	Edgewood Recreation Center 300 Evarts St., NE Washington, DC 20002 tinyurl.com/rwyedgewood
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For event registration assistance, please call (202)724-5626

  



GWPT presents
SPT Consults

*Do you have a GOAL you want to reach this year?
Do you need a NUDGE to get you moving?*

Join First-Year GW Physical Therapy Students

Meet with GWPT students for an interview about YOUR GOALS. Interviews will last less than an hour and will help our students practice their interviewing skills. After the interview, the students will research RESOURCES for you to meet your goals! You will receive customized educational material to help you kick off 2024 on a healthy note.

SPT Consults will occur on Monday **February 12** at **2:30** in-person at GWPT (2000 Pennsylvania Ave) or online through Zoom

If you are interested or have questions, email Erin Wentzell at ewentzell@gwu.edu



Covid Corner:

Free COVID test kits are available from the federal government again! Even if you ordered earlier this year, you can order more now. You can order them [here](#) and they will ship 4 tests per household. You can also pick up free COVID test kits at some DC Public Libraries, including the Palisades and Tenley-Friendship branches.

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.

Join Northwest Neighbors Village for any or all of their upcoming virtual speakers:

Tuesday, February 1st, 1 p.m. - [The future and present of generative Artificial Intelligence \(AI\)](#) with speaker Jeremy Kirshbaum

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!

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](#).

Tuesdays, 4 p.m. on Zoom

Iona Tech Tuesday - Topic for January 30: Google docs and Word. We will learn how to use these writing applications. More information and registration [here](#). **NOTE** - According to a friend of the Village, Brady has left and they might not have a replacement yet. No mention of this on the website.

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.

Mondays at Tenley-Friendship Library, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon. Register [here](#).

Thursdays 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.

Wednesday, January 31, 7-8 p.m. on Zoom

Discussing The Facts: Oncology And Health Equity - Early and appropriate treatment of cancer can make a big difference in cancer outcomes. Please join us to hear Dr. Gabriel Ivey talk about different types of cancer, early screenings, and how health equity impacts survivability. An interactive Q&A session will enable participants to be engaged and informed. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before January 30.

Community Events:

Sunday, January 28, 2 p.m. at the Palisades Library, 4901 V St. NW (upstairs meeting room)

Palisades Film Club - Don't miss these movies with a message! You won't be disappointed!

The films we will be watching are:

INNOCENTE.....40 MINUTES
THE PRESENT.....25 MINUTES
DEAR BASKETBALL.....5 MINUTES
HAIR LOVE.....7 MINUTES
UISCE BEATHA.....8 MINUTES

THE SILENT CHILD.....20 MINUTES

Followed by a brief discussion if time allows. **Questions and RSVP to Barbara.elsas@gmail.com**

Tuesday, January 30, 6-8 p.m. Crime Prevention Presentation at the Palisades Library

PSA Meeting -- (large meeting room upstairs) inside the Palisades Library at 4901 V Street N.W. MPD officers, particularly those assigned to PSA 205, will present a Crime Prevention Presentation. This will be an open informal round table discussing ways and ideas on how to prevent and reduce crime within your neighborhood. There will also be some local representatives from ANC 3D present. You can also meet and greet some of your local Police Officers who regularly patrol your community.

Wednesday, January 31, 9-10 a.m. [Improv for All](#) at the Palisades Library, 4901 V St NW

Have you ever wanted to do Improv? Do you want to have fun and make people(and yourself) laugh about everything from robotic monkeys to flying lawyers? Washington Improv Theatre Company will be hosting a monthly series of these workshops. Open to everyone.

Sunday, February 4, 2 p.m.

DC Assistive Technology Program at Tenleytown Library, 4450 Wisconsin Ave. NW

The DC Assistive Technology Program (DCATP) is a city-wide program whose goal is to enhance independence, productivity & inclusion for all District residents with disabilities (including, of course, hearing loss).

To accomplish this goal DCATP provides education & empowerment in the selection, procurement & use of assistive technology devices & services to individuals, family members, service providers, government agencies & community organizations. Specific initiatives of particular note include loans of such devices to enable individuals with disabilities to determine their suitability for their particular needs before making purchases, & a program under which such persons can finance such purchases with long-term, low-interest rate loans.

The presenter, Leonard McPherson, a senior member of the DCATP team, will describe these programs, & how persons with hearing loss & other disabilities can take advantage of them.

The meeting room is looped, and real-time captioning will be provided so that everyone can "hear" without undue stress & get their questions answered. There is no charge. All are welcome.

[Please click here to register to attend this program.](#)

Wednesday, February 7, 6 p.m. at Holy Trinity Church

Black Georgetown: The Story of a Proud Community - Presented by Holy Trinity Catholic Church and the Citizens Association of Georgetown. Distinguished historian Carroll R. Gibbs' multimedia presentation will chronicle one of the District's oldest neighborhoods, leading us on a journey of heartbreak and hope, of self-reliance and resilience, as it fights to preserve its inspiring legacy. Trinity Hall at Holy Trinity Parish, 36th and O Streets NW. Limited parking is available at nearby Visitation School.

Tuesday, February 13, 5:30-8:30 p.m.

Pancake Dinner -- Hosted by the Palisades Georgetown Lions Club at the Palisades Hub (5200 Cathedral Ave, NW). Adults: \$10 Children 8-14: \$5 Children under 8: Free Information: 202-966-4418

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 \(wpodc.org\)](http://Calendar.WidowedPersonsOutreach.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**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village January 28 — February 3, 2024

Pickleball

Mon 01 / 29 / 2024 at 12:15 PM

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

[More Information](#)

William Yates Fitness

Mon 01 / 29 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 30 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 01 / 30 / 2024 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 01 / 31 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Board Meeting

Thu 02 / 01 / 2024 at 6:00 PM

Where: Palisades Library - upstairs meeting room, 4901 V Street NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 02 / 02 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 02 / 02 / 2024 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village

February 4 — 10, 2024

Pickleball

Mon 02 / 05 / 2024 at 12:15 PM

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

[More Information](#)

Book Club

Mon 02 / 05 / 2024 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 02 / 05 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 06 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 06 / 2024 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 02 / 07 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Coffee & Conversation

Thu 02 / 08 / 2024 at 10:30 AM

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

[More Information](#)

Mindful Knitting

Fri 02 / 09 / 2024 at 10:00 AM

[More Information](#)

Fall Prevention for Healthy Aging

Fri 02 / 09 / 2024 at 1:00 PM

Where: Palisades Library, 4901 V Street NW, Washington, DC 20007

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village