



ACROSS THE FENCE

February 4, 2024

At the last meeting of the Board of Directors on February 1st, they unanimously approved a [Strategic Plan](#) for Palisades Village for the next three years. Many of you participated in focus groups and provided input that informed this plan. We are so grateful for your insights and look forward to the implementation.

Monday, Feb 5	Tuesday, Feb 6	Wednesday, Feb 7	Thurs, Feb 8	Friday, Feb 9
<p>12:15 p.m. Pickleball</p> <p>1:00 p.m. Book Club</p> <p>3:30 p.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>Yoga cancelled</p>	<p>Walking Club Cancelled</p>	<p>10:30 a.m. Coffee and Conversation</p>	<p>10:00 a.m. Mindful Knitting</p> <p>1:00 Fall Prevention</p>

This week:



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](#).

Coming Up:



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](#).

Tech Clinic



Friday, February 16, noon - 2 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.

Call the office at **202-244-3310** to let us know what time will work for you. As always, we are happy to provide rides to our full members. 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.

3rd Annual Palisades Village Photography Contest Winner

Drumroll please...the winner is Roberto Werebe with his photograph from the Nofoten Islands in Norway. Congratulations to Roberto! He wins a 2024 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. We received nine amazing entries and will be showcasing the honorable mentions in future newsletters.



Do You Want to Be a Student Again? Registration is now open for the Spring 2024 GU Learning Community

Courses include:

- **Simone Weil: On Human Dignity and the Crisis of International Law**
Frank Ambrosio, Associate Professor Emeritus of Philosophy
- **Evolution and Faith: How Much Can Biology Explain?**
John F. Haught, Professor Emeritus of Theology, Georgetown University
- **Catholicism in America Today**

Chester Gillis, Professor Emeritus of Theology and Religious Studies

- **Wives on the Threshold of Murder: Dangerous Housekeeping in Greek Tragedy**
Victoria Pedrick, Associate Professor Emerita of Classics
 - **Jorge Luis Borges and the Nature of Fiction**
Gwen Kirkpatrick, Professor Emerita of Spanish
 - **Technological Transformations**
Betsy Page Sigman, Distinguished Teaching Professor Emerita
- McDonough School of Business

Click [here](#) for course descriptions and registration links.

February is Age-Related Macular Degeneration Awareness Month!

The American Academy of Ophthalmology (AAO) has designated February as **Age-Related Macular Degeneration Awareness Month**. During February, the AAO encourages senior adults to take time to learn more about AMD as a serious degenerative eye disease that leads to irreversible vision loss or blindness if left untreated. The AAO has outlined preventive practices that can help seniors reduce their risk of developing AMD and recognize the subtle, often easy-to-miss signs when this disease develops.

Nearly two million Americans have AMD, which causes harm to the sufferer's central vision and limits his/her ability to read, write and recognize faces. **Dry AMD** (atrophic AMD) affects 8 out of 10 sufferers and is caused by the slow deterioration, or thinning, of the macula over time. **Wet AMD** (advanced neovascular AMD), or late-stage AMD, is a less common, but more serious form of AMD. At this stage, quicker vision loss occurs when abnormal blood vessels grow in the back of the eye and damage the macula.

Many people with AMD may not notice symptoms right away until the disease progresses or affects both eyes. Vision changes due to AMD may include:

- **Difficulty seeing in the center of vision, needed for reading, cooking, or driving**
- **Trouble seeing in dim light**
- **Straight lines (such as light poles) start to appear wavy, blurry, crooked or missing**
- **Fading and/or changes in the appearance of colors**
- **Difficulty recognizing familiar faces.**

For more information, click [here](#).



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.

February 10, 11:30 a.m.

Byte Back training and laptop event sponsored by Mount Pleasant Village - at the **Mt. Pleasant Library** (3160 16th St NW). Byte Back has 25 computers to distribute to DC Village members and will provide basic training to get people started. **Capacity is limited to 25.** If you're interested, please use this [link](#) to sign up.

Tuesday, February 13, 10:30 a.m. - 1:30 p.m.

Free computer training -- Mount Pleasant Village is hosting a computer training event sponsored by [Byte Back](#) at the Mount Pleasant Library (3160 16th St NW). The training will cover the following topics:

- Password security,
- Understanding how to spot Spam and other potential threats on the internet, and
- How to bank online.

If you're interested, please use this [link](#) to sign up.

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

Thursday, February 15, 2 p.m.

Speaker: Eleanor Clift -- Making sense of the election year landscape on Zoom

As election year 2024 begins, it becomes increasingly likely that voters will again face a Biden-Trump choice on election day. In this environment, the outcome of Senate, congressional and even state legislative races will play a critical role in shaping the next four years. Join us as Eleanor Clift shares her perspective on the forces shaping these issues. Register [here](#).

Thursday, February 22, 1 p.m.

The Future of Democracy - Please join CC@H for a wide-ranging discussion with Marvin Kalb on issues related to the future of democracy in the U.S. and around the world. A nonresident senior fellow at the Brookings Institution, he is a prolific international correspondent with a long history in broadcast news, including the popular Kalb Report, and the author of 17 books on Russia, the media, and foreign policy. The recipient of numerous journalism awards, Kalb served for many years as chief diplomatic correspondent and host of "Meet the Press" on NBC. Founder of the Shorenstein Center on Media, Politics and Public Policy at Harvard University's Kennedy School, Kalb is an expert on media ethics and responsibility. His latest publication is "Assignment Russia: Becoming a Foreign Correspondent in the Crucible of the Cold War." To register for this Zoom presentation, click [here](#) or call the office at: (301) 657-3115.

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. - 5 p.m. on Zoom

Iona Tech Tuesday - Topic for February 6: Online Shopping. More information and registration [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.

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.

Saturday, February 24, 12:30 - 4:30 on Zoom

Annual Sex and Aging Conference - Disability and chronic illness are as much a part of life as is our sexuality. More than 36% of adults over 65 years old report having a disability. Nearly 95% of adults 60 and older have at least one chronic condition, while nearly 80% have two or more. Injuries are also a concern. Whether a person is born with a disability, acquires one or develops chronic illness, they may experience challenges giving and receiving sexual pleasure. Participants will learn ways to work around barriers and find ways to achieve emotional intimacy and sexual expression. To register, email pnunez3@jhmi.edu or call 202-364-7602 at least two weeks in advance.

Community Events:

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.

Wednesday, February 7, 7 p.m. - on Zoom

ANC3D Monthly Meeting - For agenda and Zoom link, click [here](#).

Saturday, February 10, 10 a.m. - 2 p.m.

Mayor Bowser's Clean City Presents: Roll Off Day Ward 3 - Bring bulk items and debris to the Chevy Chase Community Center (5601 Connecticut Ave NW). Clean City will also have a separate e-cycling location at Newark Park Playground, 3851 Newark St NW.

If you need accommodations on picking up bulk items, please contact Matthew Barclay, Mayor's Office of Community Relations and Services, at 202-340-7853 or matthew.barclay@dc.gov

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

Pancake Dinner and Bake Sale -- 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 Tickets sold at the door. Information: 202-966-4418

Wednesday, February 21, noon - 2 p.m. Southwest Waterfront AARP Chapter Black History Month Celebration

The program includes a musical and poetic tribute by BJ Durham and Raheem Rasta and guest speaker, Dr. Roblyn Lewter, who will provide lessons on how to live your best life at any age. Location: River Park Mutual Homes South CommonRoom, 1311 Delaware Ave SW. Street parking is available. Lunch cost: \$5. Formore information, contact Betty Jean at 202-554-0901 or bettyjeantolbertjones@yahoo.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

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](#)

Canceled: 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](#)

Next Week at Palisades Village

February 11 — 17, 2024

Pickleball

Mon 02 / 12 / 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 02 / 12 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 13 / 2024 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 02 / 13 / 2024 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 02 / 14 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Eye to Eye Group - In Person

Wed 02 / 14 / 2024 at 10:00 AM

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

[More Information](#)

'Won't You Be Our Valentine?' Party

Thu 02 / 15 / 2024 at 7:00 PM

Where: Private Address, please log in to see more

[More Information](#)

Mindful Knitting

Fri 02 / 16 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 02 / 16 / 2024 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