



ACROSS THE FENCE

February 11, 2024

There are so many things to celebrate! Mardi Gras, Valentine's Day, and Lunar New Year are all this week. February is also Age-Related Macular Degeneration Month. Low vision affected so many of our members (and their families and caregivers) that last year we started a support group for the community. Our Eye to Eye group is open to the community and led by our case manager Barbara Scott on the second Wednesday of the month at 10 a.m. If you are interested, please [register](#) and join us in person at the Palisades Hub.

We also want to invite all our members (full and associate) to "[be our valentine](#)" at a festive cocktail party on Thursday. The party will be at the home of one of our members on Indian Rock Terrace. We love you all!

Monday, Feb 12	Tuesday, Feb 13	Wednesday, Feb 14	Thurs, Feb 15	Friday, Feb 16
<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>Yoga cancelled</p>	<p>10:00 a.m. Eye to Eye Group</p>	<p>7:00 p.m. 'Won't You Be Our Valentine?' Party</p>	<p>10:00 a.m. Mindful Knitting</p> <p>12:00 noon Tech Clinic</p>

The office will be closed on Monday, February 19 in observance of Presidents' Day.

Please plan accordingly.

Wishing everyone a Happy Valentine's Day! Thank you, Roberto, for the sweet painting.



This week:



Wednesday, February 14, 10 - 11 a.m.

Eye-to-Eye Group

Palisades Village formed a local group for those with low-vision and their partners and caregivers. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. The group will be facilitated by Barbara Scott, LCSW. 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](#).



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.

Coming up:



Thursday, February 22, 10 - 11 a.m.

Hands on Heart CPR Class at the Palisades Hub (in the church) The Hands-on-Heart Program was established to help bridge the gap between EMS care by local emergency medical field providers and a quick response by a community member to the average citizen in need. The program consists of Four components: Hands-only CPR; Automated external defibrillator (AED); Pulsepoint App and Narcan

training. You do not want to miss this important and life-saving training! This is open to the whole community. Register [here](#).



**Thursday, February 29, 2-3 p.m. at Palisades Library
Ralph Buglass - Washington Aqueduct History**

The Washington aqueduct's history is a fascinating story with the Palisades playing a small role, getting MacArthur Boulevard renamed from its original moniker, Conduit Road (for the 12-foot-wide water tunnel under it). This presentation tells the story through historical photos and maps to identify landmarks people have no

doubt driven by without much thought. The entire 12-mile engineering feat (from Great Falls to the Dalecarlia Reservoir and then on two more miles to the Georgetown Reservoir) is now a National Landmark. Register [here](#).

3rd Annual Palisades Village Photography Honorable Mentions

The photos that were submitted to the annual photography contest were amazing. As promised, here are three of the honorable mentions. More to come next week. Enjoy!



Photo credit: Ghislaine Dittberner



Photo credit: Penny Friedman



Photo credit: Janet Tersoff

Read *The Atlantic* with your Library Card

Did you know you can read *The Atlantic* and other magazines for FREE with your library card? Access full-text articles of *The Atlantic* through [Newsbank's Access World News](#). *The Atlantic* is published monthly and features articles in the fields of politics, foreign affairs, business and the economy, culture and the arts, technology, and science. A digital subscription is \$79.99 which is why we are very excited to be able to access these articles for free but there are all sorts of other publications.



February is Black History Month - Celebrate Black History Month with Smithsonian events, resources, exhibitions, and podcasts. The 2024 theme is "African Americans and the Arts" spanning the many impacts Black Americans have had on visual arts, music, cultural movements, and more. Click [here](#) for more information.

There are many more Black History Month events listed in [The Washingtonian](#).

The **American Writers Museum** has put together a special reading list to celebrate and honor the contributions of Black writers throughout history. In addition to this list of stellar books, they have included past podcast episodes and program video recordings for you to engage with before, during, or after you read these titles. [Click here](#) for more details.

Sunday, February 18, 3pm - Online - Free

The Metropolitan Opera presents a livestream of *X: The Life and Times of Malcolm X* -- Composer Anthony Davis/Thulani Davis's opera captures the life of Malcolm X from his childhood in Michigan to his assassination in 1965 in New York City. We are proud to partner with The Met to share this Afrofuturistic production of the civil rights leader's influence and legacy. Includes *A Conversation with Dr. Ilyasah Shabazz: We Were Raised in a Bubble of Love*.

The DC Office of Planning has [a new website](#) featuring an interactive map of 300 important Black history sites in the District. Looks very interesting! We encourage you to check it out.

**You're Invited!**

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

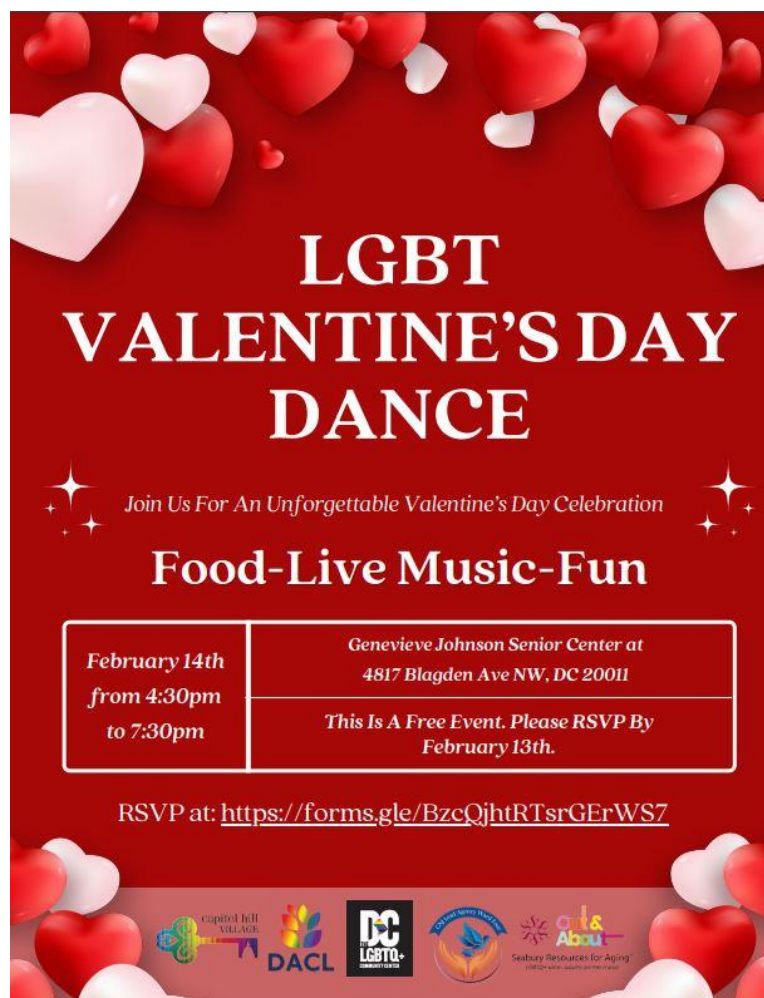
WEDNESDAY,
FEBRUARY 14, 2024
11:30AM- 2:00PM

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






**LGBT
VALENTINE'S DAY
DANCE**

Join Us For An Unforgettable Valentine's Day Celebration

Food-Live Music-Fun

February 14th from 4:30pm to 7:30pm	Genevieve Johnson Senior Center at 4817 Blagden Ave NW, DC 20011 This Is A Free Event. Please RSVP By February 13th.
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RSVP at: <https://forms.gle/BzcQjhtRTsrGErWS7>

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:

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 13: Online Music. 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 p.m. 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.

Wednesday, February 28, 7 - 8 p.m. on Zoom

Discussing the Facts: How a Healthy Lifestyle Can Help with Grief and Loss - Join us for an important discussion on grief and loss. Grief can cause both emotional and physical reactions that can affect our health. The grieving process can bring moments of intense suffering and it may be difficult to continue daily routines, including engaging in healthy behaviors. In our session, we will discuss some of the positive health behaviors that can support us during this time of grief and loss and improve our overall well-being. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before February 27.

Community Events:

Sunday, February 11, 9 a.m.-1 p.m.

Mardi Gras Coffee and Cake -- Hosted by the PCA at the Farmer's Market

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

Sunday, February 18, 2024, 12:30 p.m. - 2:30 p.m.

Reframing Care: Mindfulness + Art at The Phillips Collection (1600 21st Street NW) offers resources, support, and artful engagement for care partners and their loved ones living with memory loss. This session: Looking + Making. In our two hours together, we'll spend time in the gallery with a work of art — sharing ideas and connections in an informal conversation [facilitated by Nephelie and Donna]. After the gallery experience, we'll move to the studio where artist Leslie Holt will guide us as we create maps that celebrate our lives and imagine our paths in the new year. We'll experiment with a variety of materials and techniques to capture the layers of our journeys. All materials will be provided, and the art-making is open to all participants — caregivers, care receivers, and care partners. RSVP to Donna Jonte at djonte@phillipscollection.org

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. For more information, contact Betty Jean at 202-554-0901 or bettyjeantolbertjones@yahoo.com.

Wednesday, February 21, noon - 1 p.m. - On Zoom

Mid-century Modern Residences in Washington, DC: One-offs and the Making of Community

Join the DC Preservation League and architectural historian Kim Prothro Williams for this engaging webinar that will introduce you to a recent architectural survey undertaken by HPO to identify single-family dwellings designed in a Mid-Century Modern aesthetic. The webinar will highlight a number of custom “one-off” houses designed by well-known architects with both local and national influence, as well as collections of houses designed speculatively and creating notable clusters of mid-Century communities. The webinar will also touch on the influence that Black architects, many of whom were graduates of Howard University School of Architecture, had on the rise of Mid-Century Residential design in Washington. ***This program is free and open to the public.*** Please register [here](#).

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 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](#)

Next Week at Palisades Village
February 18 — 24, 2024

Washington's Birthday - Office Closed

Mon 02 / 19 / 2024 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Canceled: William Yates Fitness

Mon 02 / 19 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 20 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 20 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 21 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Hands on Heart CPR

Thu 02 / 22 / 2024 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Fri 02 / 23 / 2024 at 10:00 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village