



ACROSS THE FENCE

February 25, 2024

As we shift from Black History Month to Women's History Month, remember the vast resources available at the public library from books, to films, to art and so much more. You can even register to vote at the library. The Martin Luther Jr Memorial Library has even more. You can see the exhibit [Let This World Be Beautiful: Celebrating the Life and Art of Alma W. Thomas](#), renew your passport, use a 3D printer, or explore the People's Archive. Members have a special opportunity to tour the [Library of Congress](#) on March 8. Palisades Village often uses the beautiful facilities at the Palisades Library for presentations and meetings. If you haven't been to the library in a while, come to our upcoming presentations on the [Washington Aqueduct](#) or [Fire Prevention](#), check out a new book or audiobook by an African American or woman author, take a Tai Chi class, and see all the other things they have to offer.

Monday, Feb 26	Tuesday, Feb 27	Wednesday, Feb 28	Thurs, Feb 29	Friday, March 1
<p>12:15 9.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. Washington Aqueduct History</p>	<p>10:00 a.m. Mindful Knitting</p> <p>12 noon - Tech Clinic</p>

This week:



Thursday, February 29, 2-3 p.m. at the 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](#).

Tech Clinic



Friday, March 1, 12 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.

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](#).

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:



Fire Prevention

Thursday, March 7, 1:00 p.m. at the Palisades Library

Samone Hoston, Fire Education Information Specialist with the DC Fire & EMS Department, will be covering what an emergency is, how to create an evacuation plan, how to decide whether to relocate or evacuate, how to prepare for an emergency, and how to practice your plan. This is a program you do not want to miss! It is open to the community.

Register [here](#).



Library of Congress Tour

Friday, March 8, 10:15 a.m. - 1:00 p.m.

Palisades Village members are invited to a private guided tour of the Library of Congress, facilitated through the efforts of Palisades Village's own Bill Ryan, son of member Patty Ryan, who is on staff at the Library. The Thomas Jefferson Building is

simply spectacular and not to be missed! The tour begins at 11 a.m. You can meet us there or you can meet us at the PV office at 10 a.m. and travel by Uber/Lyft to and from the Library. Palisades Village can accommodate 15 people in the Ubers. Additional people are invited to meet us down there for the tour. Registration is required. Register [here](#).

Hands On Heart CPR Taught to the Community

Palisades Village hosted a training last week that covered Hands Only CPR, how to use an AED (automated external defibrillator), and how to administer Narcan, a nasal spray for opioid overdose treatment. Palisades Village member Bob said, *"I came away convinced that I could do a much better job if I see someone in distress, and I am much more confident about intervening and performing CPR and helping that person. I loved the team! They were so professional and right on top of the details."* We look forward to hosting these a couple of times a year for the community.



AARP Advocating for Older Adults in DC

AARP DC called on the Mayor and the Department on Aging and Community Living (DACL) to fulfill its promise of an Age-Friendly DC by preventing budget cuts and filling service gaps for essential senior support services. These initial budget priorities include Senior Villages.

Excerpt from AARP's Message on Senior Villages:

"Senior Villages are quickly proving to be an essential lifeline to older adults and a cost savings to the District's budget. AARP is happy to learn of DACL's commitment to secure equal funding for all 13 villages in FY2025. According to the 2022 DC Village Impact Report, DC Villages provide over 27,000 hours of unpaid service for elder Washingtonians within a 12-month period totaling \$1.59 million in value. This included 5,000 medical and recreational rides, 1,800 grocery deliveries, 3,974 socialization events, 12,069 friendly visits, high intensity support to over 600 older adults, and a host of other services."

Calls to Action:

Join AARP DC in calling on Mayor Bowser to support older adults across the District. Click and SHARE the following link to **send your own letter**, sharing the priorities listed below:

<https://action.aarp.org/secure/tell-mayor-prevent-budget-cuts-and-fill-gaps>

That's a Wrap on the 3rd annual Palisades Village Photography Contest

Here are the final two honorable mentions from the annual photography contest. We look forward to doing this again next year. Thank you to all who participated!



Photo Credit: Ellen Myerberg



Photo Credit: Greg Mize

iPad training available – for members only

Do you want to learn how to use an iPad or how to get more out of the one you have? We have a volunteer who can help you!

Discover the many features that come already installed (including internet, camera & photo library, maps and directions, weather, and calculator) as well as apps you can download for free. If you already use a smart phone, you're familiar with the basic technology. Many people find the larger format of the iPad easier on their fingers as well as their eyes.

Full members may be able to borrow an iPad for a few months before they commit to buying one of their own.

Please contact Anne Ourand for more information or to set up an appointment.



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.

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.

Covid Corner:

We have a new stock of COVID test kits from DC Health in our office. Free COVID test kits are also 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](#) 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](#) 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:

Monday, February 26, 3:30 p.m. - In person and on Zoom

Live and Learn: Guardianships, Wills, Trusts and Estates - Michele Zavos, a long-time Brookland resident and estate lawyer for over 40 years, will discuss important documents for life planning, including Wills, Health Care Powers of Attorney, Living Wills, HIPAA documents (for the federal law that prohibits disclosure of your personal information without your prior consent), Final Arrangement Designations, and General Powers of Attorney (for finances) as well as general information about elder issues and end-of-life planning. In person at the Dupont Circle Village Office at Friends Meeting House (2111 Decatur Place NW) or attend on Zoom. Register [here](#).

Thursday, February 29, 1 p.m. on Zoom hosted by Northwest Neighbors **Storm Clouds Or Calm Seas? The Outlook Of Aging Policies For 2024**

Bob Blancato, President of Matz, Blancato, and Associates and the National Coordinator of the Elder Justice Coalition will lead a discussion on what we can anticipate from federal aging policies in 2024, such as the renewal of the Older Americans Act and health care reform, and how these policies will impact our respective states and communities. Register [here](#).

Friday, March 1, 2 p.m. on Zoom hosted by Northwest Neighbors

The New Music Studio at the Terezin Concentration Camp, 1943-1944

It seems impossible to imagine that in the Nazi concentration camp of Theresienstadt, there were 20 or more talented composers who found ways to write and perform while imprisoned. They called themselves the New Music Studio and their music was saved under floorboards or passed along from prisoner to prisoner. Murry Sidlin will honor the work of these composers by sharing with us some recordings from *Hours of Freedom: The Story of the Terezin Composer*. He will also speak of what music means in the most desperate of times. Register [here](#).

Sunday, March 3, 2 p.m. in person hosted by Northwest Neighbors

An Afternoon of Music for Piano Four Hands - Cathy Waldman and Paul Levi recently joined the Northwest Village as Supporting Members and volunteers. As a husband-and-wife piano duo, they will perform a short concert of selections by tango composer Astor Piazzolla, as well as Prokofiev, Bach, and a new piece by Paul himself. Paul has arranged all the works in this program for piano duo. It is safe to say that you've never heard or seen anything like this! Levine School of Music, Lang Hall — 2801 Upton Street NW. Register [here](#).

Friday, March 8, 10:30 a.m. - 12 noon - hosted by Potomac Community Village
Visiting the LBJ Library and Museum on Zoom - The museum collection contains more than 54,000 objects donated by the President and Mrs. Johnson, their family, close friends, associates, and the American people. Like that of most history museums, the collection is very diverse and includes objects ranging from Middle Eastern antiquities and coins to postage stamps to Oval Office furniture. The art collection ranges from drawings by schoolchildren to masterpieces by such renowned artists as Frederic Remington, Charles Russell, Winslow Homer and Diego Rivera. More information and registration [here](#).

Thursday, March 14, 2 p.m. - 4 p.m. hosted by Foggy Bottom West End Village
Art in the Atrium - Foggy Bottom West End Village will present an art exhibit featuring artists from the Village. "Art in the Atrium" will be from 2:00 to 4:00 p.m. on Thursday, March 14th, in the Atrium of St. Paul's Church, **2430 K Street NW**. The exhibit will allow everyone to meet the artists and discuss their work. And, of course, there will be light refreshments. This program is open to the public and everyone is encouraged to attend. Register [here](#).

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 - 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.

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:

The Osher Lifelong Learning Institute (OLLI) at AU is offering over 90 eight-to-ten-week courses this spring on a broad range of subjects, including history, politics, literature, languages, arts, music, STEM, economics, social sciences, and more. We offer both in-person, and online classes—something for everyone! **The spring semester holds classes weekly starting March 4, most for 7 to 10 weeks. Choose your lottery selections for the spring semester before February 20** for the best chance of getting the courses you want. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to our website: olli-dc@american.org or call 202-895-4860.

Olli also has a free spring lecture series. Click [here](#) for details and instructions for registering.

Mayor's Senior Budget Engagement Forum

Wednesday, February 28 at 11:00 a.m. - Join fellow DC residents to share your values, priorities, and ideas with the Bowser administration as the FY25 budget is developed. **Call In:** (844) 881-1314. **RSVP:** Visit budget.dc.gov. After you make your RSVP, scroll to the bottom of the page to complete the survey Or attend the Ward 3 Watch Party in person at St. Albans' Active Wellness Program, located at 3001 Wisconsin Ave, NW - in Satterlee Hall. No RSVP required. St. Albans is located just north of Cathedral Ave, NW and the entrance is on Lych Gate Road – a quick right turn just past the bus stop. Free street parking is available on both sides of Wisconsin Ave NW.

February 29 - March 3

Solas Nua's 18th Annual Capital Irish Film Festival--Invites audiences to explore Irish culture, build connections across borders, and offer new perspectives on the world we share with a bold and diverse lineup that includes anticipated and critically acclaimed Irish screenings, new Irish voices, directorial debuts, and fearless storytelling. The four-day festival will showcase the latest Irish dramatic and documentary features, shorts, art films, and animation releases. From directorial debuts to award winners the lineup features groundbreaking works, including some wonderful films that explore the wisdom of aging, taking your life and death into your own hands, and the sacrifices made for financial stability later in life. **AFI Silver Theatre and Cultural Center (8633 Colesville Rd, Silver Spring, MD 20910)**

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
February 25 — March 2, 2024

Pickleball

Mon 02 / 26 / 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 / 26 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 27 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 27 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 28 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Ralph Buglass - Washington Aqueduct History

Thu 02 / 29 / 2024 at 2:00 PM

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

[More Information](#)

Mindful Knitting

Fri 03 / 01 / 2024 at 10:00 AM

Where: Private Address, please log in to see more

[More Information](#)

Tech Clinic

Fri 03 / 01 / 2024 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
March 3 — 9, 2024

Pickleball

Mon 03 / 04 / 2024 at 12:15 PM

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

[More Information](#)

Book Club

Mon 03 / 04 / 2024 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 03 / 04 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 05 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 05 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 06 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Fire Prevention Program

Thu 03 / 07 / 2024 at 1:00 PM

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

[More Information](#)

Library of Congress Tour

Fri 03 / 08 / 2024 at 10:00 AM

Where: Library of Congress, 101 Independence Ave SE, Washington, DC

[More Information](#)

Mindful Knitting

Fri 03 / 08 / 2024 at 10:00 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village