



*Celebrating 15 Years of Service*

# PALISADES VILLAGE

Building an Engaged and Supportive Community of Neighbors in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.

## *Across the Fence*

**April 14, 2024**

Talking to our members and volunteers at an event, we saw how wonderful they were about supporting each other through difficult times. They casually share that extra ticket or suggest lunch or a walk with someone who lost a spouse. At the end of the day, they both feel better for it. There comes a time in life when we have all experienced real loss and empathize with others in a similar situation. If you are struggling with loss, you may want to attend the Annual Grief and Loss Conference hosted by the Widowed Persons Outreach on Zoom this Thursday (info and registration [here](#)).

Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
12:15 p.m. <a href="#">Pickleball</a>	9:30 a.m. <a href="#">Planner Group</a>	8:30 a.m. <a href="#">Walking Club</a>	10:30 <a href="#">Volunteer Orientation</a>	10:00 a.m. <a href="#">Mindful Knitting</a>
3:30 p.m. <a href="#">Fitness</a>	3:00 p.m. <a href="#">Yoga</a>	10:30 a.m. <a href="#">Golf Group</a>		12:00 noon <a href="#">Tech Clinic</a>

**Tuesday, April 16 is Emancipation Day. DC Emancipation Day honors the day President Abraham Lincoln signed the Compensated Emancipation Act of 1862, which freed over 3,100 enslaved persons in the District of Columbia. Citywide [events](#) are planned starting Sunday (today). District parking meters will be free and the DC government will be closed on Tuesday (details [here](#)).**

## This week:



**Thursday, April 18, 10:30 a.m. - 12:30 a.m.**

### **Volunteer Orientation at the Palisades Hub**

Do you want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to do as much or as little as they would like. You can find out about the organization and talk to other volunteers about the rewards of what they do. Food will be provided.

Register [here](#).



**Friday, April 19, 12 noon - 2:00 p.m.**

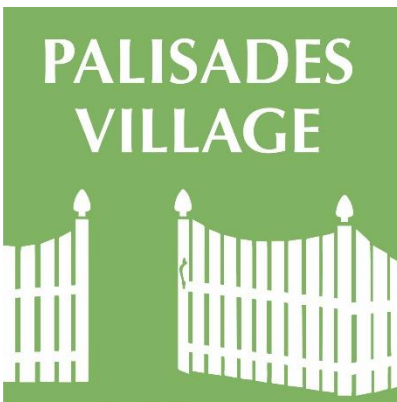
**Tech Clinic** - Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond. Please email [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) 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.

*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**.*

*Full members may request a ride to any PV event with at least 3 days' notice.*

## Coming up:



***Celebrating  
15 Years of Service***

**Thursday, April 25, 5:30 p.m. - 7:30 p.m.**

### **Celebrating 15 Years of Volunteer Service**

Members and volunteers should have received an invitation to our special event celebrating 15 years of service to the community and the volunteers who made it possible. The evening will include light refreshments, live music, volunteer awards, and a chance to meet your wonderful neighbors who do so much for this community. This is an evening you do not want to miss! Register [here](#).

A poster for a Mother Day's Weekend Art Show. The background is a rustic wooden wall. On the left, there are several paintbrushes with colorful paint on their bristles. On the right, there are three paint jars in yellow, red, and blue. The text is arranged in a clean, modern font.

**Mother Day's Weekend**  
**Art Show**

**Saturday, May 11 & Sunday, May 12**  
Noon to 5 pm each day

**Yellow Barn Studio and Gallery**  
7300 MacArthur Blvd, Glen Echo, MD 20812

Artists from our six neighborhoods will offer their art for sale to benefit the mission of Palisades Village.

**Admission is free.**

For more information, contact [info@palisadesvillage.org](mailto:info@palisadesvillage.org).

**Hosted by:**  
**PALISADES VILLAGE**

A caring, nonprofit organization helping older adults live independently in their own homes in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.

202.244.3310  
[info@palisadesvillage.org](mailto:info@palisadesvillage.org)  
[www.palisadesvillage.org](http://www.palisadesvillage.org)

**Members of our Eye-to-Eye group enjoyed a fabulous trip to the Kreeger Museum last week. The tour was led by Molly Buck, Palisades Village member, PV volunteer extraordinaire, and Kreeger Museum docent.**







**The Tapas Potluck Party last week at Kathy's house was a great success with many delectable delights. If you haven't gone to one of our many parties, we encourage you to give them a try. They are fun!**



Peggy, Carol Lynn and Kathy (Bob in the background)



Job and Ghislaine





Beth and Avyeris

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## Covid Corner:

### Test Kits:

- We have a new stock of COVID test kits from DC Health in our office
- You can 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.

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.

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](#).

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.**

**Wednesday, April 17, 2 p.m. - 3 p.m. on Zoom**

**Maintaining Mental Health as You Age** - As people age, many experience life changes that can impact mental health, such as a medical illness, death or illness of a loved one, or a job loss. When feelings of grief, social isolation, and loneliness persist, they can lead to depression and anxiety. Anxiety in people aged 65 years or older tends to present with somatic complaints and worry rather than as autonomic anxiety, the more common presentation in younger people.

Learn about how anxiety may present in older adults from Carlos Brown, Ph.D., LICSW from Sibley Memorial Hospital. This session is sponsored by Suburban Hospital, in partnership with Friendship Heights Neighbors Network, Greater Stonegate Village, and Little Falls Village and is free and open to all. More information and register [here](#).

**Wednesday, April 17, 6 p.m. - 7 p.m. on Zoom**

**Scams, Fraud, & Trickery! - Get The Latest from The FTC** - Join Cheverly Village for a One-Hour Federal Trade Commission (FTC) Webinar, presented by Bridget Small, with time reserved for your questions after the presentation. She'll explain the top frauds reported in 2023, why you should never move your money to "protect" it, and most importantly, prepare you to spot and avoid common scams. Scammers are smooth operators -- and we're ALL potential victims! Register [here](#).

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## **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](mailto:community@iona.org) or call [202-459-9634](tel:202-459-9634). Sign up for the newsletter while you are there!

[April Schedule](#)

**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.

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

Thursdays Palisades Rec Center, 10 a.m. - 11 a.m. Register [here](#).

Fridays at Iona, 1:30 pm. - 2:30 p.m. 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](#)

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## **Sibley Seniors Events:**

**Sibley Seniors Association** (SSA) offers programs and support groups online. To read their latest newsletter, click [here](#).

**Monday, April 15, Noon to 1 p.m. on Zoom**

**Living Alone Discussion Group** - Please contact Ken Gordon to register at [kenfgordon@gmail.com](mailto:kenfgordon@gmail.com) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

**Thursday, April 18, 2 p.m. - 4 p.m. on Zoom**

**Annual Grief and Loss Conference**, sponsored by Widowed Persons Outreach (WPO) - Grief is a natural response to a bereavement or a loss of any kind, but the distress you understandably feel today need not be incapacitating or unnecessarily prolonged. Chris' approach is help one come to terms with this new reality, while retaining a healthy and positive psychological relationship with the loved ones you have cherished, but who are now no longer physically present. His aim is to help establish strategies for living a fulfilling and joyful life - a life that can be continually enriched by the happy memories of times gone by. Live a life of gratitude, rather than regret. Register [here](#) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

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## **Community Events:**

**OLLI (Osher Lifelong Learning Institute) At American University In-Person Lecture Series:** Please go to the [events calendar](#) on our website to find upcoming lectures, readings, and other events.

**Now through April 28, Wednesdays/Thursdays 5 p.m. - 9:30 p.m.;**  
**Fridays/Saturdays Noon - Midnight; Sundays Noon - 9 p.m.**



**Artomatic** - A free event drawing hundreds of artists and performers from throughout the D.C., Maryland and Virginia area for a seven-week exhibition to celebrate the arts! At 2100 M Street NW. Click [here](#) for more information.

### **April 12 - July 11, 2024**

**Undesign the Redline** (not about the Metro!) is an exhibit that explores the history and legacies of policies that excluded and displaced Black residents and communities in upper Northwest DC. The exhibit helps us understand why inequities in housing and wealth persist and encourages us to ask how we can “undesign” these wrongs. Check out the schedule of special programs, public and private tours, and learn more at [undesigndc.org](https://undesigndc.org). There is a different talk every week or so. [Cleveland Park Neighborhood Library](#) (3310 Connecticut Avenue NW)

### **Thursday, April 18, 10:30 a.m.**

**La Chimera** -- Senior Cinema Thursday returns to the Avalon! Senior Cinema Thursday is a monthly event where they screen one of our current features at a special discounted price for seniors held every third Thursday at 10:30 a.m. We invite you to take advantage of the special \$6 ticket price. Caregiver tickets are free at the box office. The Avalon Theatre is wheelchair accessible and provides assisted listening devices to guests with hearing and visual impairments. All films in this program will be shown with open captions.

### **Friday, April 19, 12 noon**

**Friday Morning Music Club** - Free concerts the third Friday of each month through May. This week's concert will feature works by Bruch, Albeniz, C. Schumann, Poldowski and Viardot. First Congregational Church, 945 G St. NW, adjacent to the MLK library. Click [here](#) for more information.

### **Sunday, April 28, 6 p.m.**

**Palisades Community Sing** -- The mission of Palisades Community Sing is to bring together adults of all ages and musical skill levels – and experience – to sing. We sing just for the fun of it with friends and neighbors, as well as people from outside the neighborhood. Our songs are familiar and from across genres, including American standards, Broadway, pop, folk, and rock. We meet monthly – more or less – for about an hour at Palisades Hub (5200 Cathedral Ave NW) in the sanctuary. Startup grant money for this project was provided by the Palisades Community Fund. For more information, please contact Ann Roddy ([ann.rodny64@gmail.com](mailto:ann.rodny64@gmail.com)) Palisades Hub (5200 Cathedral Ave NW)

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### **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](mailto: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.

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## **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](mailto: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  
April 14 — 20, 2024

#### **Pickleball**

Mon 04 / 15 / 2024 at 12:15 PM

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

[More Information](#)

#### **Fitness for Strength & Balance**

Mon 04 / 15 / 2024 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 04 / 16 / 2024 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 04 / 16 / 2024 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 04 / 17 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

## **Golf Group**

Wed 04 / 17 / 2024 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

## **Volunteer Orientation**

Thu 04 / 18 / 2024 at 10:30 AM

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

[More Information](#)

## **Mindful Knitting**

Fri 04 / 19 / 2024 at 10:00 AM

[More Information](#)

## **Tech Clinic**

Fri 04 / 19 / 2024 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village

April 21 — 27, 2024

## **Pickleball**

Mon 04 / 22 / 2024 at 12:15 PM



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

[More Information](#)

### **Fitness for Strength & Balance**

Mon 04 / 22 / 2024 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 04 / 23 / 2024 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 04 / 23 / 2024 at 3:00 PM

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

[More Information](#)

### **Walking Club - Georgetown**

Wed 04 / 24 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

### **Celebrating 15 Years of Volunteer Service**

Thu 04 / 25 / 2024 at 5:30 PM

Where: St. Patrick's Episcopal Church, 4700 Whitehaven Pkwy NW, Washington , DC

[More Information](#)

### **Mindful Knitting**

Fri 04 / 26 / 2024 at 10:00 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village