



## Across the Fence *Special Edition* December 6, 2020

Happy St. Nicholas Day!

Happy Hanukkah!

### Upcoming Palisades Village Events:

Don't miss our talk with author and neighbor **Florence Williams** on her book, ***The Nature Fix***, coming up this **Wednesday, December 9 at 2 p.m.** [Register](#) to get the Zoom link.

She will discuss the latest science, from psychology to neurobiology, on why being outside in nature makes us feel happier, healthier, and more creative. Drawing on research as well as evidence from practitioners from Japan to Utah, from forest-bathing to horticultural therapy to wilderness river-running, the data is mounting that nature immersion helps our immune systems and improves well-being.

We are looking forward to an active week starting with our [Book Club](#) meeting on Monday at 1 p.m. to discuss *Brave Companions, Portraits in History* by David McCullough. William Yates will lead our [Strength and Resistance fitness](#) class at 3 p.m. on Monday. On Tuesday, we have both the [Storytelling](#) group and [Yoga](#) meeting at 3 p.m. [The Nature Fix](#) talk will be on Wednesday at 2 p.m. [Yoga](#) will be back on Thursday at 3 p.m. We will wrap up the week with [Happy Hour](#) on Friday at 5:30 p.m. and [Mindful Knitting](#) on Saturday at 9:30 a.m.

**Save the Date for Monday, December 21** for a special Palisades Village holiday event.

Register for any of these events by clicking on the link or calling the office at **202-244-3310** to get the Zoom links. If you need a helping hand to get you on Zoom, we can set you up with a virtual buddy.

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### COVID Corner:

This COVID-19 information is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village and Northwest Neighbors Village, and Sibley Hospital. Together we are “Building Engaged and Supportive Communities.”

This past Sunday, Dr. Deborah Birx, the coordinator of the White House Coronavirus Task Force, suggested that anyone who gathered with people outside of their household for Thanksgiving should assume that they have been infected with COVID-19. You can see the video of her interview here. (Link to <https://www.cbsnews.com/news/thanksgiving-covid-deborah-birx-testing-face-the-nation/> ) She further recommends that individuals should be tested 7 to 10 days after exposure (which would be now) and those that are 65 or older who experience any symptoms, should be tested as soon as possible because early treatment is important.

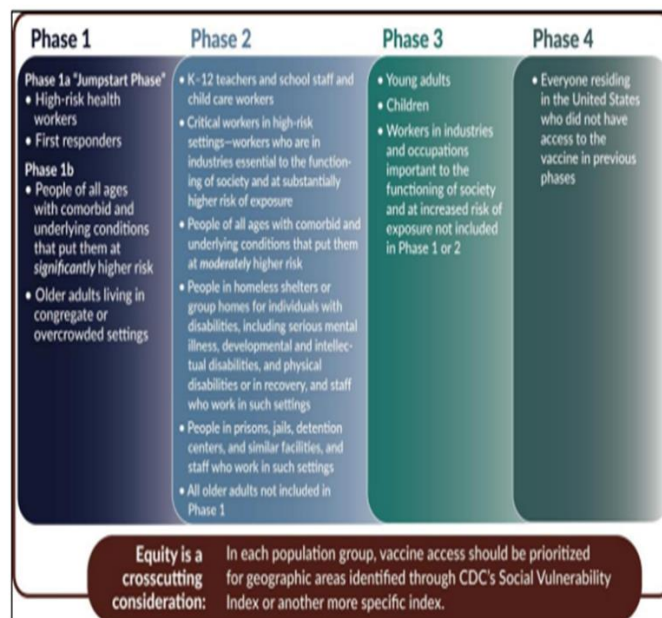
For those who want to get tested, the mayor recommends being tested by your health care provider so that your physician knows your health care needs when the results are determined. The District also provides several walk-up and drive-thru sites. A list of free testing sites may be found here (link to <https://coronavirus.dc.gov/testing>) and within Ward 3, you can go to the Engine 31 Firehouse located at 4930 Connecticut Avenue (near the intersection with Fessenden Street) on Monday, Wednesday, and Friday from 2:30 – 7:30 p.m. Pre-register at [coronavirus.dc.gov/register](https://coronavirus.dc.gov/register). Seniors may also be served first, but it’s advised to be discreet when advancing to the front of the line!

The White House Coronavirus Task Force also this week issued dire warnings due to the increased amount of the virus circulating within communities. You can read a full article on their warnings (link to <https://www.cnn.com/2020/12/02/politics/white-house-coronavirus-task-force-states-report/index.html> ) but perhaps the most relevant part for older adults is, "It must be made clear that if you are over 65 or have significant health conditions, you should not enter any indoor public spaces where anyone is unmasked due to the immediate risk to your health; you should

have groceries and medications delivered." It should be noted that when considering this statement and assessing risk, the conditions today are not the same as a few months ago because of the greater amount of the virus present in our communities today. Each of us must assess the level of risk for various activities in today's environment and make choices accordingly. Please know that your village is here to assist you throughout this difficult period.

Looking forward, it appears that at least two vaccines are on the horizon. The draft version of DC's COVID-19 Vaccination Plan can be found here ([link to https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page\\_content/attachments/DC\\_COVID-19%20Vaccination%20Plan%2011.27.pdf](https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/DC_COVID-19%20Vaccination%20Plan%2011.27.pdf)) and describes a phased distribution (see pages 19 -23 of the report.) DC has identified approximately 85,000 individuals who are front-line public health workers/home health aides or those living in long-term care or assisted living centers as the first COVID vaccine recipients. See the chart below for the proposed phased approach.

**Figure 7. A Proposed allocation for consideration for vaccine distribution to ensure equity.**



Source: National Academies of Sciences, Engineering, and Medicine 2020. Framework for Equitable Allocation of COVID-19 Vaccine. Washington, DC: The National Academies Press.  
<https://doi.org/10.17226/25917>.

Your Village will be working with local pharmacies and offer vaccination clinics to make sure you are safe. Stayed tuned to find out when Palisades Village schedules the next Shingrex clinic in late February or early March.

For more information on COVID-19, please feel free to view Palisades Village's website, [https://palisades.helpfulvillage.com/editable\\_pages/10021-covid-19-resources](https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources) and Sibley's Hospital's COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>. If you are in need of a cloth mask or 2 oz. personal size hand sanitizer, please let Palisades Village know at **202-244-3310**.

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### **Volunteer Corner:**

#### **Snow Shovelling**

It is December and the cold weather is upon us. If you are willing and able to help your neighbors with some snow shoveling, please let us know. Email [ebanton@palisadesvillage](mailto:ebanton@palisadesvillage) or call **202-244-3310** if you would be willing to help.

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### **Interested in Telling Your Story. Here is an Opportunity With StoryCorps Connect:**

As the 2020 holiday season is in full swing, consider taking advantage of StoryCorps Connect. StoryCorps, the nonprofit dedicated to building connections between people through storytelling, is helping older adults across the country stay connected with family and friends in these unprecedented and challenging times. You can record a Storycorps interview with a loved one remotely. Your interview—and story—can be archived in the Library of Congress for future generations. [Learn more about this program today!](#)

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### **CARES Act Encourages Gifts to Nonprofits:**

The CARES Act, which was signed into law this spring, included a "partial above-the-line deduction" for charitable contributions. Recognizing that

many nonprofits would be challenged by the economic crisis resulting from COVID-19 shutdowns, Congress included the provision to encourage middle-income taxpayers to support nonprofits organizations, like Palisades Village.

The law allows people who take the standard tax deduction — which is \$12,400 for single filers and \$24,800 for married-filing-jointly in 2020 — to claim a deduction of up to \$300 in donations to nonprofit organizations. Previously, only those who itemized their deductions were able to deduct their contributions.

If you would like to take advantage of this new \$300 deduction by making a donation to Palisades Village, log into the Palisades Village website and click the [Donate Now](#) button, or call **202-244-3310** for assistance.

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### Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc.
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- **Access to our in-house library inventory and free delivery to your door!**
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

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### New Article from Member Michael Putzel:

Army Staff Sergeant Ed Keith was supposed to be tending a secure, intelligence communications link during the U.S. and South Vietnamese invasion of Laos in 1971. Instead, he managed to get himself aboard a legendary cavalry commander's helicopter and flew numerous dangerous reconnaissance missions until a 51-caliber machine gun bullet pierced the chopper's skin and tore off his leg.

Keith suffered for decades from "phantom limb pain," the sensation that the lost limb still hurt, sometimes severely and indefinitely. Ed never expressed regret about his ill-fated mission, but the drugs he was given for his pain took their own toll. His story about Ed Keith's war and lifelong struggle is told in "[Going Rogue](#)" in the December issue of **Vietnam** magazine published by Historynet.com.

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### Creative Corner:

#### Escape

Every day I play solitaire online: double freecell, two decks, doubled cards of each suit randomly arrayed in ten columns, objective: restore the perfect order of eight suits, ace through king. Online rules won't let me cheat, so I follow them. Every array is solvable, every card is visible, there are no alternate facts, the clock is nonpartisan, cards do not blame, degrade or lie.

Where else find a game so easy to win



and hear recorded applause, no matter how the cards are stacked.

*By PV member Frank Staroba*

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**Palisades Village Connect and Learn:** On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

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**The DC Area Villages work closely together to share resources and access to some events.**

**Monday, December 7, 7 p.m.**

**How to Become a Designing Woman** -- A lively hour of costumes and conversation with theatrical wardrobe designer Donna Breslin. Do you need to dress a devil? Sew ruffles for Bizet's Carmen? Find a jacket fit for a World War I soldier or a siren of the sea? Donna Breslin knows how to meet these clothing challenges and many more. She will talk about the skills and inspiration needed to create a theatrical wardrobe as she shows us examples of her work. Long interested in dance, drama, and performance, Donna entered the field of theatrical costume design when she moved to Capitol Hill after a technology career in Wisconsin. Since 2009 she has been Resident Costume Designer for The In Series, a local opera and musicals company. Join Zoom Meeting:

<https://us02web.zoom.us/j/86533663571?pwd=RWNhWDZVRVhVVUJ2eXJ6NEVJeGU5QT09> Meeting ID: 865 3366 3571 Passcode: CHV

**Wednesday, December 9, 4 p.m.**

**Tending the Flock in a Pandemic: Panel Discussion with Southwest DC Spiritual Leaders**-- A panel discussion with three leaders of faith communities will identify how the pandemic has impacted their ministry,

what they have done to respond and meet the needs of their communities, and what it means for the holiday season. Register [here](#).

**Thursday, December 10, 1-2:30 p.m.**

**How We Have Understood the Universe with Pierre Larroque --** From the origins, women, and men have looked at the night sky and wondered about it all. They observed the moon phases and the appearance of constellations at regular places and times on the night's horizon (the Zodiac). The Greeks specifically recorded the consistent retrograde movements of five wanderers ("planets" in Greek) amongst all stars, which they strove to explain in an orderly earth-centered Universe. It is only early in the 17th century that Kepler described the solar system correctly, and late in that century that Newton published the laws which underpin not only the planets' movements but all classical gravitational phenomena. It took Einstein at the beginning of the 20th century satisfactorily to synthesize and justify the laws of gravity, and numerous followers later in that century to establish quantum mechanics as the theory which explains what the basic constituents of the Universe are and how they behave. Larroque will lead you through this extraordinary journey of discoveries, culminating with how certain we are of how the Universe was created in a Big Bang 13.79 billion years ago, and why it is today as we live it. Registration link: [www.littlefallsvillage.org/Universe](http://www.littlefallsvillage.org/Universe). Log in by 12:45 p.m.

**Thursday, December 10, 4:00 p.m.**

**Art Thursday: Luncheon of the Boating Party- A Virtual Tour --** Luncheon of the Boating Party by Pierre-Auguste Renoir remains the best known and most popular work of art at The Phillips Collection, just as Duncan Phillips imagined it would be when he bought it in 1923. The painting captures an idyllic atmosphere as Renoir's friends share food, wine, and conversation on a balcony overlooking the Seine at the Maison Fournaise restaurant in Chatou. The painting also reflects the changing character of French society in the mid- to late 19th century. The restaurant welcomed customers of many classes, including businessmen, society women, artists, actresses, writers, critics, seamstresses, and shop girls. This diverse group embodied a new, modern Parisian society. Foggy Bottom West End (FBWE) Village is very fortunate to have Anne Taylor Brittingham, the new Director of Learning and Education Strategy at the Phillips, lead a virtual tour of this wonderful work of art. Registration Required. [Please click here to register](#). You will receive the Zoom link prior to the program.



**Monday, December 14, 10-11:30 a.m.**

**Art Talk with Lee Ann Lawch: Alexander von Humboldt** -- SAAM docent Lee Ann Lawch's art talk has gained a following with AHA members. This month, Lawch turns her attention to the subject of the current SAAM exhibit Alexander von Humboldt and the United States: Art, Nature and Culture. It's a fascinating look at the Prussian geographer, naturalist, explorer, and scholar who was a great influencer and science and art. This talk will cover both Humboldt's life and the artists he influenced. **Register** to the AHA office at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or **703-231-0824**.

**Wednesday, December 16, 12:00 pm**

**Program with Arena Stage's Molly Smith** -- FBWE Village is delighted to feature a conversation with Molly Smith, the artistic director of the Arena Stage theater. Molly Smith has led Arena Stage since 1998 and directed over 30 shows in that time. The wide-ranging conversation will cover many topics including her theater's response to the pandemic shutdown. There will be ample time for Q&A. [Find more info and register here](#)

**Thursday, December 17, 1-2:30 p.m.**

**"Edison, Einstein, Ellington, and Ernst: The Many Faces of Genius" with Dr. Michael Geselowitz** -- Thomas Edison, Albert Einstein, Max Ernst, and Duke Ellington have all been described as creative geniuses. Yet, one was an engineer, one was a scientist, one was a visual artist, and one was a musical composer. This lecture will explore the meaning of creativity and genius by looking at the lives and work of four giants and others who have been given the title genius. Are invention, scientific discovery, and artistic production essentially the same human endeavor? What are the similarities and differences? If they are distinct activities, can the concept of genius somehow link them together, or is genius another idea that has different meanings in different contexts? Tune in to find out. Michael Geselowitz, Ph.D. is Senior Director of the IEEE History Center. Registration link: [www.littlefallsvillage.org/Genius](http://www.littlefallsvillage.org/Genius). Log in by 12:45 p.m.

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## Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

**Wednesday, December 9, 2 p.m.**

**Parkinson's Disease** -- Join representatives of the Parkinson's Foundation when they discuss Parkinson's disease and its symptoms. [Read more and register here.](#)



**Friday, December 11, 3 p.m.**

**Super Soups** -- Join Chef Susan to explore making easy, nourishing, and satisfying soups that will warm you from the inside out. If you participated in Susan's squash and/or Thanksgiving meal workshop, you don't need to re-register. [Read more and register here.](#)

**December 17, 3 p.m.**

**Dr. Matthew Mintz: Medical Marijuana and CBD** -- Learn what older adults should know about medical marijuana and CBD by the author of Medical Marijuana and CBD: A Physician's Guide for Patients. [Read more and register here](#)

**Sibley Seniors Association (SSA)** offers programs and support groups online. Their latest newsletter and calendar are available at [https://www.hopkinsmedicine.org/about/community\\_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf).

**DPR** -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. Actual programs began on a rolling basis on Tuesday, October, 13. DPR will also open a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit our [main registration portal](#).

### **Other Community Events:**

**[Virtual 50+ Expo](#)** is open and goes through Jan. 31, 2021. Tune in for activities, classes, and information sessions on health, history, senior living, and more. The expo is sponsored by [The Beacon](#), a local publication for people over 50.

**Tuesday, December 8, 7 p.m.**

**PEN America Gala** -- Will be live-streamed and feature Patti Smith, Darnella Frazier, Marie Yovanovitch, Frank Bennack Jr., Spike Lee, Bono, Emma Thompson, Madeleine Albright, and former U.S. President Barack Obama, who will speak with Ron Chernow about his new memoir, "A Promised Land". The event is free, but you must register [here](#).

**Tuesday, December 8, 7 p.m.**

***Driven to Abstraction* Documentary Screening & Panel Discussion --**

*Driven to Abstraction* unravels the tale of an \$80 million forgery scandal that rocked the art world. The panel brings together experts in art law, documentary film, and provenance research to discuss the film. [Register](#)

**Wednesday, December 9, 2 p.m.**

**"Eating My Way Through Baseball"** -- An entertaining discussion with author Barry Weinberg. FREE, but you must register [here](#).

**Wednesday, December 9, 7 p.m.**

***The Great White Way: Race and the Broadway Musical*** -- Hear Warren Hoffman discuss his book, *The Great White Way: Race and the Broadway Musical*. Co-sponsored by Theater J and Olney Theatre, the event is free but registration is required. More information and registration at [www.theaterj.org/specialperformances/](http://www.theaterj.org/specialperformances/).

**Thursday, December 10**

**Take 10** -- [Register](#) for End Well Take 10 to share stories and discuss the hard stuff: caregiving, grief and loss, the end of life, social isolation, and mental health. Celebrity speakers include Atul Gawande, Maria Shriver, and Taraji P. Henson.

**Thursday, December 10, 4 - 5 p.m.**

**"Flood and Water Damage: Prevention, Protection and Programs"** -- The Department of Insurance, Securities and Banking is hosting this free forum: Participants can call in or click the link the day of the event. There is no preregistration. JOIN BY PHONE: 1-650-479-3208 Access Code: 172-803-5464 or JOIN BY COMPUTER: <https://bit.ly/385VQBq> Phone line and website opens at 3:45 p.m. on December 10.

**Friday, December 11, 3:30 p.m.**

**Scams, Fraud, and Cons - How to Keep You & Your Money Safe --**

Unfortunately, scammers are using the fear and uncertainty of the Covid-19

pandemic. Join the ElderSAFE Center for an interactive discussion on the most common scams right now, including Covid-19 and Medicare scams. We'll also discuss the warning signs of financial exploitation and available community resources. Presented by Sydney Palin, the ElderSAFE Center Community Educator from the Charles E. Smith Life Centers, Sydney has presented to various Villages in the past on a range of topics related to exploitation or abuse of older adults. [Find more info and register here](#)

**Monday, December 14, 1-2 p.m.**

**Reduce Inflammation Naturally**-- Inflammation can be a friend or foe but when it sticks around too long, inflammation can cause long-term health problems. Learn how your diet and lifestyle can influence inflammation in your body. We will also discuss foods and spices to add to your grocery cart for optimal health. Registration link:

<https://www3.oasisnet.org/Washington-DC/Classes?number=261>

**Wednesday, December 16, 1-2 p.m.**

**Glaucoma Advances** -- Glaucoma affects millions of Americans. We have improved our ability to diagnose, monitor, and treat the problem. New implants allow for IOP monitoring, delivering drugs over long-term and new less invasive surgeries allow for safer and quicker recovery. Registration link: <https://www3.oasisnet.org/Washington-DC/Classes?number=263>

**Thursday, December 17, 6:30 p.m.**

**The Summit Tunnel: Power and Grit in the Building of a Nation** -- Over 1,659 feet long, chiseled through solid granite, during two of the worst winter storms ever recorded, the Summit Tunnel was the highest and longest of 15 tunnels that conquered the Sierra Nevada Mountains for America's First Transcontinental Railroad. It was built almost entirely with Chinese labor at a time when pickaxes, mules, and gun powder were the tools of the trade. Less than 15 years later, Congress passed the first of the Chinese Exclusion Acts in 1882. To commemorate the anniversary of the repeal of the anti-Chinese laws in 1943 and to remember the amazing national contributions of the Chinese workers, the 1882 Foundation will screen "Legacy" by the US Forest Service. The short film will be followed by comments from descendants of the railroad workers and readings from the "Voices from the Railroad" edited by a former director of the Chinese Historical Society of America Sue Lee and historian Connie Young Yu. Moderated by Ted Gong, Executive Director of the 1882

Foundation. Learn more at <https://1882foundation.org>. The link will be posted next week.

**Friday, December 18, 6:30-9 p.m.**

**Seabury 's Out & About LGBTQ Older Adult Program Presents Movie and a Dinner Night --** Please come and join the Out and About Program for our Holiday Movie Night Event with dinner and a play. The first 30 people to sign up will receive a gift card to DoorDash to order dinner on us. Once we reach 30 participants, you may attend the event but you will not receive a gift card.

### **Ongoing Events:**

**Mondays, 5:30 - 6:45 p.m.**

**Nikita's Fabulous Virtual Interactive Cooking Classes** -- Would you like to learn or improve your cooking skills, add wonderful recipes to your existing recipe bank and have fun whilst cooking along with Nikita and a virtual group of friends? Then, you may want to consider taking a class with Nikita. Her goal is to offer tasty, balanced, somewhat healthy, easy to make recipes that can be made in 60-75 mins - which means you can have dinner on the table on Mondays by 6.45 p.m. Cost is \$20 per class. How to sign up... Send Nikita an email and tell her which class you want to sign up for at [nikdrao@hotmail.com](mailto:nikdrao@hotmail.com), and she will send you all the information you will need.

*Monday, December 7 -- Warm Winter Harvest Bowl with Honeycrisp Apple, Kale , Quinoa and A Killer Dressing. Accompanied with Fried Goat Cheese or Chicken Goujons*

### **Wellness Wednesdays**

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top thought leaders and authors on a wide range of topics to help you "live your best life longer." They are hosted by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here:

[www.myzinglife.com/wellness-wednesdays](http://www.myzinglife.com/wellness-wednesdays)

**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. Participants explore two works of art during virtual sessions on Zoom. Now

that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. 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).

**Tuesdays, 2:30 - 4 p.m., Wednesdays, 10 - 11:30 a.m. (new) and Fridays, 2:30 - 4 p.m.**

**Dance for PD** -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program [Click here](#).

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### **COMING UP IN PALISADES VILLAGE**

The following 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 [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village  
December 6 — 12, 2020

#### **Book Club**

Mon 12 / 07 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

#### **William Yates Fitness on Zoom**

Mon 12 / 07 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

#### **Storytelling**

Tue 12 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)



**Virtual Yoga**

Tue 12 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Author Talk - The Nature Fix with Florence Williams**

Wed 12 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 12 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 12 / 11 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 12 / 12 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
December 13 — 19, 2020

**William Yates Fitness on Zoom**

Mon 12 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 12 / 15 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 12 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 12 / 18 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 12 / 19 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village