



Across the Fence

April 25, 2021

The latest information that we have on the COVID vaccinations about getting homebound folks vaccinated is in our weekly COVID Corner below or on our [website](#).

*If you see a word in **red** in this newsletter you can click on it for more information and/or registration.*

Upcoming Palisades Village Events:

Welcome to the kick-off of our newest offering: **The Palisades Village Walking Club**. Get some fresh air and come join fellow PV community walkers! This is a great motivator to stay safe and active! Make this a part of your routine! There are two walking options: a longer distance and a shorter option. Both options feature a stop for coffee.

Wednesday, April 28 at 8:30 a.m. – [Fletcher's Boathouse Parking Lot](#)- 4.5 miles Start at Fletcher's boathouse and walk on the C&O path to Kafe Leopold in Georgetown (3315 M Street which you will enter from the back thru Cadys Alley). Kafe Leopold has plenty of outside seating so socially distancing should not be an issue. The total walk is about 4.5 miles. Meet at Fletcher's parking lot at 8:30 a.m. Look for Village member Wally (**202-841-7952**) who will be standing beside a white Lexus. Please [register](#) so we know who to expect and notify you of any changes. Walk-ins welcome too!

Walk with Wally (7 miles) starting Monday, April 26 at 8:30 a.m. and almost every day (except Wednesday, April 28) Please RSVP with Wally! Village member Wally walks almost daily so feel free to join him when you can! Meet up and start at the corner of 30th & Stephenson at 8:30 a.m. and walk thru beautiful neighborhoods to

Bethesda taking about 1 hour. Stop for coffee/sweets at Philz or Chez Paul's in downtown Bethesda. There is plenty of outside seating as a complete block has been turned into a plaza. After a coffee break, we will continue on Crescent Trail to Little Falls Parkway and wind our way back to 30th & Stevenson. Deli stop on the way for water, restroom, etc. The expected return time is 12:15 p.m. covering approximately 7 miles total. Call Wally at **202-841-7952** or email at walterh180@aol.com if you wish to walk.

Our weekly Strength and Resistance [Fitness Class](#) will be held on Monday, April 26 at 3 p.m. Lower intensity yoga will be held at 3 p.m. on [Tuesday](#), April 27 and [Thursday](#), April 29.

The [Planner Group](#) will be meeting at 9:30 a.m. on Tuesday. Curious about this group? Contact Roseanna at rschwamm@yahoo.com.

[Storytelling Group](#) will meet at 3 p.m. this Tuesday, April 27. Bring a listening ear or a story of your own to share.

It is not too late to register to join docent Mary Ellen Michel on **Wednesday, April 28, 1 p.m. to discuss [Great Women Artists and Their Sitters from the Smithsonian's National Portrait Gallery](#)**. Come along and explore a "two-for-one" offer of great American women, painted by great women artists.

More interested in health and cooking? Learn how to make multigrain pancakes with Monica this [Wellness Wednesday](#), April 28 at 1 p.m. This week's DC Village Wellness Wednesday is hosted by Dupont Circle Village.

Get ready for Architecture-themed [Trivia](#) this Thursday, April 29 at 4:30 p.m. Jennifer, our host, poses multiple-choice questions, and we discuss the possible answers. She lets us know the correct one as well as relevant trivia facts. It is fun even if you don't know the answers.

Bring your coffee and needle project to [Mindful Knitting](#) this Saturday, April 30 at 9:30 a.m. If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

More in May:

On **Tuesday, May 4 at 3 p.m.** Ralph Buglass will join us to talk about [Presidents in Unexpected Places](#). Washington DC is synonymous with the federal government--with the White House and its occupant at the center of it all. But you can find past presidents--at least memorials or reminders of them--in all kinds of surprising places that few tourists visit--and even many native Washingtonians don't know about. This richly illustrated, fast-paced talk will cover a good number of those little-known spots.

Palisades Village is pleased to welcome our neighbor [Andrea Mitchell](#) to discuss her perspectives on changes in journalism over the years, the impact of greater diversity, of increased politicization and partisanship, and the interplay of social media and broadcast journalism. There will be time for questions and answers following her talk. This event is scheduled for **Wednesday, May 19 at 7 p.m.**

The following day, **Thursday, May 20 at 9:45 a.m.**, the DC Villages, including Palisades Village, are hosting a special virtual event to celebrate Older Americans Month and share our members' and volunteers' stories. **DC Strong: Recognizing Our Community's Collective Response to Helping Older Adults Thrive** will be a city-wide event. Stay tuned for special guests and hearing from our very own community members!

All events are being held on Zoom. You must register to get the link for each event. 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](#).

COVID Corner:

Beginning Monday, April 26, homebound older adults can register to get vaccinated in their own homes! Please call the DC Health number at 1-855-363-0333 or go to vaccinate.dc.gov. to sign up!

DC residents who are 65 and older are also able to get vaccinated without an appointment at walk-up sites across DC. Each site, which will administer either the two-dose Pfizer vaccine or the two-dose Moderna vaccine, will be able to accommodate up to 30 walk-in appointments each day. Residents

65 and older can walk up during the days and times listed below while appointments last. The appointments at the Bald Eagle Recreation Center are limited to residents from Wards 7 and 8 and are open to any resident from those two wards who is 18 or older.

VACCINATION SITES FOR DC RESIDENTS 65 AND OLDER

Vaccination Sites

- | | |
|---|---|
| 1 Walter E. Washington Convention Center (GW MFA)
801 Mt Vernon Pl., NW
Mon-Fri 7:00a.m. - 5:00 p.m. | 6 Rosedale Recreation Center (Safeway)
1701 Gales St., NE
Mon/Thurs/Fri/Sat 9:00 a.m. - 1:00 p.m. |
| 2 Lamond Recreation Center (Safeway)
20 Tuckerman St., NE
Wed-Sat 9:00 a.m. - 1:00 p.m. | 7 Kenilworth Recreation Center (Giant)
4321 Ord St., NE
Tues/Wed/Fri 10:00 a.m. - 4:00 p.m. |
| 3 Langdon Park Community Center (Safeway)
2901 20th St., NE
Mon-Thurs 2:00 p.m. - 7:00 p.m. | 8 Bald Eagle Recreation Center (District Urgent Care)
18+ years old Ward 7&8 residents only
100 Joliet St., SW
Wed/Thurs 9:00 a.m. - 6:00 p.m. |
| 4 Turkey Thicket Recreation Center (Giant)
1100 Michigan Ave., NE
Tues/Wed/Fri 10:00 a.m. - 4:00 p.m. | 9 Entertainment & Sports Arena (One Medical)
1100 Oak St., SE
Mon-Fri 9:00 a.m. - 5:00 p.m. |
| 5 Arena Stage (MedStar)
1101 6th St., SW
Thurs-Sun 8:00 a.m. - 5:00 p.m. | 10 Fort Stanton Recreation Center (Safeway)
1812 Erie St., SE
Mon-Thurs 2:00 p.m. - 7:00 p.m. |



CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Everyone over 16 in DC can now get their vaccines! To ensure that they are able to get the vaccine out as efficiently as possible, the Mayor is calling on all DC residents to pre-register for a vaccination appointment by going to vaccinate.dc.gov or calling **1-855-363-0333** (M-F, 8 a.m.-7 p.m. and Sat & Sun, 8 a.m.-4 p.m.).

Got your shot and need to get off the DC Health list? Individuals who previously pre-registered for an appointment through the portal and who have already received their vaccination elsewhere can email vaccinatedc@dc.gov or call **1-855-363-0333** to have their information removed from the pre-registration list.

Eligible DC residents are also reminded of other ways to make an appointment, including:

- Directly through their health care provider
- Veterans and veteran spouses can get vaccinated through the [VA Medical Center](#) and can learn more by calling **(202) 745-4342**
- DC residents 65 and older, teachers and school staff, child care workers, and health care workers can book appointments through the [CVS site](#) (when appointments are available)

Encourage neighbors, friends, and family to preregister. You can add more than one email so two people can see if an invitation has been sent. Palisades Village can help with the registration process and drive our members to their vaccination appointments. If we can help you, let us know.

Information on the vaccine and other COVID-related resources can be found on our [website](#).

Need an N95 mask? We have some in the office. Please contact us at **202-244-3310** or ebanton@palisadesvillage.org.

Volunteer Appreciation Corner: Thank You!

April is Volunteer Recognition Month. Palisades Village appreciates all of you! A huge thank you and virtual hug! Throughout the pandemic, our community of volunteers has rallied around the Village and its members.

“How can I help? How can I keep our members safe? Can I drop off PPE? Can I pick up groceries? What kind of soup shall I make? Can I deliver cookies? Does a member need a ride? Can I help register a member for the vaccine? What kind of programs will our members be interested in? I’ll be happy to help a member log on to a virtual class and/or attend a Village program! I love connecting with my neighbors! I can’t wait to meet them in person when it’s safe! I love reading on the front porch to a member! Can I drop off a book from the Palisades Village library? I want to help the Village financially! How can we as Board help our members and community thrive?”

Palisades Village is over 160 volunteers strong. You're an integral part of our Village and we deeply appreciate all your contributions that you made to make our community stronger during the past year.

Hakan, one of PV's photographers, captured Volunteer Recognition Month beautifully in a stunning photo that expresses how Palisades Village feels about you...our Valued Volunteers.

Thank you!



Palisades Village Current Member Services (Updated):

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
- Reading and Paperwork Assistance
- Technology assistance including Zoom training, email assistance, etc.
- Programming via Zoom--including fitness, Storytelling, Memoir Writing, Planning group, book group, author talks, yoga, knitting, educational programs, 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, changing a light bulb, 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! (Ask us how you can access these great books!)
- Transportation following safe and social distance protocols (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.

DMV Will Start Enforcement June 1:

Starting June 1, the DMV will return to ticketing for:

- street sweeping zones
- expired parking meters
- expired residential parking permits
- expired vehicle tags
- no parking zones (and may tow)
- lack of valid registration and inspection stickers. Residents can renew registration online or by mail.

The DMV will require all expired D.C. driver's licenses and ID Cards to be renewed before July 1.

There may be challenges getting in-person appointments for residents to meet some of these requirements. In response to Councilmember Cheh, Director Robinson provided several details on the agency's preparations:

- **Expired registration** — anyone with an expired registration should [renew online](#), via [DCDMV App](#), or through the mail
- **Purchasing a vehicle from a dealership** — a dealership should provide a temporary tag and complete the title and registration transaction for their customers. The DMV has cleared all delays related to processing these transactions and, as of last Tuesday, the agency is returning all dealer transactions within 10-15 days from paperwork being received
- **Purchasing a vehicle from a private citizen** — residents should use the new online/mail "[Private Sale Vehicle Registration](#)" transaction option instead of pursuing an in-person visit to the DMV
- **Renewing a REAL-ID** — Residents with REAL-ID licenses or ID Cards may renew online, via the [DCDMV App](#), or through the mail. **It should be noted the 93% of all District residents already have a REAL-ID License or ID Card, so please double check your card for*

the black star to confirm if you are REAL-ID compliant. First-time REAL ID licenses must be secured in person.

- **Inspection** — Those needing an inspection can come without an appointment (Tuesday 7am-3pm, Wednesday 8am-3pm, Thursday-Saturday 7am-3pm) or [use the 24/7 Self-Service Kiosk at Takoma Rec Center](#)

The DMV does have an online resource for seniors at <https://dcdmvseniors.com/>.

The State of Older Adults in the District of Columbia:

The District just released a three-part series of reports on Seniors in DC. The first focuses on who and where they are and how they make ends meet. Part 2 details Public Benefit Programs Available to Seniors and the third part addresses which seniors can access those programs and how they can help close the gap between living expenses and earnings and savings.

[The State of Older Adults in the District of Columbia — DC Council: Office of the Budget Director \(dccouncilbudget.com\)](#)

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!



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

Monday, April 26, 7 p.m.

[District Dialogues: A Conversation with Free Minds](#)-- This month District Dialogues is hearing from Free Minds, a local non-profit in DC that uses books, creative writing, and peer support to awaken incarcerated and formerly incarcerated youths and adults to reach their own potential. Through creative expression, job readiness training, and violence prevention outreach, these poets achieve their education and career goals, and become powerful voices for change in the community. Hear from CHV members who have worked with this inspiring organization and about ways you can get involved. Join us for an interactive conversation to talk about issues that interest and concern all of us.

Tuesday, April 27, 7-8 p.m.

[Intergenerational LGBTQ Poetry Workshops](#)-- Participants will learn about poetry, engage in activities for writing poetry, and workshop one's work with other participants. We will provide a safe space for participants to write about gender identity and/or sexual orientation if they are interested in doing so. These events are open to LGBT* individuals over 18 and of any experience level with poetry. These events are a partnership with Capitol Hill Village, Visible Magazine, and Terrific Inc.

Tuesday, April 27, 11 a.m.

[Centurion Justice for the Innocent and Imprisoned](#)-- The science of DNA has been of immense help in freeing the innocent from prison. However, most claims of innocence do not have a scientific element available that would be probative of innocence. Countless cases require a

complete field investigation and expert post-conviction legal assistance to help them obtain their rightful freedom. Centurion is dedicated to the vindication of the wrongly convicted. Since 1983, Centurion has freed 63 men and women who were serving life or death sentences for crimes they did not commit. Paul Casteleiro will share updates about Centurion's ongoing fight for justice for the wrongfully incarcerated.

Wednesday, April 28, 7 p.m.

[Making Your Home Safer and More Comfortable for Older Adults](https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide-download.html)-- Our speaker, Jay Berger, is an expert on AARP's HomeFit program, which takes a room-by-room look at the homes we live in and provides suggestions on how to make changes and what to acquire for greater safety as we age and become less able. She'll share her expertise, help us understand how to examine if our homes now fit our needs - or if they don't. We'll also share information on specific devices and equipment, such as cost and where to purchase. AARP's 36-page HomeFit Guide will be referenced. Click on <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide-download.html> to download or order a free printed copy in advance.

Thursday, April 29, 11 a.m.

[Asian Americans - Combating Hate, Xenophobia and Violence](#)-- MD State Senator Susan Lee, Aryani Ong of the AA Justice Task Force, and Paula Park of the Korean American Community Association will speak about how Asian Americans and Pacific Islanders (AAPIs) are battling two pandemics - Covid-19 and Racism - where emboldened bigots have nicknamed Covid-19 the "Wuhan" virus and "Kung flu." Members are now speaking out to describe abuses and to help non-Asians understand their blind spots regarding the AAPI community. Help provide support to stem the tide of anti-Asian hate crimes while standing with the AAPI community.

Thursday, April 29, 2 p.m.

[Ocean Plastic Pollution: Source to Solution](#)-- Plastics pollute all dimensions of our ocean from the sea surface to the seafloor, on remote beaches and in Arctic sea ice. An estimated 11 million tonnes of plastic waste flows into the ocean annually including plastic bags, bottles and other single use plastics as well as fishing gear, dangerous to the environment and economy. Unabated, the situation will worsen exponentially. Nick Mallos will discuss urgently needed global action and commitment to change. Ocean Conservancy has been driving systemic

solutions for 35 years, and is committed to science-based interventions that reduce, manage and clean-up plastic pollution to stabilize ocean health.

Thursday, April 29, 2 p.m.

Treason! - How Local Leaders of Montgomery County Helped Launch the American Revolution--

This interesting session will be presented by Susan Cooke Soderberg of the Montgomery County Historical Society. Learn about the Repudiation Act of November 23, 1765, and the Hungerford Resolves of June 11, 1774; what led the citizens of what is now Montgomery County into a revolt against Great Britain; who the leaders were; how they fought in the Revolution; and how they contributed to the newly forming government of the State of Maryland. Among others, the well-known surnames, Brooke, Wooten, Thomas, Magruder, Bowie, and Griffith will be featured.

Thursday, April 29, 7 p.m.

Return of Periodical Cicadas: Fear, Fascination, and Fun in 2021--

Plan on joining an exciting program presented by Professor Emeritus and Fellow of the Entomological Society of America, Dr. Michael Raupp. Mike has authored more than 250 scientific and lay publications and delivered more than 1300 presentations. Cicadas are coming soon! Known for their 13- and 17-year life cycles and massive synchronous emergences, periodical cicadas are unique in the insect world. We will explore the natural history, ecology, and behavior of the seven species of periodical cicadas indigenous to North America. Predator satiation, the periodical cicada's bizarre strategy for survival, will be contrasted with defenses of their kin, the dog-day cicadas. Learn when cicadas will appear and how they will impact humans, pets, wildlife, and plants in our region.

Friday, April 30, 1 p.m.

CC@Home Guest Speaker: Round House Theatre's Ryan Rilette--

Hear from Ryan Rilette, who is in his eighth season as Artistic Director of Round House Theatre, where he has also acted in Annie Baker's new version of *Uncle Vanya*, directed Oslo by J.T. Rogers, *Small Mouth Sounds* by Bess Wohl, *Master Harold...and the Boys* by Athol Fugard, *The Book of Will* by Lauren Gunderson, *Angels in America Part II : Perestroika* by Tony Kushner, *The Night Alive* by Conor McPherson, *Fool for Love* by Sam Shepard, *This* by Melissa James Gibson, and *How to Write a New Book for the Bible* by Bill Cain.

Friday, April 30, 4 p.m.

Shakespeare and Friends - from the National Portrait Gallery-- William Shakespeare has been present in American culture since its earliest days. The Bard has been well known to ordinary citizens as well as to those occupying the highest political office in the country. American writers would reference his characters and plots and almost every log cabin had a volume of Will's works. Villager and long-time docent Lorna Grenadier will guide our exploration of how Shakespeare influenced American life and culture on stage and off.

Friday, April 30, 6 p.m.

Open Mic Night for the LGBTQ Community-- Come to listen to or share your poetry and any work that inspires you! Open to LGBT* individuals over 18 years old.

Monday, May 3, 3 p.m.

Food: Too Good to Waste-- One-third of all food produced goes to waste. This uneaten food is responsible for about 8 percent of global greenhouse gas emissions. Please join us as we learn innovative ways to reduce food waste and help reverse climate change, and save money to boot. We are fortunate to have four excellent and knowledgeable speakers: Lorig Charkoudian, District 20 Maryland State Delegate; Alison Bauer, Field Marketing Manager of Hungry Harvest; Lauren Goldberg, Executive Director of Crossroads Community Food Network and Gina Mathias, Takoma Park Sustainability Manager.

Tuesday, May 4, 10 a.m.

The Kennedys in the World: How Jack, Bobby, and Ted Remade America's Empire-- Lawrence Haas, a Clinton White House official and now a columnist and author, will discuss his new book. From an early age, the Kennedy brothers developed a deep understanding of the world's different peoples, cultures, and ideologies; a keen appreciation for the challenges that such differences created for the U.S.; and a strong desire to reshape America's response to them. And, for more than six decades, the brothers shaped broad issues of war and peace as well as the U.S. response to almost every major global challenge of their times. As the brothers remade America's empire, they invariably changed the world. Haas writes widely and appears frequently on TV and radio.

Tuesday, May 4, 11 a.m.

[An NPR Correspondent's Life Covering COVID-19](#)-- NPR Science Correspondent Joe Palca began covering the emergence of a new respiratory disease caused by a coronavirus in January 2020. Joe will sketch the arc of the pandemic from a journalist's point of view. He will talk about how covering COVID was complicated by the Trump Administration's uneven messaging, and the tension between science and politics that impacted coverage.

Tuesday, May 4, 1 p.m.

[The Bias Meter: The Battle for Your Brain](#)-- Are accusations of bias clogging your news feed? Are your friends quick to point out that something's unfair - but not as ready to explain why? Tune up your "fairness meter" to assess how objective or biased content really is in this interactive class taught by an educator from the Freedom Forum (formerly the Newseum). Reevaluate your media, win the battle for your brain!

Tuesday, May 4, 3 p.m.

[Night Train Memories: Sounds of the Cities](#)-- Introduction to Urban Vocal Group Harmony (including Doo-Wop) 1950s to mid-1960s. Richard Kwatnoski aka "Squire," a radio producer for over 20 years for Radio Fairfax (a local free-form non-commercial station playing a unique mix of genres & styles) will help us explore through slides and music, the who, what, when and where of this very popular musical art form. Emanating from America's cities in the 1950's-1960's, the music reflected economic and racial influences. Squire's presentation will be accompanied by recordings of the most transformational groups of the era and explore sounds from the nation's major markets. Zoom:

<https://zoom.us/j/91588641092?pwd=SzlpMHNDYThCeTFLWWtQbzdZUnVDQT09>

Thursday, May 6, 1 p.m.

[Highlights from AVAM's Permanent Collection](#)-- The American Visionary Art Museum, in Baltimore, is America's official national museum for self-taught and intuitive artistry. It's a small, fantastic speck in a Bling Universe where art reflects life, both literally and figuratively. Adorning one's world through art--transforming it into a place that defies convention, surprising and delighting, providing hope and wonder--is what AVAM showcases. Join your Takoma Park neighbor and AVAM docent, Jill

Feasley, as she shows you some of AVAM's most interesting pieces and tells you the stories of the visionaries who created them.

Thursday, May 6, 1 p.m.

[Life After Losses](#)-- As we age we may encounter all kinds of losses: social roles, identity, self esteem, reduction in physical and cognitive abilities, deaths of a spouse, family members, friends. "Resiliency" will be presented as a way to survive these types of losses and as a way to continue to grow and thrive. Speaker: Sherl L. Streeter, AARP

Thursday, May 6, 1 p.m.

[Pandemic Ethics: What Have We Learned So Far? What Challenges Lie Ahead?](#)-- Pandemics raise complex ethical issues, including prioritizing access to scarce resources, designing public health measures that balance liberty with common good, and managing global and national interests. Pandemics reveal fissures in a society, illuminating longstanding inequities, and impacting vulnerable communities. In this session, Bradford Gray, an eminent sociologist and chairman of The Hastings Center's board of directors will interview the president of The Hastings Center, Mildred Solomon, who has been writing and speaking nationally and internationally on ethical issues raised by the pandemic. Mildred Solomon is also Professor of Global Health & Social Medicine, Harvard Medical School. This is a partnership between LFV, Little Falls Library & COFFE.

Thursday, May 6, 3 p.m.

[Black Artists from the Early 20th Century to Today - Part 1 of 3](#)-- This first part of a 3-part series covers Black artists during the early 20th century and the Harlem Renaissance. Black art struggled for recognition in the early 20th century with artists such as Henry Ossawa Tanner and Harold Pippin. Black art came into its own with Jacob Lawrence, Aaron Douglas and other artists of the Harlem Renaissance. We will examine their art in the social and artistic context of their time. Presenter: Jacqueline Small, MFA; Hirshhorn Tour Guide and Dial-a-Docent Founding Member. The series continues on May 21 and June 22.

Community Events:

Go to **[Around Town DC](#)** to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration

process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

Monday, April 26, 12 p.m.

[Legal Counsel for the Elderly](#)-- Attorney Leta M. (Shelly) Jackson: Probate and Estate Planning--Estate Planning – is “BECAUSE I SAID SO” planning. Darnetta Bascomb, Legal Counsel for the Elderly Senior Medicare Patrol--How you can help prevent, detect, and report health care fraud and abuse. Ashley Jones, Legal Associate, Legal Counsel for the Elderly’s Self Help Office--We all need help every now and then with even the smallest legal matters. Just because you can do it alone, doesn’t mean you have to.

Tuesday, April 27, 11 a.m.

[Technology Workshop: Intro to Instagram](#)-- Become familiar with the basics of the photo sharing application with B Milenovic from the Tenley-Friendship Neighborhood Public Library.

Wednesday, April 28, 12:30 p.m.

[African American Artists](#)-- Explore the work of well known and lesser known African American artists and their predecessors with Chichi Lovett. She uses works of art created by African American artists to examine assumptions and initiate and welcome conversations regarding issues concerning race, class, culture, the art market and feminism (among other issues), that these pieces can instigate while learning to ‘read’ a piece from an artist’s perspective. We take time to look at this art and consider what it represents to you, the viewer and why. Learn about the context of the art and artists in their own time and in ours. Art pieces discussed in this class will be different from those discussed in the previous classes that Chichi offered during this past summer, fall and winter. There is no prerequisite for this class. All are most welcome.

Wednesday, April 28, 3 p.m.

[Cooking with Chef Barocas](#)-- Sugar snap, snow and English peas are versatile vegetables, often available year-round with good quality frozen products. Right now, fresh peas and pea shoots are a special taste of spring. Join Chef Susan in the kitchen to discover just how healthy and pleasing peas can be as we make some easy recipes including a chilled minted pea soup and a crunchy salad featuring all kinds of peas.

Wednesday, April 28, 4 p.m.

Virtual Death Cafe-- From pandemic, to panic, to peace-- What lessons are we learning about our mortality and our common human connections to one another? Share in an open conversation about our journey holding life and death as one. Nurse Care Manager, Dixcy Bosley, will facilitate this discussion using Zoom.

Thursday, April 29, 1 p.m.

Are You Ready to Imagine the Post-Pandemic World?-- Let's explore through small group conversations what the pandemic revealed about our societies and what the post-pandemic world might look like. We will try to re-imagine the future of work, education, transportation, and our towns & cities. Fellows from the [Interactivity Foundation](#) will facilitate guided conversations about these issues in small groups. This is a great way to get to know some new people and share thoughts and ideas.

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/sibley-memorial-hospital/senior-wellness/_docs/sibley-senior-2021-quarter2-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. DPR opened 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 the [main registration portal](#).

Other Community Events:

Monday, April 26, 10:30 a.m.

NYC Virtual Tours: The Secrets of Fort Tryon Park-- On this tour of Fort Tryon Park and the Cloisters, we'll visit Revolutionary War sites, discuss the development of the surrounding area and then visit Fort Tryon Park. The area now comprising the park once consisted of five "country" estates. One estate was owned by a prominent figure of the Gilded Age, C. K. G. Billings, who attained notoriety for his excesses. We'll contrast the self-indulgent Billings with John D. Rockefeller Jr., the man who purchased the land and paid to develop it and the Cloisters Museum into a jewel for the

public. We'll see the remnants of the Billings estate, enjoy magnificent views of the Hudson, stroll through the Heather Garden and end at the Cloisters museum. Fee: \$15

Monday, April 26, 3 p.m.

European Virtual Tours: Vienna-- Join EF Tours' tour director Raffaele as he leads us through his hometown of Vienna. Classical music, chocolate cakes, imperial heritage, baroque residences. This and more awaits you on our Vienna Tour! This capital city has an extremely rich history, starting as a Roman settlement in 15 BC and becoming an important political, economic, and cultural center thanks to the Habsburg dynasty. Together we will admire one of the most famous Opera houses in the world, walk through the imperial palace with its beautiful gardens and surrounded by world-class museums, visit the St. Stephen's Cathedral - a gothic masterpiece in Central Europe - and discover delicious sweets and food while exploring some of Vienna's most charming places. Fee:\$15

Tuesday, April 27, 6 p.m.

A Conversation with Congresswoman Norton on D.C. Statehood and Voting Rights -- Open to all DC residents. Event will be held via Zoom (link: <https://georgetown.zoom.us/j/94899734356>)

Tuesday, April 27, 6:30 p.m.

AARP's All the Lonely People: Easing Loneliness and Isolation-- Join AARP North Carolina from 6:30 to 8:00 p.m. ET on April 27 for A Discussion About Chronic Loneliness and Isolation in the LGBT Community. The conversation will focus on the ways that social isolation impacts people in the LGBT community and family caregivers, and the event will include select scenes from Stu Maddux & Joe Applebaum's latest documentary, "All The Lonely People."

Thursday, April 29, 12 p.m.

D.C. Veterans Round Table-- MOVA's Veteran's Roundtable. This event aims to connect the District's veterans with information, resources, and organizations that may be beneficial to a successful military transition. The event consists of an informal discussion that revolves around varying topics including housing, employment, healthcare, and legal services. Upon the conclusion of the discussion, all resource providers in attendance offer feedback on any topics discussed or how they can assist the veteran or their family in a positive capacity.

Thursday, April 29, 2 p.m.

Culinary Explorations with Charles E. Smith Life Communities --

April's Culinary Explorations are filled with "Oh-So-Good" recipes, from savory to sweet. Join them for this month's installment of the Zoom culinary explorations series as their chef takes you step-by-step through delicious recipes you'll love! "Oh-So-Good" Eggplant-Wrapped Salmon, "Oh-So-Good" Oatmeal Chocolate Chip Cookie, and "Oh-So-Good" Pumpkin Mousse will be prepared. Everyone who joins us for Culinary Explorations will be entered in a drawing for a **\$50 gift card**. The winner will be drawn at the end of April's Zoom presentation. [Register Here for April's program](#)

Friday, April 30, 7 p.m.

["Reaching for the Moon" Watch Party with DC Public Library](#)-- Join the Mayor's Office of LGBTQ Affairs and DC Public Library for the #DCQueerFlix viewing of "Reaching for the Moon." Reaching for the Moon is a biographical drama inspired by the 1995 Brazilian best seller "Rare and Commonplace Flowers," Bruno Barreto's "Reaching for the Moon" likewise imagines Elizabeth Bishop's extraordinary relationship with the Brazilian architect Lota de Macedo Soares. - NY Times We will watch together via the Kanopy streaming service, free for DC Library patrons. Watch the movie here: <https://bit.ly/3dfgTT8>. You will need a DC Library card to watch with us, but cards are free for everyone!. [Sign-up online to get your card now](#). On Friday, April 30th right at 7 pm, we'll all hit "Play" and watch together! Please join us on [Twitter](#) for an interactive chat using the hashtags #DCQueerFlix #ReachingForTheMoon

Tuesday, May 11, 1 p.m.

[Community Resource Fair For Better Hearing and Speech Month](#)-- As we celebrate Better Hearing and Speech Month in May, please join us to learn about valuable resources available in the District to those who need hearing or speech enhancements. We will have 20-minute presentations by DC Hearing Aid Assistance Program, DC Assistive Technology Program, Deaf and Hard of Hearing Senior Program, and DC Relay. Should you require CART or ASL interpretation, please indicate so on the appropriate registration question. Requests for accommodations made less than 72 hours in advance of the event may not be fulfilled.

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

Ongoing Events:

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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

Mondays, Wednesdays, and Fridays at 12 p.m.

Smithsonian National Museum of Asian Art's free 30-minute online meditations-- Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

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.

Tuesday, Thursday, and Friday from 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 by [clicking here](#).

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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village

April 25 — May 1, 2021

William Yates Fitness on Zoom

Mon 04 / 26 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Planner Group

Tue 04 / 27 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Life Stories

Tue 04 / 27 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 04 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walk to Georgetown

Wed 04 / 28 / 2021 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

Wellness Wednesday - Cooking Demo

Wed 04 / 28 / 2021 at 1:00 PM

Where: Dupont Circle Village Zoom

[More Information](#)

Great Women Artists and Sitters from the Smithsonian's National Portrait Gallery

Wed 04 / 28 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 04 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 29 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 01 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
May 2 — 8, 2021

Book Club

Mon 05 / 03 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 05 / 03 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Life Stories

Tue 05 / 04 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Presidents in Unexpected Places

Tue 05 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 05 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Thursday Trivia

Thu 05 / 06 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 08 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village