



Across the Fence May 30, 2021

Thank you to our Veterans! Happy Memorial Day!

For the latest information on COVID, please see below or go to our [website](#).

This Week at Palisades Village:

Monday, May 31	Tuesday, June 1	Wednesday, June 2	Thursday, June 3	Friday, June 4	Saturday, June 5
Office Closed -- no classes	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walk with Wally to Georgetown	3:30: Trivia - Lesser- Known US Tourist Attractions 5 p.m. Board Meeting		9:30 a.m. Mindful Knitting

Next week:



Wednesday, June 9, 2 p.m. -
- [Washington Canoe Club with Chris Brown](#)

We welcome neighbor and author Chris Brown to talk about his book *The Washington Canoe Club*. The Washington

Canoe Club has been a landmark on the Georgetown waterfront for over a century. Its iconic Victorian boathouse, now listed in the National Register of Historic Places, has survived floods and fires as well as changing land uses along the Potomac shoreline. The Canoe Club is best known for its prowess and as a pioneer in national and international paddling competition, from introducing canoeing as an Olympic sport in 1924 to bringing women fully into competitive paddling. But the story is also one of the coming of age of outdoor recreation and social clubs in America's cities, where, post-Civil War, people came to enjoy new leisure time and "physical culture" in a wide variety of outdoor activities.

Author Christopher N. Brown fell in love with canoeing 50 years ago while teaching school in Chicago. Since then, on vacations and through jobs in river conservation with American Rivers, the National Park Service, and the US Forest Service, he has paddled in all 50 states. Its unique history and riverfront location drew him to the Washington Canoe Club in 1990. He is an honorary life member of the club, whose collections and family albums largely provided the assemblage of images in this book.

All events are being held on Zoom. You must register to get the link for each event. Click on the title in red to be taken to the registration page and get more information. 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](#).

Happy Days are Here Again: Beginning To Return to A Sense of Normalcy

What a difference a year makes! A highly contagious and deadly virus greatly altered our lives. The COVID-19 pandemic necessitated restrictions that brought about a plethora of feelings from unease and uncertainty to anxiety and depression. We wondered when we could return to our "normal lives".

Good news! [Half of DC residents](#) are estimated to be partially or fully vaccinated and restrictions are lessening. It appears that a return to our pre-pandemic lives is increasingly within reach. However, with the easing of Covid restrictions, many of us are finding that "normal" feels anything but normal. For 14 months, we've been waiting for the opportunity to gather in person, hug family and friends, go to the movies, and dine indoors at a restaurant. Yet now that we can do these activities, it feels foreign, even

scary for some. It's hard to return and feel safe. If you are like many of us who are still trying to navigate a world without masks and social distancing, you are not alone. Here are some tips to help you return to the new normal:

- **Take it slow.** Visit with one or two people you feel most comfortable with before venturing out to meet with a group.
- **Talk about it.** Talk to family and friends about how they are managing life now that Covid restrictions are easing. Share your plans and feelings.
- **Set boundaries.** If you aren't ready to be without a mask, then wear it! Not comfortable shaking hands or hugging? Don't do it! Discuss your comfort level before getting together with family and friends.
- **Make a plan.** Many of us have gotten used to the days where leisure outfits were in fashion. This has made it surprisingly challenging to pull yourself together to get out to meet with others. Planning out your outfit and morning routine the night before will help polish those rusty skills.
- **Be patient with yourself and with others.** The pandemic is a collective experience, but that doesn't mean there is a one size fits all response. It's going to take time before we feel comfortable returning to life pre-Covid. We will all have different levels of comfort in engaging activities and that is OK.
- **Seek help.** If you find that the fear of leaving your house or meeting with family and friends is impacting your life in negative ways, call the Village and we'll put you in touch with **Barbara Scott, our social worker**. While unease and uncertainty are typical responses to change, emotional responses that are pervasive or debilitating require professional help. To find a mental health professional contact your physician.

As noted in our DC Village-wide celebration, we're DC Strong and we are in this together! While we've slowly begun scheduling some in-person activities, Palisades Village will continue to offer virtual programs and other supportive services to make sure our Village community stays safe and connected.

COVID Corner:

Check [here](#) for the latest on city vaccination centers. D.C. is preparing to shut down several walk-up coronavirus vaccination sites in the coming weeks. Four of the city's walk-up centers — Arena Stage, RISE Demonstration Center, University of the District of Columbia, and Walter E. Washington Convention Center — will close by the end of June. Arena Stage will shutter on June 27, and starting on June 7 through its last day, the site will offer Johnson & Johnson shots. RISE Demonstration Center will close on June 30, and begin offering Johnson & Johnson shots on June 10. The UDC site is closing on June 24 and will offer Johnson & Johnson starting Thursday, May 27.

Can't leave your home? Call DC Health at **1-855-363-0333** for an appointment and they will come to you!

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

DC Public Libraries: Starting June 1, people will be able to:

- Browse and search the bookshelves for items to use in the Library or borrow.
- Sit at tables to read or work.
- Pick up hold items.
- Apply for a Library card.
- Use a computer for up to 70 minutes.
- Use printing and scanning services.
- Borrow Grab & Go materials for checkout near the circulation desk.
- Visit the Martin Luther King Jr. Memorial Library's first, second, third and fifth floors.
- Make appointments to visit The Labs, Center for Accessibility, Adult Learning and People's Archive in the Martin Luther King Jr. Memorial Library.
- Attend outdoor programming.
- Use the restroom.

In the coming weeks, indoor programming and events will be phased in and meeting, study, and conference rooms will be made available to the public.

Bazelon-McGovern House: If you missed the fabulous virtual tour, below is a YouTube link to last week's virtual Bazelon-McGovern house and

garden tour (unedited) hosted by the DC Preservation League and Palisades Village. The virtual tour is given by homeowner Gordon Kit and he shares all that he has done to preserve and improve this beautiful home. <https://youtu.be/NkjtwdPXgFs>

You can also view recordings of some of our earlier presentations on our [Palisades Village DC YouTube channel](#).

Pride Celebration: The Capital Pride Alliance is holding the first Colorful Pridemobile Parade on June 12th. Capitol Hill Village is proud to be part of the DACL Pride Trolley; we are recruiting LGBTQ individuals and allies of all ages to help decorate and ride on the Trolley. Anyone who is interested in assisting or participating should contact Sophia Ross at sross@capitolhillvillage.org or 202-543-1778 ext 204 by June 1st.

Their calendar of events can be viewed at:
<https://capitolhillvillage.org/pride-month-2021/>.

Creative Corner:



Beauty and the Beast

YMCA Stroke Re-Integration Program:

The YMCA of Metropolitan Washington presents a community reintegration program for older adults with a stroke.

Program Overview

Where: Virtual meetings, link will be provided

First meeting: [May 31, 2021](#) (start date subject to change)

Time: TBD

The YMCA of Metropolitan Washington is looking for older adults (ages 65+) who have had a stroke along with their caregivers to participate in a FREE 8-week community reintegration program. Our objective is to create an environment where older adults with a stroke can engage in a community reintegration program that will facilitate exercise, social participation, independence in daily activities, decrease caregiver burden, and improve overall quality of life. For more information, [click here to download the flyer](#).



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.

Wednesday, June 2, 1 p.m.

Health Online: Finding Information and Putting it to Use -- Register here: <https://nwnv.helpfulvillage.com/events/2475>

Wednesday, June 2, 5:30- 6:30 p.m.

Cocktails, Conversations, and Community with Jonathan Russin --

What Makes Putin Tick?" Join us as Mr. Russin discusses the background and circumstances that gave rise to the ascension of Vladimir Vladimirovich Putin to the power and presidency of the Russian Federation. His talk will include the current opportunities, pressures, and conflicts facing President Putin today. SPONSOR: Georgetown Village

Thursday, June 3, 1 - 2 p.m.

Burma's Path to Genocide: New Exhibition at the U.S. Holocaust Memorial Museum--

The United States Holocaust Memorial Museum's latest exhibition, Burma's Path to Genocide, explores how the Rohingya went from citizens to outsiders and became targets of a sustained campaign of genocide. Museum experts will share an overview of the Museum's mission and work, and take us on a virtual tour of the new exhibition. While the Museum reopened on May 17, we are pleased to bring this experience to you - and you will be among the first to see it. SPONSOR: Northwest Neighbors Village

Tuesday, June 8, 11 a.m. - 12 p.m.

A Fire in the Wilderness: The First Battle Between Ulysses S. Grant and Robert E. Lee--

John Reeves' book, A Fire in the Wilderness: The First Battle Between Ulysses S. Grant and Robert E. Lee, depicts the initial bloody showdown between the two most celebrated military leaders of the Civil War. If Grant's spring campaign had ended in failure, it's extremely likely that President Lincoln wouldn't have been reelected. Lincoln believed his successor would have sought peace immediately, which would have meant an end to the Union. Reeves will discuss the performance of the two generals and why this battle marked the beginning of the end for the Confederate States and changed the course of American history.

SPONSOR: Northwest Neighbors Village

Tuesday, June 15, 1 - 2 p.m.

The Polka Dot and Mirrored World of Yayoi Kusama -- Did you miss seeing the sold-out exhibit "Yayoi Kusama: Infinity Mirrors" when it was at the Hirshhorn in 2017? Or would you like to revisit it? This Dial-a-Docent presentation will present many of the works from that exhibition giving you space and time to examine and discuss her work without the pressure of crowds. The conversation will span more than 60 years and include painting, sculpture, performance (happenings), fashion and the realization

of her utopian vision in the Infinity Rooms. **SPONSOR:** Chevy Chase At Home

Thursday, June 17, 2 p.m.

Foggy Bottom West End Village Presents Two Star Chefs Who Are Making a Difference

-- Jose Andres and Ris Lacoste are making an impact on communities locally and globally. They are contributing their time, expertise, and passions to bring hope and well-being to those in need, providing meals and education, and are always ready to roll up their sleeves and get to work to make life better. Join us on Zoom to listen in on a conversation between Jose Andres and Ris Lacoste as they discuss what generosity of spirit means to them. Learn how they each attacked the challenge of the pandemic with their culinary expertise to provide support to the residents of Washington, D.C. They'll discuss the future of restaurants as the pandemic winds down, their own culinary experience, and a look at D.C. as a foodie city. There will also be time for Q&A from the audience.

Community Events:

Go to [Around Town DC](#) to find classes in technology, 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.):

Wednesday, June 9, 3-4 p.m.

Filmfest DC: A Conversation with Tony Gittens- 2021 - Find out the highlights of this year's Filmfest DC from Tony Gittens.

Thursday, June 10, 2-3 p.m.

Master Medicare with Margo: a guide through the Medicare Maze --

Learn about the nuts and bolts of Medicare and how to coordinate your retirement.

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:

Tuesday, June 1, 6:30 p.m.

American University Community Town Hall -- Join President Sylvia M. Burwell for the Community Liaison Committee (CLC) Community Town Hall. This event will be virtual and you must register at the following link www.american.edu/communityrelations/townhall.

Wednesday, June 2, 7 p.m.

June ANC 3D Meeting -- Discussion of school construction, transit benefits, a return to in-person business, and more. The agenda and link can be viewed at ANC3D.org.

Thursday, June 3, 6:30 p.m.

DTSBDC Social Justice Video Series -- The Dana Tai Soon Burgess Dance Company guides the audience through the process of creating their new social justice video series which focuses on social justice icons from the National Portrait Gallery's "A Struggle for Justice" exhibition. DTSBDC shows several of their latest works, as well as premieres their newest video - "A Portrait of Earl Warren". A question and answer session with the audience follows. This online event is free and open to the public. RSVP required. [Click here to reserve online](#)

Sunday, June 6, 12 noon - 1 p.m.

[Live@theHub](#) Jazz Concert -- This event will not only be great fun, but also support local musicians like [LaFayette Gilchrist](#) who were particularly hard hit by the pandemic. 5200 Cathedral Ave., NW

Wednesday, June 16, 6 p.m.

"Advancing LGBTQ+ Civil Rights: Celebrating Achievements and Looking Forward to What Comes Next" -- A roundtable discussion with Congresswoman Norton and LGBTQ+ activists to discuss LGBTQ+ civil rights gains in the past ten years, and what's next for the movement. Please email NortonEvents@mail.house.gov to RSVP for the event and receive the Zoom link.

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 and 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

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

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

This Week at Palisades Village
May 30 — June 5, 2021

Office Closed - Memorial Day

Mon 05 / 31 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 06 / 01 / 2021 at 9:30 AM

[More Information](#)

Virtual Yoga

Tue 06 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 06 / 02 / 2021 at 8:30 AM

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

[More Information](#)

Canceled: Virtual Yoga

Thu 06 / 03 / 2021 at 2:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia - Lesser-Known US Tourist Attractions

Thu 06 / 03 / 2021 at 3:30 PM

[More Information](#)

Board Meeting

Thu 06 / 03 / 2021 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 06 / 05 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
June 6 — 12, 2021

Book Club

Mon 06 / 07 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness on Zoom

Mon 06 / 07 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 06 / 08 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 06 / 08 / 2021 at 3:00 PM

[More Information](#)

Canceled: Virtual Yoga

Tue 06 / 08 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 06 / 09 / 2021 at 8:30 AM

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

[More Information](#)

Washington Canoe Club with Author Chris Brown

Wed 06 / 09 / 2021 at 2:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 06 / 10 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 06 / 10 / 2021 at 4:30 PM

[More Information](#)

Mindful Knitting

Sat 06 / 12 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village