



Across the Fence June 27, 2021

This Week at Palisades Village:

Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1	Friday, July 2	Saturday, July 3
3 p.m. Fitness with William	9:30 a.m. Planner Group 5 p.m. Volunteer Happy Hour		3 p.m. Yoga		

Special events:

Volunteer Happy Hour -- Our volunteers are anxious to see one another and Bob Bourdaud'hui has graciously offered to host a group on his patio. The feature of this gathering is *you*, our wonderful volunteers! Don't worry, we'll also have some specially selected wines and cheeses. Register [here](#) to join us on **Tuesday, June 29 at 5 p.m.**

Trivia is going on summer break and will be back in the fall.

Palisades Fourth of July Parade -- Do you want to part of the best hometown parade right in our neighborhood? Put on your walking shoes and let us know that you want to join us in the Palisades Parade. We have traditionally marched and this year we need to be as safe as possible. We plan to walk with our **Palisades Village banner** and remain socially distance

and wave to the crowd. Be patriotic and carry an American Flag pinwheel, or walk with the Village banner. The parade steps off at noon.

The Palisades Village office will be closed on Monday, July 5 so please plan accordingly in submitting requests, etc. There will not be any classes or programs held that day.

Coming Up:

Save the date for our **Backyard BBQ** for our members on **Saturday, July 24**.

Registration for in-person events:

Because we are limiting the number of people who can attend our in-person events, you may be put on a waiting list. If you have registered for an event and cannot make it, please let us know so that someone else can attend -- and it makes it easier for our Palisades Pan Handlers to plan food and seating.

Many events are still 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. You will receive an email with your confirmation soon after. 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](#).

Palisades Hub Free Library

The Palisades Village Lending Library is moving out to the Palisades Hub Free Library on the corner of Cathedral and Hawthorne. Take a book or leave a book anytime. It's open 24/7!



COVID Corner:

You can find the latest on our Palisades Village policies [here](#).

2020 Annual Report

We are deeply grateful to all of the donors listed in the 2020 Annual Report. We hope you have received your copy either via e-mail or by mail. To date, the Village has received \$10,725 surpassing our goal of \$10,000. It's not too late to send in your donation! We'll gladly accept your gift!

Also, apologies to some of the Village's donors – especially to Katharine Farr and Sara Maner. If others noticed their name misspelled or were omitted in the donor listing, please contact the Office.

Thank you for your generous support of Palisades Village.

We want to hear from you!

We have received several responses to our survey! A big thank you to all who have completed it so far. If you have not yet had a chance to fill out the survey, we encourage you to click this link and do so as soon as you can. Your thoughts and opinions are important to our Village's plans in 2021 and beyond. The survey will close on Sunday, July 18, 2021.

You may complete the survey at this link: [DC Villages 2021 Member Survey \(surveymonkey.com\)](https://www.surveymonkey.com/s/dc-villages-2021-member-survey)

If you have any questions, or if you would prefer to respond to these questions through an interview with a volunteer, please contact the office.

Ruth Koczela Turns 100!



The entire community came out to celebrate Ruth Koczela's 100th birthday on Friday.

DC Village Collaboration



WAVE
Washington Area
Villages Exchange



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 (and a couple that are

not included). Register by clicking on the link in the title or in the description.

Monday, June 28, 7-8 p.m.

District Dialogues session on Food Justice -- The presentation will be on food deserts and innovative responses. We'll have speakers from UDC's Center for Urban Agriculture and Gardening Education and a member from Blair Road Community Garden. Thank you to CHV member Joanna Kendig for coordinating this event! Registration required at: <https://capitolhill.helpfulvillage.com/events/7580-district-dialogues---food-justice>

Tuesday, June 29, 3 - 4:30 p.m.

Black Artists from the Early 20th Century to Today: Part 3 of 3 -- The final session in this 3-part series is called "Racism: Three Artists Respond". The works of contemporary artists Kara Walker, Titus Kaphar and Howardina Pindell are explored, with an emphasis on their works that respond to inequality and repression in the art world and more broadly. Presenter: Nancy Hirshbein, Hirshhorn Tour Guide and Dial-a-Docent Founding Member. **SPONSOR:** Collaboration of DC/MD/VA villages

Wednesday, June 30, 1 p.m.

"Every Day Cooking" Tempeh with Green Olives & Tomatoes - In this demonstration class, Nutrition Educator / Chef Juliette will explore the art of cooking with Tempeh, a nutrient-dense vegan alternative to meat. Learn about tempeh – a fermented product – its nutritional profile and benefits and simple delicious ways to prepare it. RSVP: To events@gloverparkvillage.org or call **202-436-5545** by Monday, June 28 to receive the recipe and Zoom invitation link.

Tuesday, June 29, 6 - 7 p.m.

CelebSalon with Author, Edward-Isaac Dove -- Edward-Isaac Dove will speak about how Democrats scrambled to block Donald Trump from a second term, which he describes in his new book, *Battle for the Soul*. For political aficionados, you'll get a fly-on-the-wall perspective that goes beyond the major headlines in this heated campaign. There was a huge crop of well-known Democrats but the party was traumatized by Trump's 2016 win and a 2020 victory seemed far from likely. He talks about how they pulled off an upset -- and with Joe Biden the nominee, at that. *The Guardian* called it "essential reading." [Register](#)

Friday, July 2, 10 to 11:30 a.m.

The New Normal? The Psychological Impact of COVID-19 -- Join a panel presentation and community discussion about the psychological impact of Covid-19 and post-Covid reality on Villages and their members. Panelists are Kathleen Landers, LCSW-C, SEQUENCE Counseling and Consulting Services, and Arianne Waschler LCSW-C, Jewish Social Service Agency, with Dana Robinson of the Village of Takoma Park moderating. They will address topics like social isolation by choice (the new introverts); differentiating normal responses to an abnormal situation from red flags for concern; PTSD, what it is and how it manifests; continued/heightened anxiety, depression; what the Villages can do. Email info@littlefallsvillage.org for more information. Hosted by Little Falls Village. No registration required, access on Zoom [here](#), or join via phone: 301-715-8592 (Meeting ID: 817 5825 9106).

Wednesday, July 7, 5:00 p.m.

[Caregivers Support Group](#)

Saturday, July 10, 5 p.m.

[Outdoor Jazz Concert at the Maret School](#)

Thursday, July 22, 2 p.m.

[How the New Deal Remade Washington DC](#) -- "The Living New Deal" documents the vast number of New Deal public works projects constructed around the country in the 1930s, and includes a map and guide to the amazing wealth of New Deal public works and artworks in DC. The New Deal effectively transformed the city, though few remember that nearly a century later. What was achieved then provides a model and inspiration for what could be accomplished today with sufficient funding, civic spirit, and popular mobilization. Join Richard Walker as he takes us on a virtual tour of some of DC's best New Deal art, architecture, and parks.

Wellness Classes:

[Cleveland & Woodley Park Village](#)

Tuesday, June 29, 9:30 a.m.

[Hike in Rock Creek Park](#)

Wednesday, June 30, 10 a.m.

[Morning Stretch](#)

Friday, July 2, 10 a.m.

[Morning Stretch](#)

Saturday, July 3, 9:30 a.m.

[Village Walkers: Cathedral Commons](#)

Wednesday, July 7, 10 a.m.

[Morning Stretch](#)

Friday, July 9, 10 a.m.

[Morning Stretch](#)

Saturday, July 10, 9:30 a.m.

[Village Walkers: Cathedral Commons](#)

[Duport Circle Village](#) -- Please sign upon their [Calendar](#) for any of these classes:

Mondays, 3:30-4:30 p.m.

Accessible Mat Yoga

Tuesdays, 10:30-11:30 a.m.

Chair Yoga

Mondays and Thursdays, 9-9:30 a.m.

Meditation with Christina

Wednesdays, 10-11 a.m.

Feldenkrais Method Awareness Through Movement

[Foggy Bottom West End Village](#) -- The GWU/PT department has designed 3 special fitness classes just for villagers. Our Powderpuff Gals: Val, Carmen, and Madison will conduct the sessions. No special equipment needed. Just wear your favorite workout gear and have a chair and water nearby. If you have any questions, please contact: nadiataran@mindspring.com. To register click on each date above or contact the FBWE village office.

Tuesdays at 2:00 via zoom

- **June 29 – [BASIC/GENTLE class](#)**

- July 6 – [More intense ADVANCED class](#)
- July 13 – [SPINE and POSTURE HEALTH](#)

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.):

Monday, June 28, 12 noon-1 p.m.

Department of Aging and Community Living (DACL) Conversations --

Cooking with Chef Holden: Healthier Beef Burger -- Home cooks of all levels will enjoy learning how to make a healthier beef burger using ground beef, beans, and other vegetables. Chef Herb Holden has extensive experience working with older adults and will discuss alternative cooking methods for those who need accommodations to prepare their own meals. Chris Brentin, Iona Senior Services nutritionist, will also be on hand to answer questions. Chef Holden joins us from UDC CAUSES (the University of the District of Columbia's College of Agriculture, Urban Sustainability, and Environmental Sciences). [Read more and register here.](#)

NEW PROGRAM: Fast Forward

If you could see your family's future, would you change anything? FAST-FORWARD follows four millennials and their parents as they travel through time to meet their future selves. Wearing an MIT-produced "aging empathy suit" and working with professional make-up artists, they grapple with the realizations, conversations, and mindset required to age successfully. Ultimately, the families learn they have more control over how they age than they thought. Narrated by Rosario Dawson. Featuring an Original Song by Andrew Bird. **Watch the movie beforehand using this link:** <https://fastforwardmovie.com/screening/aroundtowndc/> (Password: "AroundTownDC") and then join us for the discussion on **Thursday, July 8** at 3:00 p.m. with cast member, "Lady" Carol Causieestko and other AroundTownDC participants. [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/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-2021-quarter2-newsletter.pdf

Wednesday, July 28, 3 p.m.

Walk with Us - We've started a new outdoor walking group at Sibley. If you're game to take a walk in the Palisades neighborhood with other members of the Sibley Senior Association, please join us at 3 p.m. on the fourth Wednesday of each month. We will take off from the circle in front of Building D and walk for a half-hour, and then head back to Sibley. If you're interested, please call our office at **202-364-7602** or email jsmit470@jhmi.edu and we will add you to the list of walkers.

Saturday, July 31, 12:30-5 p.m.

Aging on Your Terms Conference (via zoom) -- SSA offers information about various financial instruments, consumer protections, investment issues to meet your philanthropic goals, and the inside scoop about social security. Topics include Homeownership as We Age: the CFPB's Resources on Reverse Mortgage Loans, Age-friendly Banking Tips and Scam Prevention for Older Adults and Care Partners, Situational Social Security, and Planning for the Care You or Your Loved One May Need in the Future. If you are interested in joining us, please call our office at **202-364-7602** or email jsmit470@jhmi.edu before July 12th.

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 29, 1 p.m.

World Elder Abuse Awareness Day Forum -- How to prevent elder financial abuse? Join DISB and the Elder Abuse Prevention Committee for the World Elder Abuse Awareness Day Forum to better understand financial fraud and exploitation and where to report incidences of elder abuse. Join the forum via Zoom at ona-org.zoom.us/j/7282929312 (Meeting ID: 728 292 9312). Participants can also join the forum by phone at **(301) 715-8592**.

Tuesday, June 29, 5 p.m.

Coming of Age in the 70's & 80's -- Join AARP DC and volunteers Wes Morrison and Ron Swanda for a conversation about coming out in the 70s & 80s, the early days of the HIV/AIDS pandemic, Pride in DC, and what life is like now as an elder LGBTQ individual. Watch on Facebook live [here](#).

Wednesday, June 30, 12 to 1 p.m.

Gentle Hatha Yoga -- Gentle Hatha Yoga is perfect for those who are just starting out with yoga, are less mobile, or simply want a more relaxed yoga experience. Each virtual class will be taught by Carolyn Ericson, a certified yoga instructor. Sponsored by the Friends of the Library, Chevy Chase Chapter. No registration required. Zoom Link: <https://zoom.us/j/94146372959>. Or Dial In: (301) 715-8592, Meeting ID (for reference): 941 4637 2959

Friday, July 2, 6:30-7:30 p.m.

A Second of July Celebration (Concert Series)--John Adams predicted that “the Second Day of July 1776, will be the most memorable Epocha, in the History of America. I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival.” The second of July is the day the Continental Congress adopted Richard Henry Lee’s resolution “that these United Colonies are, and of right ought to be, free and independent States...and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved.” Celebrate the Second of July with music of the founding era. David and Ginger Hildebrand of the Colonial Music Institute perform eighteenth-century songs—including ballads, marches, and songs from the War of 1812—in costume with period instruments. Presented by the American Revolution Institute at the Society of the Cincinnati. No registration required, link will be available on [the event page](#) on July 2.

Saturday, July 3, 6-8 p.m.

Hoedown on the Green -- The fantastic hoedown sounds of **Bob Perilla’s Big Hillbilly Bluegrass Band**, dancing, ice cream, laughter, pie-eating fun, and the opportunity to safely mingle and socialize with the friends you know and those you have yet to meet. Palisades Park.

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
June 27 — July 3, 2021

William Yates Fitness on Zoom

Mon 06 / 28 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 06 / 29 / 2021 at 9:30 AM

[More Information](#)

Canceled: Virtual Yoga

Tue 06 / 29 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Volunteer Happy Hour

Tue 06 / 29 / 2021 at 5:00 PM

Where: Boudaud'hui Home, 4472 Reservoir Rd., NW, Washington, DC 20007

[More Information](#)

Canceled: Trivia

Wed 06 / 30 / 2021 at 11:00 AM

[More Information](#)

Virtual Yoga

Thu 07 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 03 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
July 4 — 10, 2021

Office Closed - Independence Day

Mon 07 / 05 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 07 / 06 / 2021 at 9:30 AM

[More Information](#)

Virtual Yoga

Thu 07 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 10 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village

