



Across the Fence July 4, 2021



HAPPY INDEPENDENCE DAY!

Cheer on Palisades Village in the Palisades Parade today at noon. For photos of past parades, click [here](#).

This Week at Palisades Village:

Monday, July 5	Tuesday, July 6	Wednesday, July 7	Thursday, July 8	Friday, July 9	Saturday, July 10
Office Closed - No classes today	4 p.m. Yoga		3 p.m. Yoga		9:30 a.m. Mindful Knitting

This week:

The Palisades Village office will be closed on Monday, July 5. There will not be any classes or programs held on Monday. The **Book Club** will be meeting next Monday, July 12.

Our **Planner Group** will be meeting monthly for the summer. The next meeting will be Tuesday, July 13.

Members: Register now for our Backyard BBQ on Saturday, July 24!

Can we call it annual after missing last year? After warming up at the Summer Picnic, the Palisades Pan Handlers are reading to cook up a feast. It will be held at the Mize home this year. For details and to register, please click [here](#).

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](#).

Would you like help to complete our member survey?

We would like to hear from you! 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.

Summertime in DC: Go to a Cooling Center:

When the temperature or heat index in the District reaches 95 degrees, District Government, through the Department of Human Services (DHS) and the Homeland Security and Emergency Management Agency (HSEMA), will implement the Heat Emergency Plan and activate cooling centers for residents to seek relief. Residents and visitors should take extra steps to beat the heat by staying in the shade or air-conditioning, drinking plenty of water, and visiting a cooling center. Periods of high heat and humidity can cause medical problems such as heat exhaustion and stroke.

Interactive map*: [Click here for the cooling center map](#)

*Residents can type in an address to identify cooling center locations closest to them, site addresses and hours of location.

Select DC facilities are open to the public and places you can go to beat the heat. For more information on where to go, **call 311** or text 311 to 32311.

Transportation to Cooling Centers: Hot and humid conditions can cause medical problems such as heat exhaustion and stroke. If you or someone you know needs transportation to a cooling center, call the hyperthermia hotline at 202-399-7093.

Pet Safety: These conditions can also be particularly dangerous for pets. For all animal emergencies, including animals left outside in extreme temperatures or in vehicles, call the Humane Rescue Alliance at 202-576-6664. For additional pet safety tips, visit ready.dc.gov/extremeheat or ready.dc.gov/pets

Staying Cool in the Heat

Extreme heat is the leading cause of death among seniors. As temperatures continue to rise throughout the summer, it is important to know how to stay safe in hot weather. According to the CDC, more people in the United States die from extreme heat than earthquakes, hurricanes, lightning, floods, or tornadoes combined. Seniors accounted for 40% of

these preventable heat-related deaths. As we age, our bodies cannot cool down as when we were younger. The American Geriatric Society Foundation for health in aging has found that elderly people may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration.

Find air conditioning: If you do not have air conditioning at home, go to one of the DC cooling centers (see previous article). If you cannot leave your home, take a cool shower or put cool towels on your pulse points such as your neck or armpits.

Drink cool, non-alcoholic, non-caffeinated beverages without too much sugar: When your body sweats, it loses vital salts and minerals so grab a sports drink or Pedialyte. If your liquid intake is limited, eat cool fruits with high water content like apples or melons.

Stay out of the sun during the warmest part of the day: Wear light, loose clothing when you do have to go out.

Find a buddy: Ask family, friends, or a volunteer from the Village to call and check in on you twice a day during heat emergencies.

Inspirational Village pioneer passes

Over the years, I have had the pleasure of meeting and working with many people who have been instrumental in scaling the Village Movement. One of those folks was **Miriam Kelty**. Miriam, a long-time Village pioneer, passed away on June 8th. She created Bannockburn Neighbors Assisting Neighbors in Bethesda many years ago and continued to lead its vibrant and innovative all-volunteer activities. In 2009/2010, Miriam, **Andy Mollison from Palisades Village**, and Virginia Hodgkinson co-founded WAVE, Washington Area Village Exchange, as a way of supporting and mentoring the growing number of diverse Villages in the Washington Metro area. It was through this effort and leadership that led to unprecedented growth in the metro area in the Village Movement. In 2010 there were a handful of Villages serving older adults in D.C., Maryland, and Virginia. Today, there are over 75 Villages! Miriam served on many other civic bodies, including the Montgomery County Commission on Aging. Before she retired, Miriam was Associate Director of the National Institute on Aging and Director of the Institute's Extramural Activities Programs. Miriam exemplified connectedness in all her personal, professional, and

community dimensions. She mixed competence with humanity, sharp intellectual skill with warmth. Thank you, Miriam, for your dedication to the Movement and leadership to many of us. --*Barbara Sullivan, Executive Director VtVN*

Palisades Village Reopening Statement -- updated as of July 1, 2021:

Palisades Village's Emergency Contingency Task Force has continued to meet to carefully monitor the latest pandemic information and ensure the safety of our community. As of July 1, 2021, Palisades Village has revised its Reopening Statement based on the latest CDC and DC Department of Health information and our own policies.

Palisades Village's Policy Updates

Palisades Village invites all to participate in its in-person outdoor events and activities, regardless of vaccination status. Participants that are **fully vaccinated** (*which means two doses of either the Moderna or Pfizer vaccine or one dose of the Johnson and Johnson vaccine and a period of at least two weeks has passed since the final shot*) do not have to wear a mask or be socially distant.

Non-vaccinated participants must wear a mask and maintain a social distance (honor code). Please **wear a mask correctly (i.e. covering both mouth and nose) for the protection of others.**

Summertime in Washington DC can be oppressive and although Palisades Village continues to encourage clubs and groups to meet outdoors or meet virtually, all may meet indoors. Non-vaccinated people are required to wear a mask and remain socially distant. We will continue to offer virtual social, educational, and cultural events using Zoom to accommodate our community's comfort level and schedule.

Palisades Village encourages partially or non-vaccinated people to seek vaccination opportunities at any of the District's [walk-up sites](#), **area hospitals, or vaccination providers.**

Volunteer Services: If you need a ride or help at home (gardening, technical support, small home repairs, errands run, etc.), we will continue to offer these services to the extent that volunteers and members receiving

the services are fully vaccinated. Please remember that the Palisades Village Office asks for 3 business days- notice to accommodate your requests. *Contactless services will still be available to all members, regardless of their vaccination status.*

Office Hours by Appointment:

Palisades Village will continue to carefully monitor the progress being made in our area to combat the virus. During the summer, the Office will be staffed (by staff and volunteers) Monday to Thursday from 10 a.m. to 2 p.m. and open to visitors by appointment. The Palisades Hub, formerly the Palisades Community Church, where the Palisades Village Office is located, is the home of the Palisades Community Preschool and several other organizations. We want to protect all who visit the Palisades Hub.

Additional information:

These standards are subject to change at any time, based on guidance from the CDC, the DC Department of Health, and/or the experience of Palisades Village. We will continue to keep you updated. As always, your safety is of utmost importance to us and Palisades Village welcomes your input and feedback.

The Hottest Event of the Year: Our Volunteer Happy Hour



Chris, Job, Charlie and Bill



Cinnamon and Anna-Stina



Andrea, Chris and Claudia



Thank you to our host, Bob Bourdaud'hui, and all the volunteers who contributed to make this event special. More photos can be found [here](#).

Creative Corner:

Bob Bourdaud'hui's muffins were snapped up to rave reviews at our happy hour. Luckily he shared the recipe with us and he swears they are easy to make. He prefers to make them in a small muffin tin for the best balance of crispy exterior with moist center.

Jalapeno Cheddar Cheese Muffins

makes 24 small muffins or 12 large ones

adapted from [The Pioneer Woman](#)

1 1/2 cups all-purpose flour

1 tablespoon baking powder

1 tablespoon granulated sugar

1/2 teaspoon salt

1 cup whole milk

1 large egg

1/4 cup unsalted butter, melted and cooled slightly

3 cups grated sharp cheddar cheese

3 tablespoons diced pickled jalapeno

12 pickled jalapeno rounds for topping

sea salt and fresh cracked black pepper for topping.

*One note about using paper cupcake liners with these muffins! When warm, the muffins will stick to the paper. When muffins are room temperature, the papers will come out of the papers easily. To avoid this nonsense, just grease and flour a muffin tin instead of using cupcake liners.

Place a rack in the upper third of the oven and preheat oven to 375 degrees F. Grease and flour a 12 cup muffin tin and set aside.

In a medium bowl, whisk together flour, baking powder, sugar, and salt. Set aside.

In a small bowl, whisk together milk, egg, and melted butter.

Add the wet ingredients all at once to the dry ingredients. Stir to incorporate. Before the mixture is entirely mixed, add the grated cheese and diced jalapeno. Stir to incorporate making sure that the mixture is evenly moistened and the cheese is well distributed.

Divide batter between prepared muffin tins. Top each with a jalapeno round and sprinkle with sea salt and cracked pepper.

Bake muffins for 25 minutes, or until golden brown and cooked through. Muffins are best served warm.

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.

Wednesday, July 7, 3-4 p.m.

Use Less and Spend Less on Energy in Your Home (along with Thermal Camera Demo)--Curious about which household appliances use the most energy and what you can do to reduce energy use? In this lecture, you'll learn about the top energy users in the home and what you can do to spend less money on energy. We'll discuss kill-a-watt meters, which tell you how much energy a device is using even when it's shut off, and thermal energy cameras, which help you identify missing insulation in your home. You'll also learn how internet-connected smart plugs, power strips, and ENERGY STAR appliances can help you use less energy. Presented by Senior Planet Montgomery. No registration required. Join on Zoom [here](#) or call in: (301) 715 8592. (Meeting ID: 996 7676 8252)

Wednesday, July 7, 5 p.m.

[Caregivers Support Group](#)

Thursday, July 8, 1-2:30 p.m.

Exploring the Whole-of-Government Approach to Climate Change--

President Biden's announcement during the first week of his young Presidency that he would marshal the entire federal government to combat climate change head-on took many by surprise. But in the earliest months of the Biden Administration, we are starting to see this directive in action.

The EPA and the State Department have ramped up their engagement, as expected, but we're also seeing plans emerge from the Department of Transportation, a reinvigorated CEQ and a robust staff of experts driving the agenda in the White House itself. Roughly, six months in, we'll look at how these efforts are going, explore ways in which Capitol Hill is being helpful (or not), and take stock of the politics of climate change. Speaker Joe Bonfiglio is President of EDF Action, a leading advocacy and political nonprofit, focused on driving climate progress in the U.S. Register by July 7. This program is free and open to all and is presented by Little Falls Village in collaboration with COFFE (Council of Former Federal Executives & Associates) and in partnership with the Little Falls Library of Montgomery County Public Libraries. Registration is required. Click [here](#) for information.

Friday, July 9, 11 a.m.-12:30 p.m.

Library from Home: Find your next great read -- Are you looking for your next great read? Have you missed browsing library shelves and checking out new books? Have you ever wanted to know how to use popular library resources like ebooks from home? In this introductory session, Librarian Janna Tanner will show you how to receive personalized book recommendations from home, request titles, check out ebooks, and find your next great read! Register [here](#).

Friday, July 9. 1:30-2:30 p.m.

Former President Donald Trump: An Analysis of His Impact, His influence, and His Future -- A review of a topical presidency moderated by Professor Emeritus Helen Desfosses. Professor Desfosses is a retired professor of public policy at SUNY-Albany, and a former elected official. She is a frequent lecturer at OLLI-George Mason, that is, the Osher Lifelong Learning Institute. Registration for this Zoom program is required. Please RSVP by July 7. Call the AHA office at 703-231-0824 or aha@athomeinalexandria.org. Hosted by At Home in Alexandria (AHA).

Saturday, July 10, 5 p.m.

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

Wednesday, July 14, 2-3 p.m.

Going on a Plastics Diet: How to Reduce Your Use -- Plastics permeate our lives— household products and furnishings, packaging of our food, drinks, cosmetics, our Amazon purchases. They are cheap and convenient.

Plus, they are sometimes recycled and fabricated into inventive new products. But plastic recycling is mostly a myth, inventive new products often marketing hype. In truth plastics clog our oceans and overflow our landfills. They endanger our health. But who has time to ferret out alternatives? Join Jeanne Lenehan, a typical consumer, and ardent environmentalist, as she describes her 10-year journey to reduce her use of plastics. Her considerable knowledge of the downsides of plastics, as well as alternatives, comes from, books, blogs, websites, and YouTube videos. She'll give you tips to get started and alternatives gleaned from her own exploration and experience. Over time, she's made changes to her daily life that have reduced her trash, recyclables and overall plastic consumption. Her goal is to increase awareness and help others make responsible choices.

Zoom: <https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHERTWpRqaWpoUT09> Sponsored by Silver Spring Village.

Thursday, July 15, 2021, 11 a.m. - 12 noon

The Kimono in Print: 300 Years of Japanese Design -- Explore the Worcester Art Museum's exhibition, "The Kimono in Print: 300 Years of Japanese Design". This is the first show devoted to examining the kimono as a major source of inspiration and experimentation in Japanese print culture, from the Edo period (1603-1868) to the Meiji period (1868-1912). This dialogue between print and kimono design is illustrated by Japanese prints, primarily drawn from the Museum's collection. Central to the exhibit is a one-of-a-kind contemporary wedding kimono by Chiso, the important 465-year-old, Kyoto-based kimono house. We will examine the process of creating the kimono.

Thursday, July 15, 2021, 1-2 p.m.

Art Thursday - Arts in Foggy Bottom Outdoor Sculpture Biennial: An Intimate Look at the 2021 Exhibit--Arts in Foggy Bottom's 7th biennial exhibit features pieces that offer a unique exploration of climate justice, human connectedness with nature, and the impacts of the collision between natural and manmade environments and uses materials that evoke natural elements and affirm an urgency towards climate justice. FBWEV is fortunate to have the curator of this year's collection, Kayleigh Bryant-Greenwell, as our Art Thursday guest. Kayleigh will provide us with an overview of the exhibit followed by a discussion related to a number of the sculptures. She also will be available to answer questions following her presentation.

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.

Monday, July 26, 3:30-5 p.m.**Live & Learn: *Maintaining Healthy Brains as We Age*** -- Maintaining a healthy brain into our later years is something we all hope for. Do you wonder what a healthy brain should be able to do at your age and whether the changes you are experiencing are "normal?" Do you know what to do to strengthen your brain going forward? Best practices on preserving brain functioning are the focus of this Zoom program presented by Louisa Whitesides, MD. RSVP: [Register Online](#) or contact DCV Office at **(202) 436-5252** or admin@dupontcirclevillage.net

Wellness Classes:

Cleveland & Woodley Park Village

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 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

- 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.):

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.](#)

Thursday, July 15, 3-4 p.m.

[The Life and Times of Hattie Sewell](#) --Learn about Hattie Sewell, an African-American woman who ran Peirce Mill's teahouse in the 1920s.

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-q3-2021-newsletter.pdf

July 19 and August 16, 12 noon

Living Alone --The Sibley Senior Association (SSA) invites you to join a discussion group on coping with living alone. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/ partner. All are welcome. Experiences show us that there is value to those living alone from sharing experiences and needs about their special situation. Living Alone meets on the third Monday of every month and Ken Gordon moderates the group. For the Zoom link, register by calling SSA at **202.364.7602**, or by emailing kengordon@alum.mit.edu.

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:

Wednesday, July 7, 2021

ANC 3D Meeting -- They will be joined by Congresswoman Eleanor Holmes Norton for a Q&A session. They will also be discussing the proposed River School, New Mexico Ave. bike lanes, and more. The agenda and link can be viewed at ANC3D.org.

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

Ongoing Events:

Bereavement Support Groups--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and a twice a year six-week structured bereavement group for persons who have been widowed for two years or less. Call **202-537-4942** for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](http://Calendar | Widowed Persons Outreach (wpodc.org))

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 July 4 — 10, 2021

Palisades Parade

Sun 07 / 04 / 2021 at 12:00 PM

[More Information](#)

Office Closed - Independence Day

Mon 07 / 05 / 2021 at 12:00 AM

[More Information](#)

Virtual Yoga

Tue 07 / 06 / 2021 at 4:00 PM

Where: Via Zoom

[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](#)

Next Week at Palisades Village July 11 — 17, 2021

Book Club

Mon 07 / 12 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness on Zoom

Mon 07 / 12 / 2021 at 3:00 PM

[More Information](#)

Planner Group

Tue 07 / 13 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 07 / 13 / 2021 at 3:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 15 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 17 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village