



Across the Fence

July 11, 2021

This Week at Palisades Village:

Monday, July 12	Tuesday, July 13	Wednesday, July 14	Thursday, July 15	Friday, July 16	Saturday, July 17
1 p.m. Book Club	9:30 Planner Group				
3 p.m. Fitness with William Yates	1:30 Events Committee		3 p.m. Yoga		9:30 a.m. Mindful Knitting
	1:30 Storytelling				

This week:

The **Book Club** will continue its discussion of *A Fine Balance* on Monday, July 12 at 1 p.m.

The **Storytelling Group** will be meeting at 1:30 p.m. instead of 3 on Tuesday.

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

Please join us for our Backyard BBQ for our members on Saturday, July 24 at 4 p.m. We will enjoy a feast from the Palisades Pan Handlers as well as be entertained by the music of the Big Hillbilly Bluegrass Band and another surprise performance. For details and to register, please click [here](#). You don't want to miss out on this one.

William's Fitness classes will meet in person and online. Starting in August, our Monday fitness classes will meet in the hall at the Palisades Hub (Palisades Community Church) as well as be available online. Stay tuned for details and a new time!

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](#).

Don't put off completing our member survey!

We want to hear from you! The clock is ticking and the survey will close on Sunday, July 18. Thanks to all who have completed the survey. 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.

You may complete the survey at this link: [DC Villages 2021 Member Survey \(surveymonkey.com\)](#)

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.

COVID Corner:

For the latest on Palisades Village information and policies related to COVID-19, please go to our [website](#).

Clothing Donation Bin on American University Campus:

The [Clothing Recycling Company](#) donation bin is on campus! If you are decluttering your space or simply want to donate, the AU donation bin is here in the neighborhood. Any clothing and other items that fit in the bin can be donated, except perishables.

AU donation bin (hunter green color) location: Available in the East Campus parking lot on the corner of Nebraska Ave NW and Massachusetts Ave NW. For the precise location, view this link: <https://maps.app.goo.gl/2jZxUcz4a1dra9XB7>

Request a [tax receipt](#) for your donation! For questions, please feel free to email Chandni Ramwani (chandni@american.edu).

DC Villages Committee Safe Spaces for LGBTQ Older Adults:

We are looking for someone to represent Palisades Village on the Village Committee on Safe Spaces for LGBTQ Older Adults. The committee is currently working on Village guidelines/recommendations to be affirming and safe spaces. If you are interested, please contact Sophia Ross at sross@capitolhillvillage.org.

DDOT Launches New Parking Permit System for DC Residents.

ParkDC Permits simplifies requests for parking permits for visitors, contractors, and home health aides

Residents and their visitors can use the online portal to set up their ParkDC Permits accounts and to issue and receive permits to legally park in RPP zones. ParkDC Permits combines the Annual Visitor Parking Pass and Temporary (15 day) Parking Permits. The new system allows unlimited use by one visitor at a time and additional permits when a resident has two or more visitors. Residents in RPP Zones across all eight wards will have access to the system and visitor parking privileges.

Visitors, contractors, and home health aides are required to display printed parking permits prominently on the dashboard of vehicles. Permits can be printed at home, at DC Public Library branches (<https://www.dclibrary.org/hours-locations>), or at kiosks (<https://www.parkdc.com/pages/permits#kiosks>) located at Metropolitan

Police Department precincts.

The 2020 Annual Visitor Parking Passes will remain valid until September 30, 2021.

The online portal can be accessed via the ParkDC Permits website (<https://ddot.myparkinginfo.com/cws/>), the mobile app in the Apple Store (<https://apps.apple.com/us/app/parkdc-permits/id1557292714>) or Google Play (<https://play.google.com/store/apps/details?id=com.paylock.permitconnect.parkdcpermits>), at kiosks (<https://www.parkdc.com/pages/permits#kiosks>), or by calling the ParkDC Permits 24/7 Call Center at **(202) 671-2631**.

To learn more about ParkDC Permits, please watch this brief video (<https://www.youtube.com/watch?v=JhLPqrclwVo>), review the ParkDC Permits FAQs (<https://ddot.myparkinginfo.com/cws/pages/faq>), or visit [ParkDC.com](https://www.parkdc.com).

As always, Palisades Village members can contact the office with any questions or assistance.

Independence Day in the Palisades:



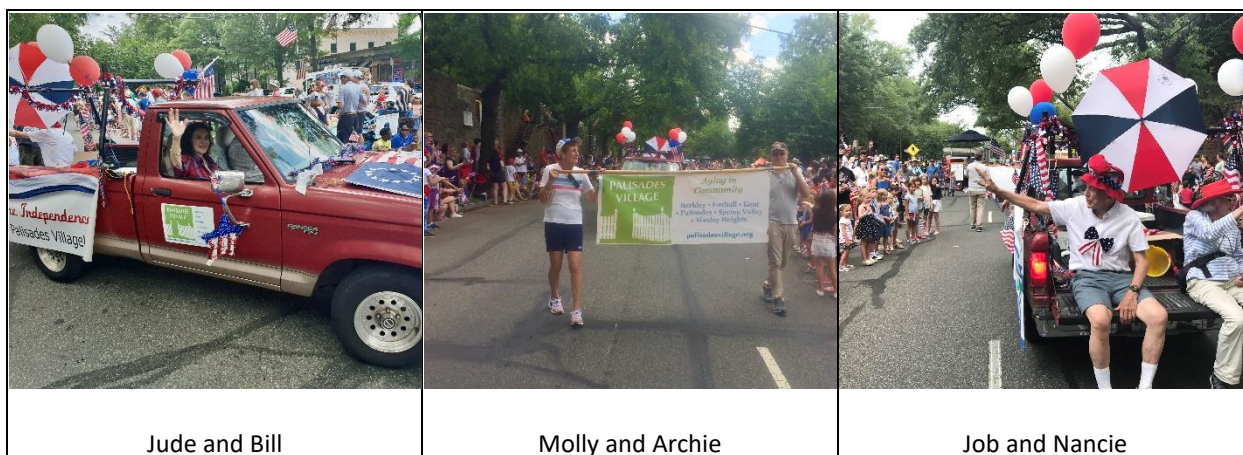
Molly and Elaine



Job and Nancie



Our very own Uncle Sam



This was our first time participating with the Palisades Hub and it was great fun!

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 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=c05TY2VQTnZVcEZQRHErTWRqaWpoUT09> 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 15, 5:30 p.m.

Coffee, Conversation and Community "Celebrating Women Artists" with Dr. Virginia Treanor -- Join Georgetown Village as Dr. Treanor, associate curator at the National Museum of Women in the Arts, will discuss the history of women artists as well as the continued need for a museum dedicated to championing gender equity in the arts. A native

Washingtonian, Dr. Treanor holds a Ph.D. in seventeenth-century Dutch and Flemish art, which she earned at the University of Maryland under the direction of Arthur K. Wheelock, Jr., former curator of Dutch and Flemish painting at the National Gallery of Art. Treanor also holds a Masters degree in art history from American University and has worked at the Smithsonian American Art Museum and the National Gallery of Art, among other institutions. Treanor joined NMWA in 2012 and has worked on a number of exhibitions covering a wide array of time periods, subjects, and media. This Georgetown Village program is free and open to the community! To sign up please call **202-999-8988** or Email: lynn@georgetown-village.org

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:

Tuesday, July 13, 2:00 p.m.

[SPINE and POSTURE HEALTH](#)--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 is 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.

Cleveland & Woodley Park Village

July 14 - [Morning Stretch](#) - 10:00 am
July 15 - [French Conversation Group](#) - 3:30 pm
July 16 - [Morning Stretch](#) - 10:00 am
July 17 - [Village Walkers: Cathedral Commons](#) - 9:30 am
July 19 - [Gentle Yoga](#) - 10:00 am
July 21 - [Morning Stretch](#) - 10:00 am
July 23 - [Morning Stretch](#) - 10:00 am
July 24 - [Village Walkers: Cathedral Commons](#) - 9:30 am

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

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.):

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.

Tuesdays, July 20-September 7, 1 - 2:30 p.m.

Improv Comedy In-Person -- It's finally time to come out and play! Improv offers the opportunity to meet other fun people in a relaxed and friendly atmosphere. Its lessons of agreement, empathy and positivity help us to build connections with others and the world around us. [Read more and register here.](#)

Wednesdays, July 21-September 8, 1 - 3 p.m.

Drawing Classes with Dominique Hughes -- Want to learn how to draw? *No experience needed!* Anyone can learn how to draw and success comes down to clear explanations and logical progression. Each step-by-step tutorial is built on the principles of shape, simplicity, and structure, combining drawing theory and practical examples with worksheets and drawing practice. Join artist and teacher Dominique Hughes for this in-person or virtual class. [Register for the virtual class](#) or [register for the in-person class](#) held at Iona Senior Services (4125 Albemarle St. NW)

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:

Saturday, July 17, 10 a.m.-2.p.m.

Electronic Waste Drop-Off -- An estimated 3 million tons of electronic waste is generated each year in the United States. By properly recycling electronics, you can conserve natural resources, ensure appropriate handling of toxic materials, provide a more sustainable source of precious metals, and protect human health and the environment. Keeping your old electronics out of the landfill is an easy way to help the environment! Here's what you can drop off:

https://doee.dc.gov/sites/default/files/dc/sites/ddoe/service_content/attachments/eCYCLE%20DC%20Definitions%20Fact%20Sheet-updated%2012.31.19.pdf

Dropoff: 3366 Volta PI NW (near Volta Park Recreation Center) Collection vehicle will be near the corner of 34th St NW & Volta PI NW.

Need to shred old documents? Mark your calendar for a community event hosted by Palisades Village on Thursday, August 26. We will have a shredder and much, much more.

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 \(wpodc.org\)](#)

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 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 1:30 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](#)

Next Week at Palisades Village
July 18 — 24, 2021

William Yates Fitness on Zoom

Mon 07 / 19 / 2021 at 3:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 24 / 2021 at 9:30 AM

[More Information](#)

Backyard BBQ for Members

Sat 07 / 24 / 2021 at 4:00 PM

Where: Mize Home, 5265 Watson Street, NW, Washington, DC 20016

[More Information](#)

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

Thank you!

Palisades Village