



Across the Fence July 18, 2021

This Week at Palisades Village:

| Monday, July 19 | Tuesday, July 20 | Wednesday, July 21 | Thursday, July 22 | Friday, July 23 | Saturday, July 24 |
|--|--------------------------------|--|--------------------------------|--------------------|---|
| 3 p.m. Fitness with William Yates | 3 p.m. Yoga | 8:30 a.m. Walk with Wally | 3 p.m. Yoga | | 9:30 a.m. Mindful Knitting 4 p.m. Backyard BBQ |

This week:

We still have a few spaces for members to register at our Backyard BBQ next Saturday, July 24.



Please join other members for our Backyard BBQ 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, plus another surprise performance. For details and to register, please click

[here](#). You don't want to miss out on this one.

Wally is back! Join him for a morning [walk to Georgetown](#) for coffee and back. It starts at 8:30 a.m. from Fletcher's Cove. It is about 2 miles each way with a nice break at Kafe Leopold in between.

William Yates will be back live in person with **Fitness 4 Your Body** on Monday, August 2 at 3:30 p.m. Starting in August, our Monday fitness classes will meet in the hall at the Palisades Hub (Palisades Community Church). We will continue to offer the class on Zoom and broadcast from the Hub. Sign up for the [first class on August 2 at 3:30](#)! Classes will continue Mondays at 3 on Zoom until then.

Volunteers:

Y'all start thinking about what you want to bring to our [potluck](#) on Thursday, August 5. We are going with a Southern/Cajun theme.

Mark your calendars for a Palisades Village **Community Happening** on Thursday, August 26 from 3-6 p.m.! You will not want to miss it.

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon after. For events on Zoom, this will include the link. 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](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

COVID Corner:

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

Breaking Waves:

Last spring Palisades Village took a wonderful virtual tour of the Freer Gallery of Art to celebrate the cherry blossoms. One of the artists featured in that tour was Japanese artist Katsushika Hokusai. He is best known for

his iconic woodblock print, “Great Wave off Kanagawa,” yet few have seen his breathtaking painting titled “Breaking Waves” which was created 15 years later at the height of his career. Now that rarely seen painting, the culmination of Hokusai’s lifelong effort to capture the sea, is now on view at the Freer Gallery of Art (Jefferson Drive at 12th St. S.W.) The museum’s new hours of operation are Fridays through Tuesdays from 11 a.m. to 4 p.m.



3510 O Street in Georgetown -- A reproduction by J. O'Connell of the Japanese print the “Great Wave off Kanagawa,” was commissioned by the couple who owned the house in the 1970s.

Creative Corner:



From Ellen Myerberg's morning walk.

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.

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

Tuesday, July 27, 3 - 4 p.m.

Intro to Abstract Art-Why It Still Mystifies -- How many times have you stood and wondered what an abstract art piece was meant to convey? Join Jacqueline Small, local Dial-a-Docent guide, as she discusses abstract art and its use of shape, form, color and line to create compositions that are

not cemented to visual references but rather to form illusions or symbols of visible reality. SPONSOR: North Bethesda Village
REGISTRATION: Required, by July 26 Email: park21217@aol.com

Wednesday, August 4, 5:30 p.m.

Cocktails, Conversation & Community “The Latest in Mobility for All!” with Dr. Marc Gruner, DO, MBA, RMSK -- Please join us to hear Dr. Marc Gruner, who is a Mayo-trained sports medicine physician, as we examine the latest techniques in mobility for seniors and others. He attended Virginia Tech for his joint medical and business degrees, completed his residency in physical medicine and rehabilitation at Georgetown University and National Rehabilitation Hospital in DC, as well as a sports medicine fellowship at Mayo Clinic in Rochester, MN. During the pandemic, many of us became more sedentary than we have in the past or may have had pre-existing problems we need to address. Join us to find out the latest procedures, technologies, and techniques to get yourself moving again!! This Georgetown Village program is free and open to the community! To sign up please contact the GV Office at **202-999-8988** or Email: lynn@georgetown-village.

Wellness Classes:

Cleveland & Woodley Park Village

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:

Beginning July 19th, Iona and the D.C. Department of Aging and Community Living (DACL) will be providing **free boxed lunches** and activities at Iona's Tenleytown office (4125 Albemarle Street NW) for DC residents aged 60 and older.

Stay for coffee, lunch, and engaging activities such as improv comedy and discussion groups. Or, feel free to take your lunch to go!

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

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.](#)

Tuesday, July 20, 3 - 4 p.m.

[Exploring new Restaurants in DC](#) -- Learn how to explore and find new restaurants in DC.

Wednesday, July 21, 3 - 4 p.m.

[Brain Health with Dr. Jesse Brand](#) -- Dr. Jesse Brand is a neuropsychologist who will join us to show us some strategies to improve our memories, get organized, and use all the resources we have. He will debunk some myths about aging and show us how to protect ourselves from falsely advertised products. Gain insight into research-supported lifestyle changes that can optimize thinking skills and build resilience against dementia.

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](#).

Monday-Wednesday-Friday starting 7/20/21
[Pickleball](#) -- Palisades Recreation Center

Other Community Events:

Sunday, July 18, 7-9 p.m.

Summer Concert -- Come enjoy the musical stylings of the Hula Monsters at the field in front of the Palisades Rec Center. Bring your picnic blanket, favorite drinks, and snacks, and enjoy the summer fun! Brought to you by the Palisades Community Association, thanks to their sponsor Sibley Hospital.

Friday, July 23, 11 a.m.-1 p.m.

Coffee with the Commander -- MPD invites you to come out and join us for good conversation over a cup of (hot & iced) coffee and delicious pastries! We'll also have a trivia wheel, giveaways, crime prevention literature, and more. We look forward to seeing you!! Location: Van Ness Starbucks – 4250 Connecticut Avenue NW (outdoors). Check out this message from the Second District Commander, Duncan Bedlion
<https://www.youtube.com/watch?v=SyYZCXFW4Jo>

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 18 — 24, 2021

William Yates Fitness on Zoom

Mon 07 / 19 / 2021 at 3:00 PM

[More Information](#)

Virtual Yoga

Tue 07 / 20 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 07 / 21 / 2021 at 8:30 AM

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

[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](#)

Next Week at Palisades Village

July 25 — August 31, 2021

William Yates Fitness on Zoom

Mon 07 / 26 / 2021 at 3:00 PM

[More Information](#)

Storytelling

Tue 07 / 27 / 2021 at 3:00 PM

[More Information](#)

Virtual Yoga

Tue 07 / 27 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 07 / 28 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 07 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 31 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village